

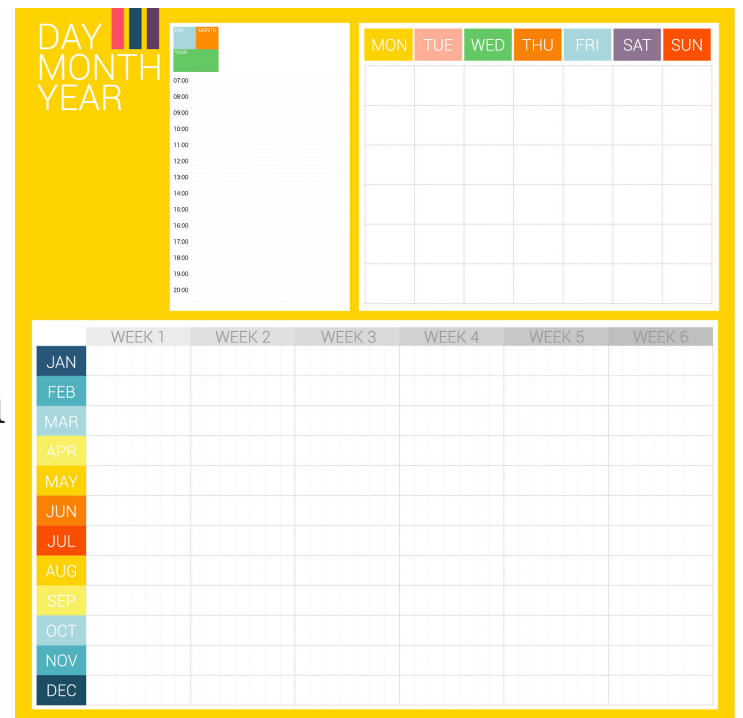
Mealtime Magic

3 Strategies for a Healthy, Happy Dinnertime

A new study shows eating with your whole brood may protect teenagers from weight gain into adulthood. Whether you're a family of two or twelve, here's how to make dining together "a thing."

1 Plan Ahead

Nutritious meals take planning, but nourishing and delicious doesn't mean elaborate or complicated. Try simple and satisfying dishes to get dinner (or any meal) done with little fuss.



2 Think Family Fun (not family feud)

Cultivate harmony and fun, and leave heated discussions for another time.

3 Be Mindful

Savor fresh, delicious foods and your family without distractions. **That means electronics go off when the dinner bell rings.** You can laugh at those crazy cat videos later.



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