



Bulimia Anorexia Nervosa Association
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Myths and Misconceptions

- * Fat people are unhealthy
- * If you eat now, you'll spoil your appetite
- * A clean plate is a worthy goal
- * You must eat three square meals per day to be healthy
- * Losing weight will make me happier
- * Dieting will help me achieve the "ideal body"
- * Skipping meals will help reduce weight quicker
- * Eating after 8:00 pm will make me gain weight
- * I should be buying diet products
- * Being thin will make me popular
- * Thinness equals success
- * Fried foods, sweets, and salty foods are forbidden
- * Fat people are lazy, sloppy, and stupid
- * Your mate will love you more if you are thin

Remember

- * There is no "perfect body"
- * You can not choose to be a certain weight
- * Genetics play a role in determining body size
- * Your body has a set point, it will return to its natural weight

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A Centre for Eating Disorders, Health and Wellness