The Benefits of Eating With Others:
Connecting Nutrition and Socialization for Better Health

Nutrition and Aging Resource Center

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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