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In the Know with Family Mealtime

Eating the family dinner helps to keep teens eating right.

Recent studies^{1,2} have observed the nutritional effect of eating family dinner among older children and adolescents, which includes:

- Eating more fruits and vegetables
- Improved overall dietary quality with higher intake of several nutrients including calcium, fiber, iron, folate, vitamin C and B vitamins
- Lower intake of fried foods and soft drinks

Similar findings were observed in the National Longitudinal Study of Adolescent Health.³ In addition, **adolescents who ate more than three evening meals per week with their family were significantly less likely to skip breakfast than those who ate fewer family meals.**

Findings from these studies^{1,2,3} provide clear evidence of a strong, positive association between frequency of family meals and quality of dietary intake.

References

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