

How is Diet Culture Affecting Me?

Before Getting Started...

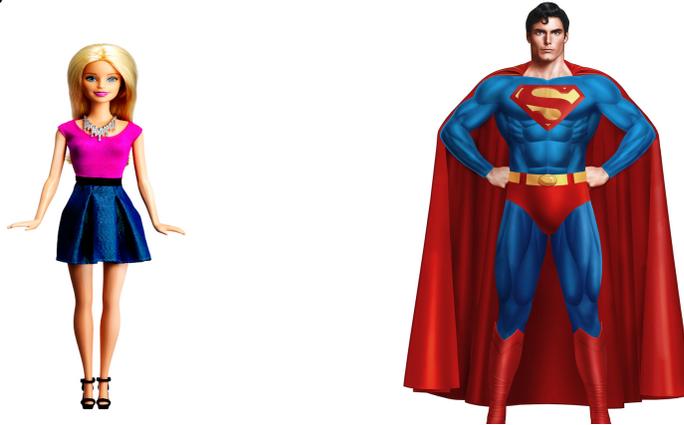
Take a few minutes to discuss the following questions with your nutritionist:

- What have you heard about dieting and other weight-loss strategies?
- Do you think dieting is a healthy way to lose weight?
- What do you think of when you hear the word “intuitive eating”?

Why is Our Culture So Diet and Weight-Focused?

Kids Are Exposed to the Thin Ideal at a Young Age

Female dolls, toys, and cartoons are often tall and thin while male action figures and cartoons tend to be tall and muscular. If most toys were life-size, they would be very disproportionate to a healthy body size.



People in Larger Bodies Can Be Misrepresented and Mistreated

In contrast to the thin ideal, TV shows, movies, and social media often send the message that people in larger bodies are lazy or lack willpower. Weight bias is prevalent in our society and can lead to bullying and being treated differently than others.

Social Media Use Increases Body Image Concerns

Research shows that the thin ideal and weight biases promoted in the media as well as through social media contribute to unhappiness. Specifically, the more teens are exposed to “body perfect” ideals on social media, the more unhappy they are with their own body, regardless of the type of media.¹



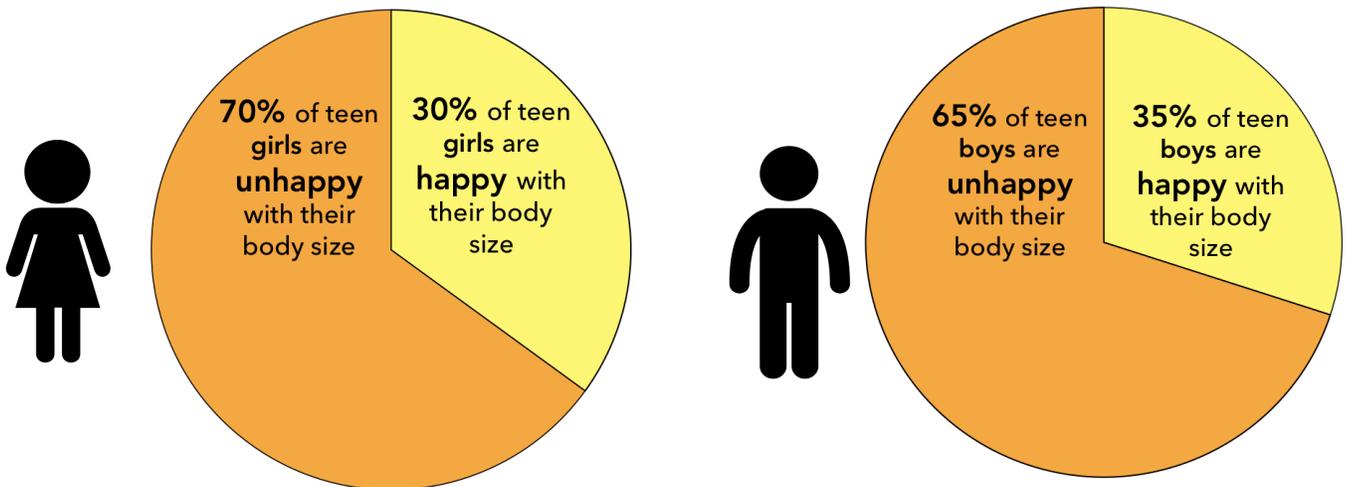
The Diet and Weight Loss Industry is Money-Driven, Not Always Health-Driven

The diet and weight loss industry is estimated to be worth over 60 billion dollars. By marketing weight loss and diet products as quick, easy, and harmless and associating thinness with health and happiness, many people are drawn to products and programs without fully understanding whether something is safe or healthy for their body.



Why Does This Matter to Teens?

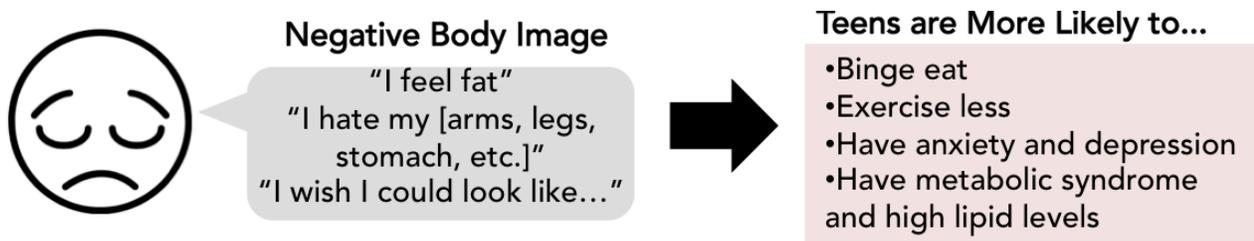
Most Teens are Unhappy with Their Body Size or Shape.²



Negative Body Image Can Lead to Unhealthy Weight Loss Strategies:

About 20% of teen boys and 45% of teen girls in the U.S. reported dieting or using unhealthy behaviors to control their weight.³

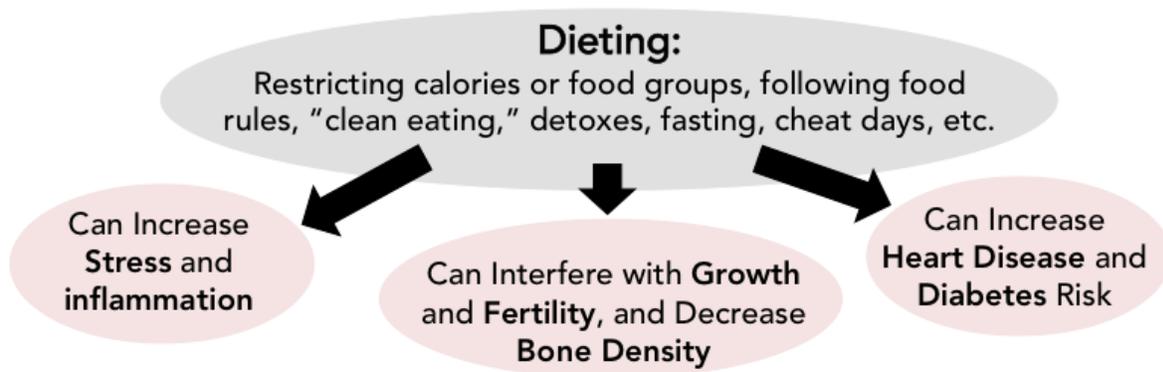
Regardless of Body Size, Negative Body Image Can Harm Teen's Health.^{4,5,6}



Why Can Dieting and Weight Control Behaviors Be Unhealthy?

Compared to teens who have never dieted, teens who diet...

- Gain more weight on average⁷
- Are more likely to binge eat or develop other disordered eating behaviors⁸
- Are more likely to have nutritional deficiencies, lower bone density, and more growth and fertility concerns.⁹
- Have more inflammation in the body and greater perceived stress¹⁰
- Have higher risk of developing heart disease and diabetes¹¹



If Not Dieting... Then What?

Dieting forces you to rely on external cues like calorie counting or food rules to try to control your weight or body size. Intuitive eating, on the other hand, is about making food choices based on your body's physical hunger and fullness cues rather than situational cues. Here are some key differences between dieting and intuitive eating:

| DIET & WEIGHT-FOCUSED MINDSET | INTUITIVE EATING & HEALTH-FOCUSED MINDSET |
|---|--|
| <ul style="list-style-type: none"> •Am I allowed to eat this? •Will this make me gain weight? •Today's my cheat day so I can eat whatever I want. •I'm being "good" today and only eating ##### calories. •[Brownies, bread, etc.] are my weakness, I can't be around them. •I was "bad" at lunch so I'm not going to eat dinner. •I exercise so I can eat. •I exercise because I hate my body. | <ul style="list-style-type: none"> •Am I hungry? Does this sound tasty? •Will this leave me energized? •Today's my friend's birthday so I'm going to enjoy cake at the party. •I'm taking care of myself and giving my body the energy it needs. •If I don't eat a [brownie, bread, etc.], will I feel deprived? •Lunch was so filling and satisfying, I think I'll have a smaller dinner. •I eat so I have fuel to exercise. •I exercise because it feels good. |

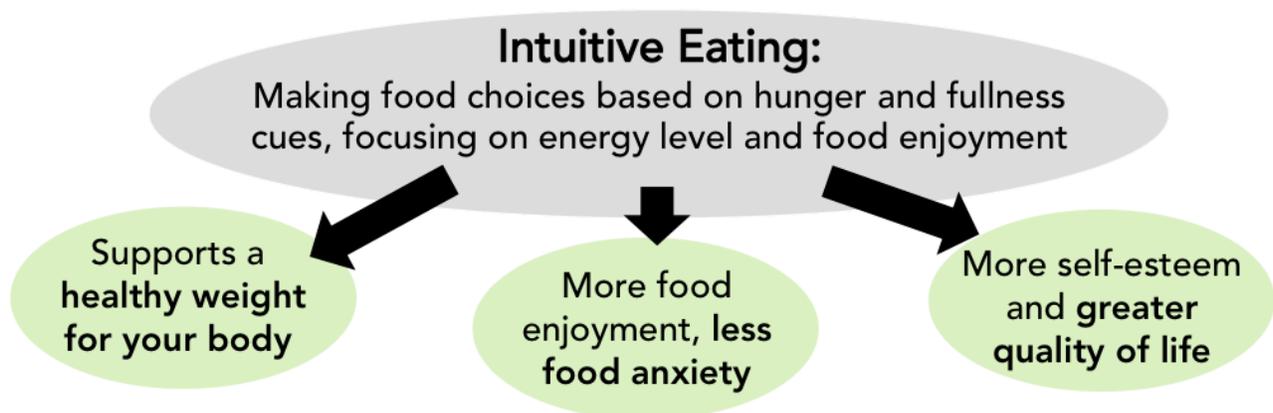
10 PRINCIPLES OF INTUITIVE EATING

Developed By Evelyn Tribole and Elyse Resch

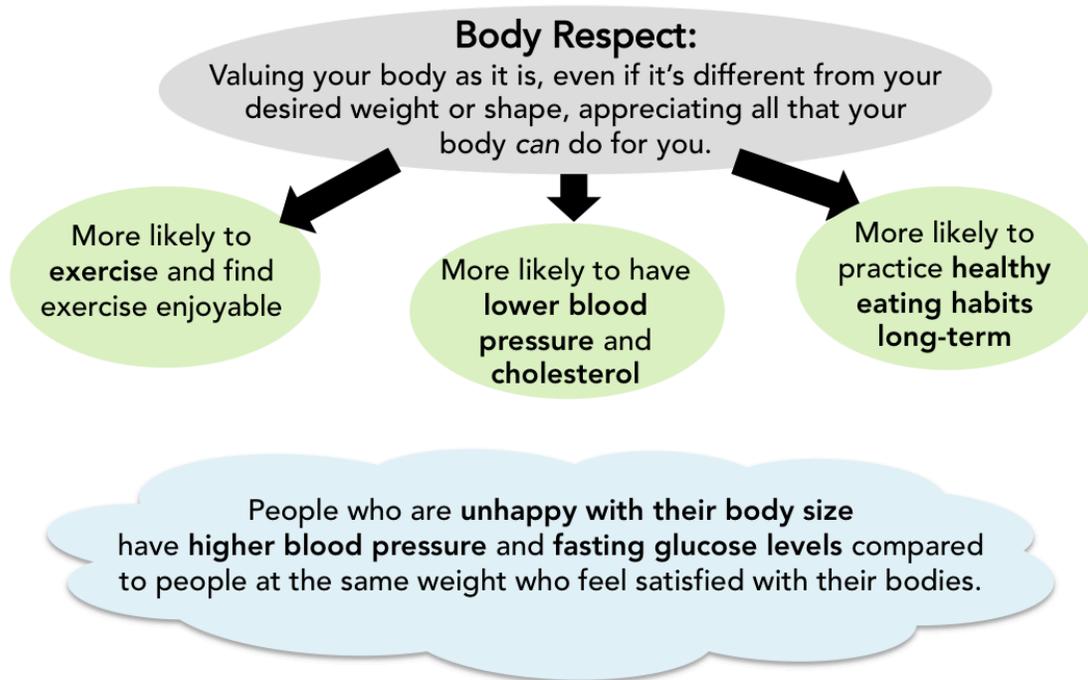
1. Reject the diet mentality. 
2. Honor your hunger. 
3. Challenge the food police. 
4. Make peace with food. 
5. Respect your fullness. 
6. Discover the satisfaction factor. 
7. Honor your feelings without using food. 
8. Respect your body. 
9. Exercise: feel the difference. 
7. Honor your health. 

Why Focus on Intuitive Eating?

As babies, we're born with the ability to eat when we're hungry and stop when we're full by listening to our body's signals. Responding to hunger and fullness cues allows us to meet our energy needs and reach a healthy weight range for our bodies. While dieting, food rules, and calorie counting disconnect us from our bodies, intuitive eating reconnects us to our hunger and fullness cues so we become experts of our own bodies.^{12,13,14}



Why Is Body Respect Important? ^{4,9}



Next time you make a choice about food or exercise, ask yourself:

Am I doing this because I care and respect my body or because I don't like my body and feel shame and guilt?

What Does This Mean For Me?

1. Why do you think many teens are unhappy with their body size or weight?
2. Do your thoughts about food and exercise fall more into the diet and weight-focused mindset or the intuitive eating and health-focused mindset?
3. What are one or two intuitive eating principles that you feel most comfortable working on now or in the future?

To Learn More:

Bacon L, Aphramor L. *Body Respect* (2014) and website (www.lindabacon.org)

Scratchfield, R. *Body Kindness* (2016) and website (www.bodykindnessbook.com)

Tribole E, Resch E. *The Intuitive Eating Workbook* (2017) and website (www.intuitiveeating.org)

The Body Positive: www.thebodypositive.org

Ellyn Satter Eating Competence: www.ellynsatterinstitute.org

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3. Neumark-Sztainer, Dianne, et al. "Dieting and unhealthy weight control behaviors during adolescence: associations with 10-year changes in body mass index." *Journal of Adolescent Health* 50.1 (2012): 80-86.
4. Blake, Christine E., et al. "Adults with greater weight satisfaction report more positive health behaviors and have better health status regardless of BMI." *Journal of obesity* 2013 (2013).
5. Hayward, Lydia E., Lenny R. Vartanian, and Rebecca T. Pinkus. "Weight Stigma Predicts Poorer Psychological Well-Being Through Internalized Weight Bias and Maladaptive Coping Responses." *Obesity* 26.4 (2018): 755-761.
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8. Neumark-Sztainer, Dianne, et al. "Obesity, disordered eating, and eating disorders in a longitudinal study of adolescents: how do dieters fare 5 years later?." *Journal of the American Dietetic Association* 106.4 (2006): 559-568.
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10. Bacon, Linda, et al. "Size acceptance and intuitive eating improve health for obese, female chronic dieters." *Journal of the American Dietetic Association* 105.6 (2005): 929-936.
11. Smith, TeriSue, and Steven R. Hawks. "Intuitive eating, diet composition, and the meaning of food in healthy weight promotion." *American Journal of Health Education* 37.3 (2006): 130-136.
12. Tylka, Tracy L., Rachel M. Calogero, and Sigrún Daniélsdóttir. "Is intuitive eating the same as flexible dietary control? Their links to each other and well-being could provide an answer." *Appetite* 95 (2015): 166-175.
13. Madden, Clara EL, et al. "Eating in response to hunger and satiety signals is related to BMI in a nationwide sample of 1601 mid-age New Zealand women." *Public Health Nutrition* 15.12 (2012): 2272-2279.
14. Smith, TeriSue, and Steven R. Hawks. "Intuitive eating, diet composition, and the meaning of food in healthy weight promotion." *American Journal*