## 5, 4, 3, 2, 1, 0... Brenner *FIT* - Families In Training



## Eat at least 4 or more meals together as a family every week

Meals are an important time for family to be together, and improve our health in many ways:

- Eat more fruits and vegetables
- Keep a healthier weight
- Eat less fat and calories, but more vitamins and minerals
- Develop healthier eating habits and good social skills
- Less likely to drink, smoke, or use drugs
- More likely to get good grades

## What makes a balanced family dinner?

- Whole grains: Boost fiber & nutrients with whole grains rather than refined, processed products.
- Lean meat, fish, poultry, & beans: Cook protein without large amounts of fat.
- Vegetables & fruit: More matters! Fill half of your plate with veggies every night!
- Low fat dairy: Skim or 1% milk is a better beverage choice.

## How to have a family meal

- Schedule ahead of time--Everyone gets to help plan meals → create the grocery list
- Divide the cooking-every family member is responsible for part of the meal
- Make a larger meal, and freeze the rest for later in the week
- Everyone helps prepare the meal and clean up afterwards

Clear the table, turn off the TV, and have FUN! Talk, relax, & enjoy your family!