

DIET CULTURE TRUTH BOMBS

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**if DIETS
DON'T WORK,
WHAT DOES?**

Dear Reader,

I know that leaving diet culture myths behind is easier said than done. Like anything new, it takes practice and repetition to truly make a change. Here you will find a list of statements and myth-busting truths from the book, and a few affirmations to put in place as well.

Read through these statements and highlight the ones that resonate the most with you. Choose a way that is meaningful to you to revisit these statements on a regular basis. You could print them out and tuck them in your journal. You could write a new statement on your bathroom mirror each week. You could make your own set of flashcards or a bookmark. Anything that will help you revisit these truths will help you see diet culture for what it is.

If there are any statements, reminders, affirmations or “truth bombs” that you come up with on your own, by all means, add them to the list! Anything that encourages you to leave diets behind and lean into the lifestyle approach to health will be great.

Take care,

Danielle



DIET CULTURE

- Diets are not sustainable
- Dieting is not sustainable
- Big effort can mean big burnout
- Dieting results come fast
- Diets don't work for the long term
- Diets don't care about my health
- Diets give me tunnel vision
- 95% of dieters will regain their lost weight in 1-5 years
- Diets force me to look at one thing and one thing only: the number on the scale
- Don't let the scale steal your joy
- There's more to health than the food I eat
- Diets have a beginning and an end.
- Diet culture gives big promises, requires too much, then dumps me right back to where I started
- Go big or go home doesn't serve me
- There's a reason they call it a crash diet
- Before and after photos don't show the actual time lapse
- I am done chasing a before and after picture
- Dieting for health is a lie

THE LIFESTYLE APPROACH

- I am focused on progress over perfection
- I am focused on building health; I am letting the rest take care of itself
- I am more interested in building habits than in losing weight
- There is more to health than a number on a scale
- I am focused on behavior goals, knowing the outcome goals will follow
- I celebrate the results that matter
- I celebrate every little way that my body is thanking me for the healthy changes I am making
- I trust my body to get to the weight loss when it's good and ready
- Health is not a freaking sprint.
- I cannot white-knuckle my way to a healthy lifestyle
- True and lasting health comes from adopting habits that are perpetual as well as pleasing
- The lifestyle approach is a lifelong commitment - I am finding ways to have fun with it!
- I am letting go of finish lines
- My journey IS my destination
- It's time to start playing the long-game
- I am working with my habits to change them, and that takes time
- No more white knuckling it
- I don't have to be perfect to get results with healthy living
- Stop overcorrecting, find the middle of the road and keep moving forward
- Getting healthy is not about being perfect, it's about making progress

MY PERSONAL REMINDERS

Write your own personal reminders. You can use “I am” statements. You can focus on the things you’re letting go of and you can focus on the new thoughts and feelings you are choosing instead of the old thoughts and feelings. While pointed truth bombs have their place, positive statements are more powerful for creating what you want.