



Do I Contribute to Another's Eating Disorder?

The culture of disordered eating is pervasive in our society.

The following are ways in which we might unintentionally encourage eating disorders.

- Praising or glorifying another's appearance based on body size or attractiveness.
- Complimenting someone when they lose weight or diet.
- Encouraging someone to lose weight.
- Talking negatively about our bodies.
- Discussing measurements, weight or clothing sizes.
- Thinking of foods as "good" or "bad."
- Making fun of another person's eating habits or food choices.
- Criticizing our own eating.
- Considering a person's weight important.
- Saying someone is "healthy" or "well" because she is thin.
- Expecting perfection.
- Encouraging more exercise than is healthy.
- Assuming that a large person wants or needs to lose weight.
- Allowing the media to dictate what body type is "in."

For more information on food, weight or body image issues, call The Renfrew Center at 1-800-RENFREW or visit www.renfrew.org