

HEALTHY EATING

Guidelines for strengthening your healthy habits



Eat a **healthy, varied, and balanced** diet in keeping with your physical activity level, age, and build. Exercise regularly and avoid dieting.



Avoid **comments related to the physical appearance** of other people.



Don't **compare yourself** with other people. You are a unique person.



Don't let **social media influence you**, not everything you see online is real.



Don't use food as **a reward or punishment** for feeling better.



Think about what beauty is for you and don't get carried away by what other people think. **Adopt a critical stance.**



Love yourself as you are and take care of yourself. You are much more than your physique.



If you suspect you may have a bad relationship with food or know someone who does, **talk to people you trust.**