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Diet culture is a system of beliefs and rules that promotes weight-loss at any cost to achieve the appearance ideal. It equates being in a small, lean body as healthier, with moral and social superiority.

But, we aren't born with food rules and weight is not equivalent to health. There is a societal "food police" reinforced by media and others that form a collective cultural voice and can become our inner voice. Some common phrases people say when they're under the influence of diet culture include, "\_\_\_ has too many calories", "I need to work off this food", or "I'll gain too much weight if I eat \_\_\_" among others.



