

5 WAYS TO SPOT DIET CULTURE SHOWS UP IN EVERYDAY LIFE

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1. **That UGH feeling when you hear it such as “only skinny people have boyfriends”**

These statements are simply not true! All people are lovable. Your worth is not equal to your weight/size.

2. **Labeling somebody’s body as a “disease” AKA the Obesity Epidemic.**

Body size is not a disease. The “War on Fat” and the “Obesity Epidemic” are perpetuating weight stigma and create harm.

3. **Thinking bodies can be thin, if we want it “bad enough”.**

Umm, body diversity is a real thing. Bodies are meant to look different. Beside identical twins, name 1 thing in nature that has an identical counterpart.

4. **Seeing women to choose to smoke or vape just to stay thin.**

Women were choosing to increase their risk of cancer instead of risking weight gain.

5. **Choosing not to eat at school because of fear of a teacher’s comment such as “You should really have fruit instead of the cookie. Cookies are bad for you.”**

Judgement placed on a person’s food increase risk of disordered eating behaviors



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