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FOUR STEPS: How to Talk to Your Teens About Their Eating Habits...without making it worse

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Many of us grew up with messages about food and body image that we don't want to pass down to our children. But breaking these generational patterns isn't always easy. This guide will provide you with practical tools to create a positive food environment, foster a healthy relationship with eating, and build confidence in your child's body image.



1. Identifying Harmful Generational Patterns

Do any of these sound familiar?

- "Clean your plate; there are starving children in the world."
- "You have to earn dessert by finishing your meal."
- "I shouldn't be eating this; it's so bad for me."
- "You need to watch your weight."

These messages, often well-intended, can lead to guilt, disconnection from hunger cues, and negative self-image. Recognizing these patterns is the first step in breaking the cycle.



2. Creating a Positive Food Environment

Instead of focusing on rules and restrictions, shift toward balance and trust:

- **Neutralize food:** Avoid labeling foods as "good" or "bad." Instead, emphasize how different foods nourish the body in various ways.
- **Encourage intuitive eating:** Teach your teens to listen to their bodies. Ask, "Is your tummy full?" instead of insisting they finish their plate.
- **Model a healthy relationship with food:** Avoid making negative comments about your own eating habits or body.



3. Talking to Teens About Food and Body Image

How we talk about food and bodies matters. Use these conversation starters:

- "Our bodies are amazing and do so much for us. What do you love about what your body can do?"
- "Food gives us energy and helps us grow. Let's talk about how different foods help our bodies."
- "All bodies are different, and that's a good thing! Everyone deserves kindness, no matter their size."



4. Building Lifelong Healthy Habits

To create a lasting impact, try these simple strategies:

- **Family meals:** Eating together creates a positive food experience and allows for relaxed conversations.
- **Let teens serve themselves:** This encourages self-regulation and helps them learn portion control naturally.
- **Avoid using food as a reward or punishment:** Instead, offer praise and non-food incentives for achievements.

What's next? Grab my 7-day family meal guide that includes foods your teens will love to eat!

This is not a diet! This is healthy eating for growing minds and bodies! I would love to make this so super easy for you to start implementing some changes in your weekly meal plan today.

You get:

- a 7-day family meal guide
- recipes (including vegan and vegetarian options)
- a complete grocery list (that saves you time and \$\$)



GRAB IT HERE for only \$7



Hi, I'm **Siah Fried**

I'm a parent and health coach. I help families improve habits for balanced physical and mental health. [Visit my website to learn more about me!](#)



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