

# Why You Should Eat With Your Young Athlete



*Even during busy sports seasons, shared meals are important. Aim for at least 2-3 family meals or snacks a week – and remember, it doesn't have to be dinner!*



## **Sharing Meals Helps With Nutrition.**

Young athletes need good fuel, and parents can more easily offer balanced choices at structured meals and snacks. Family meals are more likely to include more fruits and vegetables and lower sugar and trans fats than convenience options.



## **Eating Together Offers Much Needed Connection Time.**

Young athletes may feel like they only connect with their parents around sports and schedules. Taking time to engage during regular family meals shows you're making an effort to know them and bond with them, beyond their identity as an athlete.



## **Young Athletes are at an Increased Risk of Disordered Eating,**

especially in appearance or weight-focused sports like swimming, wrestling, dance, gymnastics, or skating. When parents eat with their kids, they can keep an eye on dietary changes or unusual patterns. And family meals can also be protective against eating disorders.