

# What is diet culture and why is it toxic?



# Diet culture

Is a social expectation that tells us how we should eat and look a certain way. It is dangerous and can harm people of all sizes, sex, and age.



# Examples of diet culture

- Equating 'skinny' with health
- Feeling the need to justify eating habits
- Rigid rules for food
- Exercising as punishment



# Why is diet culture toxic?

- Weight stigma
- Mental health issues
- Body image problems
- Eating disorders
- Food obsession



# Tips for balanced diet

- More fruits and vegetables
- Less salt
- Hydrate
- Do not skip breakfast
- Increase protein intake
- Decrease saturated fat & sugar intake



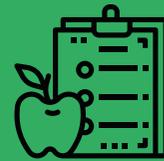
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