

Do I Contribute to Another's Eating Disorder?

What we hear, think and say has a profound impact on how we feel about our bodies.

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."
- Discussing weight, shape and appearance of others in judgmental terms.
- Showing excessive concerns about your child's weight or shape.
- Responding negatively to changes in your daughter's body as she matures.

For more information about food, weight or body-image issues, please contact The Renfrew Center Foundation at 1-877-367-3383 or visit www.renfrew.org.