

# Living Well Tip of the Week

**Children who eat regularly with their families tend to have healthier eating patterns that contain more fruits & vegetables and less fried foods & saturated fat.**

*(American Dietetic Association)*

## **Ideas for Creating a Positive Mealtime Atmosphere**

- Involve children in grocery shopping, meal planning & preparation
- Offer a variety of choices from all food groups
- Reduce distractions: Turn off the TV or radio & let the answering machine pick up any calls
- Discuss positive events of the day or upcoming family activities
- Take your time through dinner & enjoy the extra few minutes at the table before cleaning up



**Need meal ideas? Visit our Living Well Health Manager at [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut)\*, click on the “Health Topic Section” and select “Nutrition” for articles, tips, videos and more!**

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