The meaning of “family” may have changed, but family meals still make an impact.

The way Americans define “family” in context of family meals goes beyond the obvious of significant others and children.

- **74%** Married Couples
- **13%** Living Alone
- **4%** Single Parents
- **2%** Unrelated Roommates
- **35%** Identify other adult relatives as family meal participants.
- **17%** Identify their pets as family meal participants.
- **10%** Define other adults (friends or roommates) as family meal participants.

July 2021 “Staying Strong with Family Meals Barometer.”

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