



MEALS TOGETHER NOURISH A FAMILY'S WELL-BEING

Eating together feeds the emotional well-being of all family members— especially children and adolescents.

Better grades



More motivated
at school

Fewer
depressive
symptoms



Fewer emotional
difficulties

Gets along better
with others

Forthun, Larry. Family Nutrition: The Truth about Family Meals. University of Florida IFAS Extentions

Jennifer Utter PhD MPH, RD, Simon Denny PhD, FRACP. Roshini Peiris-John PhD, Emma Moselen MappPsy. Ben Dyson PhD, Terryann Clark PhD. Family Meals and Adolescent Emotional Well-Being: Finding from a National Study. Journal of Nutrition Education and Behavior. Vol49, Issue 1, Jan 2017: 67-72.ei



American Heart Association and FMI Foundation are proud to jointly encourage family meals for the well-being of the mind, heart, and body.