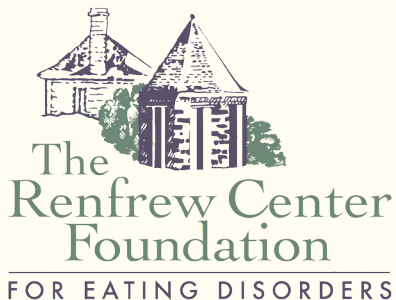


FEELING GOOD ABOUT FOOD: TIPS FOR KIDS

- No food is “good” or “bad.” Everything from pizza, carrots, peanut butter, and candy can be part of a healthy child’s menu.
- Eat when you are hungry. Stop when you are 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, please contact The Renfrew Center Foundation
at 1-877-367-3383 or visit www.renfrewcenter.com.*

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