

# Feeling Good About Food

## *Tips For Kids*

- No food is “good” or “bad.” Everything from pizza to carrots to peanut butter and candy can be part of a healthy child’s menu.
- Eat when you are hungry. Stop when you’re full.
- Don’t eat because you are bored, sad or angry. Find someone to talk to or do something!
- Stay fit by exercising! Join a sport or a class, like dance or karate. Playing with friends can also be energizing and fun!
- All bodies are different. Even people that look very different can still be eating well and keeping healthy.
- Teasing hurts. Don’t be a part of it, especially if it is about a person’s body or weight.
- Fat does not equal bad and thin does not equal good.
- If you’re unhappy with your body, talk to an adult. Parents, school nurses and teachers can often give you information and support.

**For more information about food, weight or body-image issues, please contact The Renfrew Center Foundation at 1-877-367-3383 or visit [www.renfrew.org](http://www.renfrew.org).**