Listen to your body
Notice when you feel hungry and full. Aim for regular meals, snacks, and lots of water daily.

Eat together
Find time to enjoy food with others without distractions.

Be aware of the media
Many photos on the internet are edited and show unrealistic body images.

Be body positive
Healthy bodies come in different shapes and sizes – accept and respect yourself and others. Care for your body rather than comparing it to others.

Choose a variety of foods
All foods in moderation can fit into a balanced diet.

Do activities you enjoy
Move every day in ways you like.

Get enough sleep
Aim to have a regular sleep schedule. Turn screens off before going to sleep.

Healthy eating
A long-term way of eating to give your body what it needs to turn out just right for you.

Instead of dieting, try these tips:

Dieting
Fad diets (e.g. clean eating, keto, detox) promote restrictive eating to lose weight, or change your size or look, which can prevent your body from getting the energy it needs.

This can make you feel tired, anxious, grumpy, sad, or stressed. You may be unable to concentrate. Your body finds it hard to know how much to eat so you may overeat later.

As a teen, your body will change in weight, height, shape and other ways. Diets don’t work long term, so here are some ways to help you turn out just right for you.

For more information, check out foundrybc.ca/healthy-living.