

Signs of a healthy relationship with food and your body

1. You eat everything you like in moderation. You understand that there are no foods intrinsically good or bad.
2. You eat when you're hungry and stop when you're comfortably full.
3. You're happy eating in social situations or alone. You eat typical amounts in public as you do at home.
4. You don't cut out any complete food groups like fats or carbs.
5. You don't say that you're 'on a diet' constantly.
6. You don't have a rigid exercise plan that makes you feel guilty if you miss a training session due to illness or injury.
7. You can judge your body accurately - you don't think that you need to lose weight when your BMI falls in the healthy category.
8. You eat regular meals at regular times.
9. You don't eat large amounts of food to make yourself feel better when you've had a bad day, are bored or lonely.
10. You don't feel bad, ugly or guilty for eating. You just feel full.



If you are worried about your relationship with food talk to a parent, teacher, GP or visit <https://b-eat.co.uk>

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