

Tips for Kids on Eating Well and Feeling Good about Yourself

It is no fun to worry all the time about how much you weigh, how much you eat, or whether you are thin. Here are some things you can do to:

- ✓ Be healthy and fit!
- ✓ Have fun!
- ✓ Not feel bad about how you look!

- Eat when you are hungry. Stop eating when you are full.
- All foods can be part of healthy eating. There are no "good" or "bad" foods, so try to eat lots of different foods, including fruits, vegetables, and even sweets sometimes.
- When having a snack try to eat different types. Sometimes raisins might be good, sometimes cheese, sometimes a cookie, sometimes carrot sticks or celery dipped in peanut butter.
- If you are sad or mad or have nothing to do—and you are not really hungry—find something to do other than eating. Often, talking with a friend or parent or teacher is helpful.
- Remember: kids and adults who exercise and stay active are healthier and better able to do what they want to do, no matter what they weigh or how they look.
- Try to find a sport (like basketball or soccer) or an activity (like dancing or karate) that you like and do it! Join a team, join the YMCA, join in with a friend or practice by yourself — Just do it!



