Mary Beth wanted to make some positive changes for her family. Zoe, her youngest, was so picky that she only ate five things, and her husband and son just loved fast food.

Mary Beth had tried before to change her family’s diet. She’d go to the store and buy a cart full of healthy foods, only to have her family reject them. Finally she decided that getting her family to eat healthier meals was impossible!

Many families, like Mary Beth’s, would like to eat healthier, but just don’t know where to begin. Starting with one small change is a lot easier than trying to do a complete menu make-over. Try to maintain the change for a few weeks before adding another. In a matter of months, your family will be on their way to healthier living!

Benefits of Healthy Meals
Go Beyond the Dinner Table

Cooking and eating meals together even once or twice a week can lead to future rewards. Take a look at what a few small changes can bring:

- **A slimmer family**
  Fast food meals have more calories and fat than most home cooked foods. Just 100 extra calories per day can cause a gain of 10 lbs in one year.

- **More money in your pocket**
  All those dollar menus may make fast food seem cheaper, but when you add up all you have to buy to feed a family, cooking at home will save you cash.

- **Less trouble when they’re teens**
  Several studies have shown that kids who eat meals with other family members are less likely to do drugs or get into other trouble as teens.

Common Concerns:

| If I want my family to eat healthier, we’ll have to give up all the foods we love. |
| Keep offering the healthier foods along with old favorites. Most children, over time, will learn to like the new foods. |
| Identify just one item that your family eats that you could fix differently or trade for a healthier food. |
| Helpful hints: |

Zoe helps mom pick new healthy foods