

Responding to “diet talk”

Did you know that dieting is the single biggest behavioural risk factor for developing an eating disorder?

When diet culture comes up in conversation, it can be hard to know how to respond. Try using these phrases to shift the conversation away from diet talk and towards something more supportive.

"My body isn't up for discussion. Can we change the subject?"

"My focus is on living a fulfilling life, not on how my body looks."

"I know you mean well, but I'd prefer to talk about something else."

"Have you considered that everyone has a different healthy weight & shape?"

"Let's be our own biggest supporters instead of critics."

"The pressure to look a certain way is exhausting. Let's focus on self-acceptance instead?"

"I'm sad to hear you think/feel that way. Let's be kinder to ourselves and others. We're all doing our best and deserve to feel good in our own skin"

"We're all so much more than our bodies."

"Food isn't something to feel guilty about. Let's focus on enjoying it instead."

"I don't find diet talk helpful. Let's chat about something more fun!"

"Diet culture profits from our insecurities. Let's not give it that power."