



## Take Time for Meals

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## Here are Some Tips for Meals

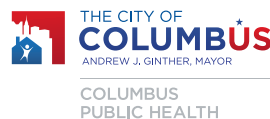
- Eat slowly and take the time to enjoy tastes and textures.
- Pay attention to your body, eating when you are hungry and stopping when you are full.
- Use smaller plates and bowls to help control portion sizes.
- Limit distractions and turn off the TV during mealtime.
- Eat at home as often as possible so you can control what you are eating.
- When you eat out, check the nutrition information and choose healthier options.

Research shows that when families dine together, they tend to eat healthier. Kids may also do better in school and be less likely to use alcohol or drugs.

## Tips for Meal Planning

- Plan your meals for the week.
- Choose meals that include fruits and vegetables, whole grains and low-fat dairy.
- Try new foods to keep meals exciting.

Columbus Public Health  
240 Parsons Ave, Columbus, OH 43215  
[www.publichealth.columbus.gov](http://www.publichealth.columbus.gov)



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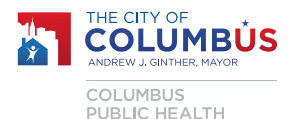
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