



KK Women's and
Children's Hospital
SingHealth



Eating Habits and Health

Embody Project



Healthy Eating Habits



Dairy Products



My Healthy Plate - HPB

1) Food is fuel!

Have 3 main meals and 1-2 midmeal snacks daily so that your brain and body have the energy it needs for school and activities, using the "My Healthy Plate" as a guide.



2) **Scheduling your mealtimes** may be helpful to ensure consistent intake of meals throughout the day.

3) There is no 'bad' food

There is no 'junk' food when taken in moderation. Anything in excess can be unhealthy.



4) Make mealtimes social

If eating with family and/or friends was always a part of your normal routine - keep doing it!

Nourish
to
Flourish

Where can I get help?

If you suspect that you have an eating disorder, seek medical help from your **GP** or **trusted physician**.

If you are struggling with body image issues, you may approach the following support services for further support:

- 1) Your school counsellor
- 2) Youth Mental Health Agencies

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Maternal Health and Wellbeing
Strategy Phase 2

Unhealthy Eating Habits

Here are some unhealthy habits that you can look out for:

Not eating regularly



Purging after meals

Skipping of meals



Skipping of certain food groups such as carbohydrates and snacks

Engaging in behaviours such as calorie counting and use of laxatives



If you find yourself engaging in some of these habits, consider speaking to a trusted adult or physician.

Healthy Body, Healthy Mind

Ways to have a healthy relationship with your body:

1

Speak positively about yourself.

1. Identify the negative ways that you speak to yourself and replace that self-talk with more realistic, loving, and positive statements.
2. Make a list of what you like about yourself.

My smile brings joy to the people around me!

I am a good friend!

2

Think of the wonderful things that your body can do for you!

Appreciate your body for everything it helps you to do, such as dance, play, run, enjoy good food, and give hugs!



3

Exercise to feel good and be healthy, not to lose weight or punish your body.

Find fun ways to add more physical activity in your life, such as going for a walk with a friend.

4

Be confident in comfort!

Choose clothes that you like and feel comfortable in. Remember that you are so much more than the size you wear!



5

Use of filters in social media perpetuate unrealistic beauty standards.

Filters and edited photos and videos on social media can make you feel that you don't look good enough.



Instead of saying, "What's wrong with me," ask yourself, "Is this real or edited?"