

nutrition NEWSLETTER

May 2021

MAY 6TH IS INTERNATIONAL NO DIET DAY!

International No Diet Day is a celebration of body acceptance, including fat acceptance and embracing body diversity. This day is dedicated to shedding light on the dangers of dieting and learning how to cultivate a healthy and lasting relationship with food.

WHY DON'T DIETS WORK?

The human body is a survivor. When energy intake is restricted (from a diet or other reasons), metabolic processes adapt to compensate and keep the body at a place it feels comfortable and safe. Additionally, it has been theorized that human bodies have weight ranges (~10-15% of body weight) they are genetically predisposed to maintain, also known as the Set-Point Weight Theory. When forced outside of the comfortable range, the body will fight hard to get back in.

In the research world, successful long-term weight loss from a diet is defined as a 10% loss in body weight for at least 1 year. Unfortunately, 80-95% of people who go on a restrictive diet with the goal of intentional weight loss regain all weight lost (and sometimes even more) within 5 years. (PMID: 16002825)

HOW TO DITCH DIETING

Now is the time to see diet culture for what it is—harmful, stigmatizing, and wrong. Dieting can lead to chronic weight cycling (which has serious health risks), and an unhealthy relationship with food.

Here are some steps to start to ditch dieting for good:

1. Stop labeling food as good or bad
2. Recognize that no single food will lead you to perfect health OR cause weight gain OR cause poor health
3. Move your body in ways you enjoy, not for punishment
4. Remember that weight and health ARE NOT synonymous
5. Practice Intuitive and Mindful Eating techniques
5. Move towards body acceptance instead of body love





Honor Hunger & Respect Fullness

Instead of listening to external sources to “control” your eating (time of day, social pressures, points, etc.) start listening to your own internal signals.

Use the hunger and fullness scale to learn more about the cues your body is providing.

For more information about mindful eating techniques, read [Intuitive Eating](#) by Elyse Resch and Evelyn Tribole!



FOR MORE INFORMATION, PLEASE CONTACT:

Lexi Cournoyer RDN, LDN
 District Registered Dietitian
Alexa.cournoyer@sodexo.com

