Intuitive Eating: Tips for your Teen

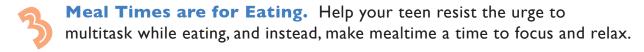




Go with the Gut. Encourage your teen to recognize natural signals of how much food his or her body needs.

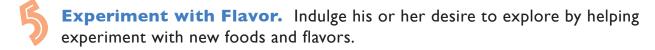


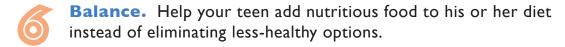
Make Meals a Habit. Set a time when your family can expect regular, satisfying meals.

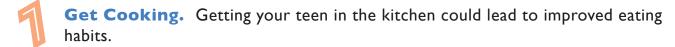


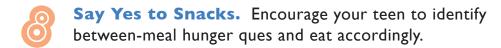


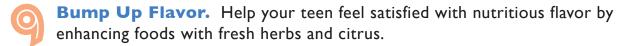
Hand Over the Reins. Allow your teen to take charge by making mindful choices.

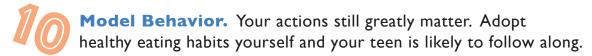












True or False-Even if my teen is craving, he or she should resist indulging. Cookies and other sweets aren't a part of intuitive eating.

they come from.

F-We all have cravings. Part of intuitive eating is respecting those cravings and recognizing where

True or False-Eating time should be for eating only, not for doing other activities such, as watching TV.

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T-Multitasking during mealtime makes it hard to listen to the body's internal hunger and fullness