

## DIET CULTURE

### KEEP IN MIND

“Your diet is not only what you eat. It is what you watch, what you read, the people you hang around...be mindful of the things you put into your body emotionally, spiritually and physically.”

“You’d never let a thief into your house. So why would you allow thoughts that steal your joy to make themselves at home in your mind.”

### DIET INVENTORY

Reflect on your relationship with dieting.

- How long have you been dieting?

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- Your first diet . . .

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- What diets have you tried?

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### DIETS HAVE BEEN AROUND FOR YEARS

WEIGHT LOSS DESIRE	DIET, RESTRICT, DEPRIVE	SHORT TERM WEIGHT LOSS	CONSEQUENCES
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### 10 REASONS TO STOP DIETING

- |    |     |
|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

## DIETING CAUSES MORE HARM THAN GOOD

Restrictive eating patterns, irrational food rules, excessive exercise and food deprivation can be the start of a series of unfortunate events and side effects within one's body and mind. Often times, dieting increases food fixation, decreases self-esteem, dismisses the value of honoring hunger, and increases the risk of binge eating and eating disorders. The following statistics are subject to change over time as research continues to change and progress:

- In 2018, over 70% of American adults actively tried to lose weight
- According to the CDC, 50% of Americans surveyed between 2013 and 2016 reported attempting weight loss in previous 12 months
- The weight loss industry is worth approximately \$66.3 billion a year
- 60% of those that are seeking healthy food options in grocery stores find themselves confused due to conflicting nutrition advice
- 85% of women report opting out of important life events because they feel like they don't look good
- Americans report that approximately one-third of the food they consume is associated with guilt
- Up to 40% of gym-goers have a destructive relationship with exercise
- Body shaming is starting as young as 6 years old
- 30% of those seeking weight loss treatments show signs of Binge-Eating Disorder
- 95% of dieters will gain their weight back within 1-5 years

## WHAT HAS DIETING TAKEN AWAY FROM YOU?

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## IS THERE ANOTHER WAY

- BODY RESPECT  
*(body kindness, self-compassion, forgiveness, patience, gratitude)*
- SET BOUNDARIES AROUND UNSUPPORTIVE RESOURCES  
*(relationships, social media, internet, work, etc. Advocate for yourself)*
- EXPLORE INTUITIVE EATING  
*(attuned eating, listening to your body, honor hunger, recognize fullness, increase awareness, learn to enjoy food again)*

## WHAT DOES NOURISHMENT LOOK LIKE FOR YOU NOW...

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## RECOMMENDED READING

- Intuitive Eating by Elyse Resch & Evelyn Tribole
- The Power of Vulnerability by Brene Brown
- Body Respect by Linda Bacon & Lucy Aphramor
- Health at Every Size by Linda Bacon