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### Family Meals Can Assist In Weight Loss

(KAIR)--Fad diets and quick weight loss solutions are a common sight on any television in most American homes, but typically, they only produce short term results. Lifestyle changes, such as getting enough exercise and learning to control food portion size is what is really needed to produce long term weight loss results. K-State Research and Extension Nutrition Educator Sandy Proctor says one way this can be done is by eating more meals at home with your family. When you eat at home, there is less pressure to overeat since you are most likely serving yourself. If you are careful, and listen to those internal cues and stop eating when you get full, it should be easier to avoid overeating. Portion size is also easier to control when you are eating at home.

It is still possible to control your portions when dining out. Proctor suggests ordering a kid's meal, which has smaller portions, and substitution milk and apple slices for soda and french fries.

Proctor says eating should be a team effort, especially when kids are involved. She suggests families adopt a division of labor when eating. It's up to the the parents to decide what food is served and when it is going to be served. It is up to the child to decide how much to eat and if they want to eat it all. When a parent tries to control how much a child eats, then they are taking that responsibility that should be theirs and making it their own.

It is also important to teach kids how to read labels on food packaging, as they can be confused when a label says there is more than one serving in a package.

Proctor also stresses the importance of teach children at a young age good portion control.

For more health and nutrition information, visit the K-State extension website [www.ksre.ksu.edu](http://www.ksre.ksu.edu).

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