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."





2 Think Family Fun (not family feud)

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





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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