

The Benefits of Eating With Others:

Connecting Nutrition and Socialization for Better Health

THE POSITIVE IMPACT OF EATING TOGETHER

Studies show that people who dine with others regularly eat healthier and report a better quality of life. It provides a sense of structure and belonging while offering greater opportunities for improved nutrition. Coming together over a meal can also provide meaningful ways to connect with others over shared beliefs and cultural interests. Benefits may include:

Physical Health

- Improved nutrition
- Reduced risk of chronic conditions
- Better mobility



Mental Health

- Increased self-care
- Sense of well-being
- Reduced anxiety and depression



Social Health

- Opportunities to connect
- Stronger relationships
- Reduced loneliness



REDUCED HUNGER IS MORE COMMON AS WE AGE

As a result, some older adults skip meals or eat in an unbalanced manner when eating alone. When we eat with others, our nutrition intake improves. Examples may include:

Eating better overall or certain food groups like protein and vegetables.



Consuming more calories to provide needed energy.



Taking in more nutrients like iron, calcium, and folate.



Sources cited

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