Eating In

Eating at home is the easiest way to eat healthy. When eating at home you have control over what is being served, portion sizes and ingredients.

Here are 8 reasons for eating at home:

1 Healthy Lifestyle – After saving money, the greatest benefit from dining in compared to eating at restaurants is promoting a healthy lifestyle. Overall, cooking at home is much healthier than dining out. While some restaurants now offer healthy entrees and choices, the options are limited. Food consumed at restaurants typically has a lot more calories and fat than food you have prepared at home.

2 Lower Health Care Costs – Going a step further on promoting a healthy lifestyle, eating in can lower your overall health care costs. Consumption of fatty and high caloric foods overtime can lead to diabetes and heart disease, among other health issues. If you can eat meals at home and adopt a healthier lifestyle, you are less likely to develop health conditions. Reducing the risk of developing diabetes or heart disease will actually save you a lot of money in the future on health care related costs and prescriptions!

3 Family Time – An important benefit for any family with children. Eating at home instead of at a restaurant gives the entire family time to talk about their day. If you are constantly on the run and are always eating out – you lose that quality time to communicate with your loved ones. Cooking at home gives you a chance to connect and talk about school with your children and discuss your day's events. Healthy, well-nourished kids are better prepared mentally and physically to take on the day. Research shows that children who have regular meals with their parents do better in every way, from better grades, to healthier relationships, to staying out of trouble. They are 42 percent less likely to drink, 50 percent less likely to smoke and 66 percent less like to smoke marijuana. Regular family dinners protect girls from bulimia, anorexia, and diet pills. Family dinners also reduce the incidence of childhood obesity. In a study on household routines and obesity in U.S. preschool-aged children, it was shown that kids as young as four have a lower risk of obesity if they eat regular family dinners, have enough sleep, and don't watch TV on weekdays.

4 Knowing What You Eat – This is a big one for my family as my oldest son has food allergies. Do you ever get worried about who is cooking your food and are they doing something with it they shouldn't? Maybe it is just the conspirator thinking in me – but I really get concerned about what I am eating. As I stated before, raising a son with food allergies can be difficult. Even if you can find something on a menu that does not contain peanuts, eggs, or milk – the food still has to be handled and prepared by humans. Humans make mistakes and they also do things they shouldn't sometimes. Cooking your own food at home alleviates any doubts as to what you are truly eating!

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Reducing Temptation – Anyone on a diet dreads dining out with family and friends. The temptation to order fried or high caloric foods is outstanding when you eat at restaurants. There is just something about eating out with others and the atmosphere at most restaurants that makes it difficult to eat healthy. While many people on a diet are able to avoid these temptations, it is better to avoid the situation entirely. Eating at home more reduces these situations where you may be tempted to order something unhealthy!

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Increase of Energy – Another result of living a healthier lifestyle – eating at home can increase your overall energy levels. Since you are eating healthier foods, you are likely to be more active and have more energy compared with a sedentary lifestyle.

7

Education – Eating at home is an excellent opportunity to educate your children on topics about saving money and eating healthy. If you raise your children in an environment where most of their meals come from a restaurant, more than likely they will end up living that way. As mentioned earlier – dining in promotes a healthier lifestyle which is another important thing to teach your children.

8

Make Money – Not only will you save money by eating at home, you can actually make money! I mentioned earlier that we save at least $2,000 every year by eating at home compared to other families. If I took that $2,000 and invested it into a high yielding savings account or certificate of deposit – I would be earning income off of the money I saved!