

EAT WELL, BE ACTIVE! IT'S GOOD FOR YOUR MIND AND BODY!

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?

😊 **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! It is ok to be happy with who you are.

😊 **Don't try to look like your friends or magazine models.** Kids your age may be tall, short, thin or heavy. Every body grows at a different speed. Computers can change pictures so that models look "perfect." There is no "right" or "wrong" or "perfect" body shape or size!

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.

FOOD FEEDS YOUR BODY & YOUR BRAIN



BRAIN - breads, cereals, pasta, rice, fruits and vegetables

SKIN & HAIR - lean meats, poultry, fish, dairy foods, legumes (such as red or black beans), eggs, carrots, orange juice

MUSCLES - lean meats, poultry, fish, dairy foods, legumes (such as lentils, pinto or refried beans), peanut butter

BONES & TEETH - milk, cheese, yogurt, tofu, legumes (such as white beans), almonds, broccoli

yes no **DO YOU...**

- Usually eat foods you think will make you thin or better looking?
- Do you play sports and exercise only to lose weight instead of for the fun of it?

😊 **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. Part of your brain is made from fat. Your brain needs fat to help you think and to send messages to your muscles and organs.

😊 **Eating well means eating and enjoying all different kinds of foods from all the food groups.** Each food group supplies special vitamins, minerals and other nutrients. For example, milk gives you calcium to make your bones grow stronger. Eating many different foods will help you think better and help keep your body fit and healthy so that you feel good.

😊 **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.

EAT WHEN YOU'RE HUNGRY, STOP WHEN YOU'RE FULL!

- | yes | no | DO YOU... |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | Believe there are good and bad foods? |
| <input type="checkbox"/> | <input type="checkbox"/> | Try not to eat foods that contain fat or that you think will make you fat? |
| <input type="checkbox"/> | <input type="checkbox"/> | Skip meals or diet to lose weight? |
| <input type="checkbox"/> | <input type="checkbox"/> | Eat foods only from certain food groups, such as fruits and vegetables? |

- 😊 **Here is a simple rule! Eat when you are hungry and stop when you are full!** Eat many different foods. There are no "bad" foods.
- 😊 **It's not good for you to diet, 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 can make you so hungry that you may eat too much food when you finally have a meal or snack.
- 😊 **Fat makes foods taste good and helps you feel full.** You may find you get hungry faster and want to eat more often if you eat mostly non-fat foods. Eating only foods labeled as "low-fat" or "non-fat" does not always mean you are eating well.

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.

- 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 3 meals a day, plus some nutritious snacks.
- I will try to eat many different foods from all the food groups,** including milk, cheese, fruits, vegetables, breads, cereals, rice, pasta, meats, beans and nuts. I'll even treat myself to sweets and desserts sometimes.

ENJOY EATING MANY DIFFERENT FOODS



- | yes | no | DO YOU... |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Avoid foods even though they taste good and are good for you? |
| <input type="checkbox"/> | <input type="checkbox"/> | Eat any of your meals or snacks alone so that no one will see how little or how much you eat? |
| <input type="checkbox"/> | <input type="checkbox"/> | Get upset, scared or feel guilty about eating certain foods? |

Eating should be fun! It's OK to eat!

- 😊 **Good tasting food is easy to enjoy!** Eat with your family or 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.
- 😊 **Don't feel guilty about eating!** It's OK to eat for many different reasons: when you're hungry, or celebrating a birthday, holiday or family gathering, or having dinner at a friend's house.

Here are some things you can do to enjoy eating and feel better about yourself!

Check off what you will try.

- 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 OK the way they are. I'll encourage them to eat well and be active.