

EAT WELL, BE ACTIVE!

yes no DO YOU...

- Constantly worry about your body weight, size and shape and think about ways to improve them?
- Feel you would be happier and more popular if you were thinner or more muscular?
- Play sports and exercise only to lose weight instead of for the fun of it?
- Try not to eat foods that contain fat or that you think will make you fat?
- Skip meals or diet to lose weight?
- Eat foods only from certain food groups, such as fruits and vegetables?
- Eat any of your meals or snacks alone so that no one will see how little or how much you eat?
- Get upset, scared or feel guilty about eating certain foods?

The more "yes" answers you have, the more you need to think about your attitudes about food and healthy eating.



Here are some of the great things that eating well and exercising regularly can do for you!

Put a check by the things that are important to you:

- feel better about myself
- be healthy
- grow as tall as I'm supposed to be
- think better and do better in school
- be the best I can be in activities I enjoy
- be in a better mood
- sleep better
- have more energy to do all the things I want to do

Tell a friend, teacher, your parents or doctor what you've decided to do and why.

Here are some facts that may put your mind at ease . . .

- 😊 **Healthy bodies and happy people come in all different shapes and sizes!** Your body is growing and changing at a pace that is right for you! Kids your age may be tall, short, trim or heavy. Everybody grows at a different speed.
- 😊 **Don't try to look like your friends or magazine models.** Computers can change pictures so that models look "perfect". There is no "right" or "wrong" or "perfect" body shape or size!
- 😊 **It's not good for you to skip meals or avoid eating entire groups of foods.** If you don't eat a lot of different kinds of foods, you may not feel well and could make yourself sick. Skipping meals may make you so hungry that you may overeat when you finally have a meal or snack.
- 😊 **Don't feel guilty about eating!** It's okay to eat for many different reasons: when you're hungry, celebrating a birthday, holiday or family gathering, or having dinner at a friend's house.
- 😊 **Try not to think of fat and calories as bad things to avoid.** Eating foods that have fat doesn't mean you'll get fat yourself. In fact, your brain needs fat to help you think and to send messages to your muscles and organs.

WHAT DO YOU THINK HEALTHY EATING MEANS?

Think about these simple tips when making food choices:

- 😊 **Here is a simple rule! Eat when you are hungry and stop when you are full.** Eat many different foods. There are no specific “bad” foods, but there are some high calorie, high fat foods that you’ll want to eat only occasionally instead of every day.

- 😊 **Good tasting food is easy to enjoy!** Eat with your family and friends instead of eating alone. You can laugh and talk about your day, how you feel and you’ll eat better, too! Try some new foods you’ve never tasted.

- 😊 **Eating well means enjoying all kinds of foods from all of the food groups.** Each food group supplies different vitamins, minerals and other nutrients. Eliminate a food group and you lose those nutrients! Food feeds your body and your brain. For example, milk gives you calcium to make your bones stronger. Grains provide the kind of energy your brain needs to power you through the day.

- 😊 **Move your body!** Instead of watching television, playing video games or listening to music, try to trade some of your free time every day to do things you enjoy that keep your body moving. Playing sports, dancing, riding a bike or walking to a friend’s house will help keep your mind sharp and your body healthy.



Here’s what you can do to eat better!

Put a check by all the things you will try. Tell a friend or your mom or dad what you plan to do. They can help you stick to a plan.

- I will listen to my body and eat when I’m hungry and stop when I’m full.**
- I will eat regularly.** I will start off my day with breakfast and try to eat three meals a day, plus some nutritious snacks.
- I will try to eat many different foods from all of the food groups,** including milk, cheese, fruits, vegetables, breads, cereal, rice, pasta, meats, beans and nuts. I’ll even treat myself to sweets and desserts sometimes.
- I will eat with my family and friends more often.**
- Whether I feel sad, lonely, upset or happy, if I’m not really hungry, I’ll find something else to do instead of eating.**
- Being thinner doesn’t mean being happier or healthier.** If I hear someone say they are too fat and need to diet, I’ll tell them they look okay the way they are. I’ll encourage them to eat well and be active!