



Why Shared Meals are Good for Adults



We often think of family dinners as being good for kids. That's true, but they're also good for people of all ages. Here's what the research shows!



Sharing Meals Improves Physical Health.

- Adults who eat with their kids are less likely to engage in disordered eating behavior like binge eating or skipping meals
- Eating with others increases fruit and vegetable intake and overall nutrition
- Adults who eat with others maintain healthier body weights



Sharing Meals Improves Mental Health.

- Eating with others improves adults' moods
- Parents who eat with their kids experience better mental health and fewer depressive symptoms
- Adults who stick with a family dinner routine report higher levels of family functioning than homes without family dinner routines



Sharing Meals Improves Social Well-Being.

- Couples who attach more importance to family meals are happier with their relationships
- Older adults who eat with others experience a decrease in overall loneliness
- Teams who eat together, such as firefighters, show increased performance after sharing meals

Not sure how to make it work? Get tips and tools at thefamilydinnerproject.org.