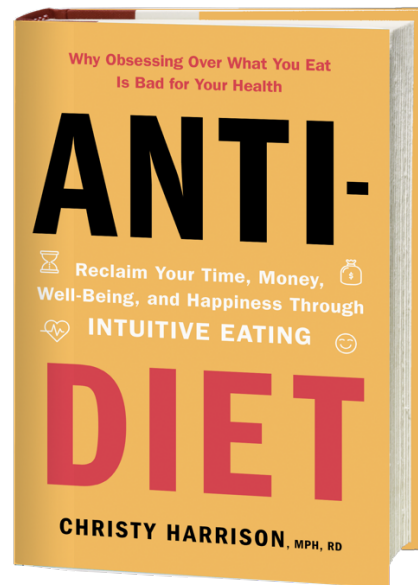


ANTI-DIET DISCUSSION GUIDE

“Diet culture—a system of beliefs that equates thinness, muscularity, and particular body shapes with health and moral virtue; promotes weight loss and body reshaping as a means of attaining higher status; demonizes certain foods and food groups while elevating others; and oppresses people who don’t match its supposed picture of ‘health.’” —Christy Harrison, *Anti-Diet*



Discussion Questions for Christy Harrison's *Anti-Diet*

1. What are some examples of toxic diet culture you are confronted with in your day-to-day life?
2. Throughout history there have been endless diet trends and weight loss programs. How have these changed over time? How have they stayed the same?
3. Diet culture and body shaming are so pervasive in the media. What are some recent news stories that you identify as problematic after reading *Anti-Diet*?
4. Christy Harrison calls out the sexist, racist, classist, and ableist nature of diet culture in her book. What are some examples from the book that you found especially illuminating? Have you experienced this in your own life?
5. In 2019 Marketdata reported that the U.S. diet industry is worth more than \$72 billion. What are some ways you have contributed money to the diet industry in the past that you may have been unaware of?
6. Today we see a shift towards “wellness” trends. Why are these still problematic to our health?
7. How is intuitive eating different from dieting?
8. Have you made any changes to your eating and movement practices after reading *Anti-Diet*? Are there any “anti-diet” communities where you live? If not, what are some first steps you think one could take to create one?