



HEALTHY EATING

Fuel for thriving

FAST FACTS

- Think of food as fuel for your body. Tuning into your body's cues about feeling hungry or full can help your body get the energy it needs and help you feel your best.
- Eating a variety of different kinds of food and consistent meals throughout the day can help you maintain your energy and mood.
- Skipping meals, counting calories, avoiding whole groups of foods, obsessing over food and exercise, taking diet pills or laxatives, binge-eating, vomiting after eating, or eating by yourself may be warning signs of unhealthy eating.
- A balanced diet includes vegetables, grain, fruit, and protein.

TEENS: LET'S TALK

What do you like to eat? What kinds of foods are important to your family and culture? Tell me about the food you eat at home and at school. Talking about nutrition together helps us know if you're getting the nutrients and fuel you need, and lets us celebrate healthy choices you are making.

We all get a lot of messages about how our bodies should or shouldn't look. What messages do you hear?

Often, the messages we hear pressure us to try to change our body's size or shape. Are you doing anything to try to change

your body? Let's talk about your goals for a healthy body and write down an achievable goal. What would be helpful to you as you pursue your goals?

Do you and your family always have access to the food you need? If not, let's talk about how to get you connected to some resources.

What are the things you appreciate about your body and what it can do?

PARENTS: KEEP TALKING

Support your teen's healthy eating goals. Ask, "How can I help you make sure your body gets what it needs?"

Fuel as a family. Spend time together thinking of new meal ideas or cooking together. Have meals together to fuel connections and bodies.

Notice warning signs. The warning signs listed in "Fast Facts" above should be

discussed with their doctor or healthcare provider.

Counteract any negative comments about themselves or their bodies.


Say, "Everyone is hard on themselves sometimes. Let's list some things that make you feel joyful in your body." Compliment your teen on the ways in which they take care of their body, not related to their appearance.

Support a healthy, body neutral climate in your household. Put an end to weight-related talk or teasing in your home. Interrupt teasing and say, "We appreciate and respect all bodies in this home."

Be a role model by showing appreciation for your own body and what it can do. Say out loud when you feel proud of something you accomplished or a healthy choice you made.

GREAT RESOURCES

 Search for "healthy eating plate" and "mindful eating" at nutritionsource.hsph.harvard.edu

 National Eating Disorder Association: Resources and Online Screening Tool: nationaleatingdisorders.org

Toolkit for Adolescent Care