

Responding to “diet talk”

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

When diets comes up in conversation, it can be hard to know how to respond. Try these phrases to shift the conversation.

“We’re here to enjoy this meal together, so let’s enjoy it!”

“I don’t want to make assumptions about their food choices.”

“I know you mean well, but I’d prefer to talk about something else.”

“I feel like we could try to avoid commenting on other people’s bodies?”

“Sorry, I love you, but I’m not the friend for the diet talk.”

“I get it, the pressure to look a certain way is exhausting. I find trying to focus on self-acceptance helps me.”

“I’m sorry to hear you feel that way, that is really hard. We’re all doing our best and deserve to feel good in our own skin.”

“I’m really proud of the work I’ve done to accept my body.”

“I’m not really thinking about that. How’s [hobby / project / person]?”

“Is that what you’re eating?”

“I wish I could eat that.”

“Yep! I’m listening to my body.”

“You totally can!”

“People can just look how they look, and that’s ok!”