

Healthy vs. Unhealthy Eating Behaviors

Everyone wants to feel good about themselves – both inside and out. But sometimes, trying to be our “best” can feel difficult, especially when it seems like nothing we do is enough. It’s okay to want to improve yourself, but it’s also important to ask: **Why am I doing this?** Feeling good in your own skin matters most.

If you’re wondering whether your eating habits are healthy or not, check out the list below to help you figure it out.

Healthy habits help growing bodies and minds thrive.

If you’re concerned about your child’s relationship with food or body image, talk to your pediatric provider. They’re here to help you find a healthy and balanced path that works for you.

What Do Healthy Eating Behaviors Look Like?

- Eating a mix of foods like lean proteins, whole grains, fruits, vegetables, and healthy fats
- Working toward a healthy weight that fits your body and height
- Understanding that healthy changes take time—not just a few days
- Paying attention to your body: eat when you’re hungry and stop when you feel full
- Enjoying treats like pizza or ice cream sometimes—it’s okay to say “yes” in moderation
- Moving your body regularly, like walking, dancing, or playing sports 4–6 times a week for about 30 minutes

What Do Unhealthy Eating Behaviors Look Like?

- Counting calories in a way that makes you ignore hunger and skip meals
- Trying to lose weight too fast or aiming for a weight that isn’t realistic for your body
- Cutting out entire food groups (like no carbs or no fats) and missing balance in meals
- Skipping fruits and vegetables and mostly eating processed foods high in sugar and unhealthy fats
- Eating because you’re bored, sad, or stressed instead of truly being hungry
- Exercising too much without rest days, just to burn calories

Healthy Habits	Warning Signs
Balanced Meals	Skiping Meals Often
Moving Your Body	Stress About Food or Weight
Getting Enough Sleep	Extreme Dieting
Drinking Water	Exercising Only to “Burn Calories”
Feeling Energized	Feeling Guilty After Eating
Talking with Trusted Friends	Negative Self-Talk

Final Thoughts

Think about your goals. Are you trying to be healthy for you, or to please others? Being healthy should make you feel good, not stressed or unhappy.