

# This Is Your Life!

## Recommended Resources: Body Image, Eating Disorders & Healthy Weight

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Thanks for coming to our show. We hope the performance has helped raise awareness about healthy choices. Remember, everybody is different and different is a good thing! If you'd like to talk to someone or get more information for you or your friends about issues regarding nutrition, fitness, body image, eating disorders, tobacco prevention, media literacy or general health, contact:

- Your school nurse, guidance counselors, health coordinator, health educators, or family and consumer science teachers at your school
- Your school or community health clinic
- Health or medical professionals, doctors, social workers, psychologists, registered dietitians.
- Family, friends, clergy

### **For more information, resources and referrals, contact:**

FoodPlay Productions  
[www.foodplay.com](http://www.foodplay.com)

HealthierUs  
[www.healthierus.gov](http://www.healthierus.gov)

ANRED (Anorexia Nervosa & Related Eating Disorders)  
[www.anred.com](http://www.anred.com)

Eating Disorder Referral and Information Center  
[www.edreferral.com](http://www.edreferral.com)

Eating Disorder Recovery Center  
[www.addictions.net](http://www.addictions.net)

National Eating Disorders Association  
1-800-931-2237 (treatment referrals)  
[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

Girls, Inc.  
[www.girlsinc.org](http://www.girlsinc.org)

TeenGrowth.com  
[www.teengrowth.com](http://www.teengrowth.com)

TeensHealth  
[www.teenshealth.org](http://www.teenshealth.org)

USDA Team Nutrition  
[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

USDA Food Stamp Program  
[www.fns.usda.gov/fsp/](http://www.fns.usda.gov/fsp/)

Vegetarian Resource Group  
[www.vrg.org](http://www.vrg.org)

**Resources of Interest (check your library):**

*The Gurze Eating Disorders Bookshelf Catalog*

(Free catalog contains a great listing of books on these subjects)

1-800-756-7533 [www.gurze.com](http://www.gurze.com)

*How to Teach Nutrition to Kids*, Connie Liakos Evers, Carrot Press, Portland OR, 2003.

*Hunger Pains: the Modern Woman's Tragic Quest for Thinness*, Mary Pipher, Ballantine Books, New York, 1997.

*Making Peace with Food*, S. Kano, Amity Publishing, Allston, MA.

*Reviving Ophelia: Saving the Selves of Adolescent Girls*, Mary Pipher, Putnam, New York, 1994.

*The Right Moves: A Girls guide to Getting Fit and Feeling Good*, Tina Schwager, and Michele Schverger, Free Spirit Publishing Inc. Minneapolis, MN, 1998.

*The Seven Habits of Highly Effective Teens*, Sean Covey, Fireside Books, Simon & Schuster, 1998.

*Weight Loss Confidential: How Teens Lose Weight and Keep It Off-and What They Wish Parents Knew*, Anne Fletcher, Houghton Mifflin Company, New York, 2006.

To learn more about the USDA's "MyPyramid," visit  
[www.mypyramid.gov](http://www.mypyramid.gov)

On their website, you can assess your diet and create an individualized  
dietary plan based on their own personal needs.

**Teachers! Parents! Kids!**

for tips, activities, handouts



and fun-filled resources:



[www.foodplay.com](http://www.foodplay.com)