

How Do They Affect Your Food Choices?

It makes sense – how you feel about yourself, including your self-esteem and body, can influence your food choices and eating habits.



How does that work?

When you feel good about yourself, you want to take care of yourself, so you are more likely to make healthier food choices. When you're not feeling good about yourself, you might not care about what you eat.

What can you do?

Make eating well a priority. Take time to eat nutritious meals and snacks every day. Eating well fuels your body and your brain and will help you feel good!

Go nutrient-rich. Choose nutrient-rich foods that taste good to you. Nutrient-rich foods are high in nutrients, such as protein, vitamins and minerals, which you need for a healthy body. Try these nutrient-rich snacks to energize your day:

- Apple slices spread lightly with peanut butter and sprinkled with cinnamon
- Baby carrots and grape tomatoes with hummus
- Vanilla yogurt topped with semi-defrosted frozen berries
- Whole-grain crackers with Cheddar cheese, broiled until sizzling
- Celery filled with guacamole, with a little dish of salsa for dipping
- Fruit smoothie made with milk, frozen raspberries, blueberries and a banana

Move because it feels good! Be active every day to have fun, feel good, be strong and give yourself energy for all the things you love to do. Don't focus on being active to lose weight, burn calories or control body fat.

Get enough sleep. A well-rested body is a happy body! Plus, you're more likely to make healthier food choices when you're not tired and grumpy. Most teens need between 9 and 10 hours of sleep a night.

Listen to your body. Eat when you are hungry, not because you are sad or stressed. Stop when you are satisfied, not stuffed.

Love your body. It's the only one you've got, so take care of it. Focus on the things you like about yourself and the things you do well; skip negative self-talk. Refuse to spend time obsessing about food, weight and counting calories.

Body Image and Self-Esteem 101

Self-esteem describes how you value or respect yourself and how confident or satisfied you are with yourself and your abilities. When you have high self-esteem you feel worthy and believe in yourself.

Body image is the mental picture you have of your body, how you perceive yourself when you look in the mirror and how you believe others perceive your appearance. If you have a positive body image, you accept and feel good about your natural shape and size.

Body image can affect your self-esteem; if you are unhappy with your body, it's hard to feel good about yourself.

Sources