The Journey
From Dieting to Healthy Eating

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.

▶ **Instead of dieting, try these tips:**

Listen to your body

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

Eat together

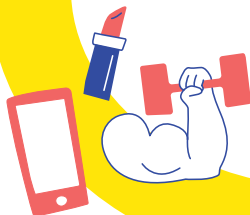Find time to enjoy food with others without distractions.

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.

Be aware of the media

Many photos on the internet are edited and show unrealistic body images.

Be body postitive

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

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.

Now you may feel you're in a better mood, with more energy, focus, and ability to handle stress. Your body knows to eat when you're hungry and when you feel satisfied.

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

fraserhealth