

Search

What's the best thing we can do for our kids?



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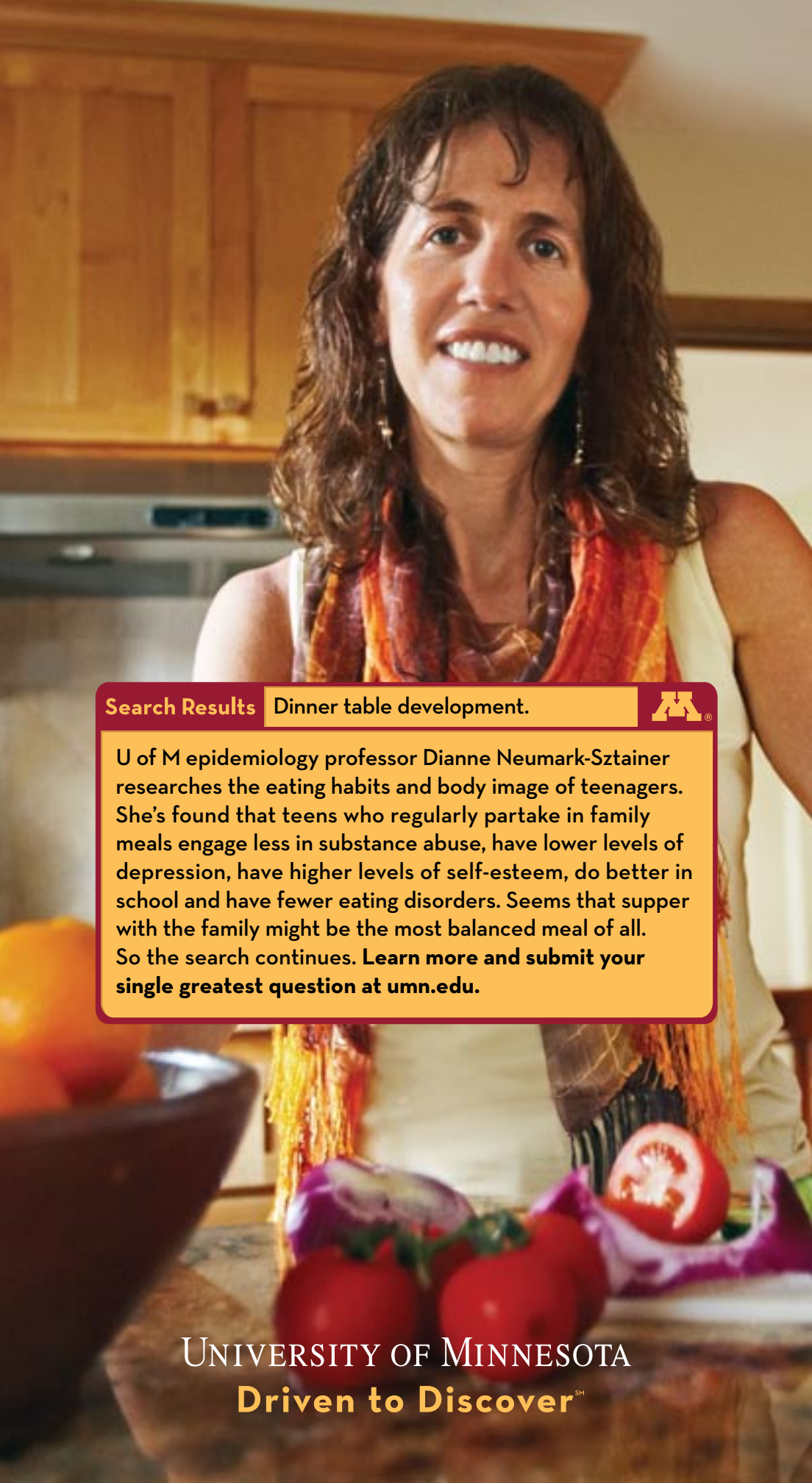


Search Results

Dinner table development.



U of M epidemiology professor Dianne Neumark-Sztainer researches the eating habits and body image of teenagers. She's found that teens who regularly partake in family meals engage less in substance abuse, have lower levels of depression, have higher levels of self-esteem, do better in school and have fewer eating disorders. Seems that supper with the family might be the most balanced meal of all. So the search continues. **Learn more and submit your single greatest question at umn.edu.**



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