

Feeling Good About Food: Tips for Kids



The Renfrew Center Foundation was established in 1990 due to the strong need for public and professional awareness regarding anorexia, bulimia and binge eating disorder. Today, the Foundation is dedicated to advancing eating disorders education, prevention, research, advocacy, and treatment.

- 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**