

Intuitive Eating: 10 Tips for your Teen



- 1 Go with the Gut.** Encourage your teen to recognize natural signals of how much food his or her body needs.
- 2 Make Meals a Habit.** Set a time when your family can expect regular, satisfying meals.
- 3 Meal Times are for Eating.** Help your teen resist the urge to multitask while eating, and instead, make mealtime a time to focus and relax.
- 4 Hand Over the Reins.** Allow your teen to take charge by making mindful choices.
- 5 Experiment with Flavor.** Indulge his or her desire to explore by helping experiment with new foods and flavors.
- 6 Balance.** Help your teen add nutritious food to his or her diet instead of eliminating less-healthy options.
- 7 Get Cooking.** Getting your teen in the kitchen could lead to improved eating habits.
- 8 Say Yes to Snacks.** Encourage your teen to identify between-meal hunger cues and eat accordingly.
- 9 Bump Up Flavor.** Help your teen feel satisfied with nutritious flavor by enhancing foods with fresh herbs and citrus.
- 10 Model Behavior.** Your actions still greatly matter. Adopt healthy eating habits yourself and your teen is likely to follow along.

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.

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

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

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