TOGETHER IS BETTER
Eating with friends for good health

Benefits of Eating Together:
- Encourages trying new foods
- Reinforces mindful eating habits, such as slowing down your meal
- Gives you a support system
- Allows time to relax
- Laughter and good conversations with friends
- Less “on-the-go” foods consumed

Tips:
- Host a potluck dinner with your friends
- When you sit down to a meal with friends, FOCUS on your time together and not on things to do later
- Try new foods with friends to increase variety
- Aim to eat at least one meal every day with friends!

Research has shown that adolescents who eat with their families consume more fruits and vegetables and are less likely to become obese.

Visit the Wellness Center for more information! www.vanderbilt.edu/

Source: www.eatright.org
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