

Mayo Clinic Minute

Make time for family meals

VIDEO	AUDIO
	Here's mom and dad's assignment for the new school year: Turn off the screens ...
	<i>Sound of stove flame igniting</i>
	... and turn on the stove to make family meals.
Kate Zeratsky	"It could be any meal."
Title: Kate Zeratsky Dietitian Mayo Clinic	"Anytime you can enjoy a meal with someone, I would encourage you to do so. It has benefits not only for kids but adults as well."
Graphic: Monitor ingredients	Dietitian Kate Zeratsky says cooking in your own kitchen gives you more control over ingredients...
Kate Zeratsky	"How much salt? How much sugar?"
Graphic: Control portions	... and portion sizes.
Kate Zeratsky	"And, so, if you have more control over the food and the portion, you're likely going to consume less calories and more nutritious foods, and share those foods with your family."
Graphic: Reduce risky behaviors	Studies show family meal time can offer social benefits, too, including reducing the chance children will engage in risky behaviors.
	So this school year, make time to gather together.
Kate Zeratsky	"It may slow the pace of your meal. It might bring a different appreciation to the meal. And it creates a social interaction that's probably beneficial for everyone."
	For the Mayo Clinic News Network, I'm Jeff Olsen.