This is the second component of the Health At Every Size curriculum and today we’re going to focus specifically on how to develop a healthy relationship with food and exercise.

This curriculum was developed by a team of individuals representing three organizations:
- The Society for Nutrition Education and Behavior
- NAAFA, the National Association for the Advancement of Fat Acceptance and
- the Association for Size Diversity and Health

Last class you learned about the Health At Every Size paradigm, research in support of this approach and a general overview of the philosophy.

In today’s class, we’ll talk about the first and second concepts – (1) eating for pleasure attending to hunger, satiety, and appetite and (2) adopting joyful movement.

We often adopt many food and exercise rules based on what we see in the media. Today we’ll be talking about the negative side effects of thinking black and white about food and exercise.

We’ll talk about the different cues for eating and how to tune into hunger and fullness to guide eating timing and amounts.

We’ll talk about how to be ready when hunger strikes with some basic tips for planning snacks and meals.

We’ll also spend some time today talking about cravings and how to remain mindful during the eating experience.

We’ll talk briefly about eating for emotional reasons and finish of talking about finding fun ways to be active.
**Slide 4**

**Black and White Thinking**

- I feel like eating chips, but I should probably eat carrots.
- I can eat this. I've been "good" all week.
- If I eat this, I'm going to have to run an extra mile.
- I blew it today, but I'll start on my diet tomorrow.
- Why even bother eating this salad if it has all this fattening dressing?
- I lost a pound this week; I can eat this.
- I already ate a cookie today, so since I've blown my diet, I might as well eat this too.

**EXHAUSTING**

**Slide 5**

**Black and White Thinking**

**Pause for Discussion**

What happens when we label foods as "good" or "bad"?

- How does labeling foods as "good" or "bad" influence our eating behaviors? Our enjoyment of food?
- Answers: We obsess about food and the eating experience becomes less enjoyable.

**Slide 6**

**Black and White Thinking**

- What does it look like to be "gray" with eating and activity?
  - I kind of want something crunchy and salty. I think I'll have some carrots and some chips.
  - Pizza sounds good. I like giving my body the nutrients it needs. I think I'll have a salad with my pizza.
  - Honey Nut Cheerios are too sweet. Regular Cheerios are too boring. I'll mix them.
  - I feel like being active, but I don't feel like running today. I think I'll go for a walk.

- Often we do a lot of black and white thinking when it comes to eating.
- We tend to label foods as good or bad and then experience guilty feelings when eating foods on the "bad" list and pride when we eat foods on the "good" list.
- This back-and-forth can be emotionally exhausting.
- Raise your hand if you’ve ever had thoughts like these when eating. I’m guessing most of us have at some point.

- How does labeling foods as ‘good’ or ‘bad’ influence our eating behaviors? Our enjoyment of food?
- Answers: We obsess about food and the eating experience becomes less enjoyable.

- If we mix black and white together, it makes gray.
- If we stopped this internal battle and listened to our whole body (not just our brains) maybe our thoughts would resemble something like these ‘gray’ thoughts.
Black and white thinking about food can lead to this pendulum swinging.
• Raise your hand if you know how to use a yo-yo. (Presenter can bring an actual yo-yo to class, if desired.)
• Everyone knows that yo-yos go up and down.
• You’ve probably even heard the term yo-yo dieting, where body weight goes up and down.
• What’s interesting about yo-yos, is that they are basically impossible to get them to stop half way. Similarly, yo-yo dieting results in these extreme ups in downs in thought patterns and weight, making it impossible to find middle ground.
• However, if we let the yo-yo drop all the way down, it could easily start swinging from side to side. And then we have a pendulum.
• When we label foods as ‘bad’ and restrict those foods, the yo-yo gets pulled all the way to one side. We stay here as long as we can, restricting, until one day, we “give up” and throw in the towel. What happens to the yo-yo if we let go?
• It swings to the other side, representing our internal food rebel. We say: “Oh forget it, I just really want some birthday cake. My diet is over!”
• Then we eat some birthday cake and since we “re off our diet” we might as well have the six other foods we’ve been missing.
• Now what happens?
• Guilt sets in. “I feel fat. I shouldn’t have eaten that. I really blew it. I’ll start my diet again tomorrow.”
• Then restriction, then binge, then restriction, then binge and the swinging continues.
• However, if we don’t pull as far over to the food police side and begin restricting, perhaps we won’t swing so far over to the food rebel side and we’ll find this nice happy middle ground.
• If you stop pulling on the yo-yo it will eventually stop swinging.
• It won’t stop swinging immediately. It takes time lose momentum and in the same way it may take years to rid ourselves of the dieting mentality.
• Developing a healthy relationship with food, exercise and our body takes time, but there is freedom on the other side.
• If there are drawbacks to labeling food as “good” or “bad”, how are we supposed to figure out what and when to eat?
• Next we’ll talk about internal vs. external cues to eating.

• Most children are born to eat in response to cues. An infant cries when hungry and stops crying when he or she gets food, and then turns away when full.
• Into toddlerhood and childhood, the same thing happens. The child gets cranky when hungry and stops eating in the middle of a meal because the child loses interest or becomes full.
• We are born to be intuitive about eating, relying on our hunger and fullness cues, cravings, flavors, textures, colors, and smells.
• What happens? How do we lose those cues? Parents may start pressuring a child to eat more of this or less of that. “Eat your broccoli and then you can have a cookie.”
• One way or another, we start learning about nutrition and the ‘good’ and ‘bad’ foods.

• Then we start ‘learning nutrition’. Sometimes we’re just encouraged to eat a variety, and other times we might be taught how to count calories, keep track of portions, or fat grams, using food labels and dietary guidelines as a guide. These are external cues to eating. As adults we are taught that we can’t trust our internal cues to guide when and how much to eat and instead need to be told how much to eat and when to eat using external cues.
• These external cues may help us ‘learn nutrition’ but can be very limiting. Let’s say we decide one day that we want to eat 1,800 calories each day. We start reading our food labels and counting up our calories. What if one day you are more active or stressed? Maybe on that day you need more calories? Why stop at 1,800 if on that day your body needs more?
• And what if on another day you get a bad head cold and you’re on the couch all day. Who’s to say that 1,800 calories is the right amount on that day? It may be more than your body needs that day. So actually aiming for a certain calories level actually doesn’t make much sense.
• The idea of attending to internal cues is that our body knows exactly how much it needs each day. The key is LISTENING.

• Let’s take a closer look of our internal cues and how paying attention to hunger and fullness can guide the timing of our meals and snacks.

• Paying attention to hunger and fullness cues, or intuitive eating, is about re-learning the cues we naturally had as children.
• This hunger/fullness scale is one strategy some find useful in starting to pay attention to hunger going into a meal or snack, satisfaction during a meal or snack, and fullness at the end.
• Using a scale like this, 1 is ravenously hungry, or starving, and 10 is uncomfortably full, or stuffed.
• Every body has different cues for hunger and fullness and it’s a matter of figuring your own cues out.
• What happens when you start eating a meal when you are starving? How full are you when you are finished? (Answer: usually overly stuffed)
• What happens when you start eating a meal gently hungry? How full are you when you are finished? (Answer: usually comfortably full)
• While this philosophy sounds simple, it can actually be quite challenging at first.
• What keeps people from eating when hungry?
• Answers: Fear of weight gain; Poor planning; Busy; Not tuning in to listen

• On the other side of the hunger/fullness scale is fullness.
• What keeps people from stopping eating when comfortably full?
• Answers: Taste; Fear that we won’t get to have that food again; clean plate club rules carried over from childhood; fear of wasting food; forgetting to check in with fullness; a delayed satiety response cue; emotional reasons for eating

• Busy schedules make it hard to tune into our hunger and fullness, but when we do, we can honor and respect our body’s natural cues.
• Respecting and honoring our hunger cues involves eating regularly throughout the day just when we start to feel hungry, but before we become starving.
• Respecting and honoring our fullness cues involves checking in with our fullness and satisfaction during meals and finding a comfortable stopping place.
• When we don’t respond to these cues, it’s important to stay curious and non-judgmental. In other words, no need to turn this into a dieting rule.
• Start by being more aware and allow for flexibility.
• You may have good intentions to eat when you’re hungry, but sometimes hunger might sneak up on you when you aren’t prepared.
• Next, we’ll talk about the importance of planning for eating.

• As much as possible, it’s helpful to keep your cupboards and fridge from becoming bare.

• How many times have you been out and about and all of sudden you’re hungry and completely unprepared?
• A little planning up front can save time and money and also make it easier to respond to hunger cues.
• A few questions you can ask yourself on the way out the door to work or school:
  • Where will I be the next time I get hungry?
  • What food will be available?
  • Do I need to bring something along?
Slide 19

- It all starts at the grocery store.
- Figure out how you like to do your grocery shopping. Some people like to go every day, others less often.
- Whatever your preferred style, go in with a little plan.
- Figure out some meals you like to make, and make shopping lists with what you’ll need for those meals.
- Don’t overthink the nutrition part of this - just think quick easy meals with a few food groups included.
- Purchase foods that satisfy a variety of cravings for different tastes, textures and flavors.

Slide 20

- It’s important to pay attention to cravings and satisfy cravings throughout the week.

Slide 21

- Cravings can be trusted because if you grow up with exposure to many different tastes, textures, and flavors, chances are good that your body will crave variety.
- Sometimes we go to the grocery store and avoid buying certain foods we’re craving because we believe they are “bad” for our health.
- However, those cravings usually don’t just dissolve on their own. They usually intensify.
- It may feel like you only crave foods that are high in fat, salt, sugar, or calories, but the truth is that you probably crave a lot of different foods.
- If you were raised being fed a variety of foods, your taste buds have probably adapted to a lot of different tastes, textures, and flavors and therefore likely craves a variety.
- When we give ourselves permission to eat ALL foods, those foods often lose their power over us.
- This might sound too good to be true.
It’s hard to believe that cravings can be trusted.

Perhaps you’re thinking: “If I satisfied my cravings, I’d eat all sorts of foods my body doesn’t need.”

Yes, it might at first. But then, what might happen is that when you tell yourself you can eat those foods anytime, you realize you don’t crave them as often as you first thought.

Raise your hand if you like to go on road trips. What typically happens on a road trip? You eat out a lot. If you’re like me, it’s fun at first to maybe stop at different restaurants and try out different foods that you don’t normally eat. And then over time, it sort of gets old. Do you ever start craving the foods from home that you’re used to? I usually start craving salads when I’m on road trips.

Or, let’s say that you are a big fan of brownies and you leave here today and say “Yippee! My teacher told me I can eat brownies! I’m going to go home right now and make some and have as many as I want.” You may eat a lot of them at first. But then maybe, after awhile, you might get tired of brownies.

These two examples may help you realize that your cravings can be trusted. And there may even be some sort of strange psychological factors at play here. When we have full permission to eat the foods we enjoy, the foods may even lose their power over us.

Part of giving ourselves full permission to eat the foods we enjoy is to at the same time attend to cravings.

Ask yourself, “Why do I want that food right now?”

Sometimes we only chose to eat a food because it’s offered to us and we want to be polite. We may not even feel like eating it. Or sometimes we only eat it because it’s free or other times because we paid for it.

But if we take the time to really check in with our cravings, and we keep our cupboards well-stocked, then we can make a choice to eat those foods when we crave them.

Doesn’t food taste so good when we are actually craving it and when we slow down to enjoy it?
• We eat for all sorts of reasons. Consider two girls, Melanie and Maddie.
• Melanie and Maddie have the exact same affinity for brownies. They love brownies.
• They each make a pan of brownies to enjoy.
• When they come out of the oven and cool, Melanie enjoys 2 brownies.
• Maddie ends up eating 6.
• If they both love brownies the same, what are some reasons that Melanie ate 2 and Maddie ate 6?
• Possible answers: emotions; Maddie felt badly about eating the brownies so she figured she’d “go for it” tonight and start the diet tomorrow; Melanie’s craving was satisfied with only 2 brownies while Maddie needed 6; Melanie has better “self control” than Maddie. Maddie was watching TV while eating the brownies and didn’t notice how many she was eating.

• Restriction, or even thoughts of restriction makes it hard to tune in to cravings.
• For example, if I told you today that you could no longer eat ice cream starting tomorrow, what would you eat tonight?
• (Click) Of course, you would eat ice cream, even though you may have not been craving ice cream originally.

• Kids are interesting creatures. If left alone, at some meals they will only eat the meat. At some meals they will only eat the starch and at other meals they may only eat the vegetable. Over time, if not pressured, and given a variety of foods, they tend to eat a balanced diet.
• When we ask ourselves what we FEEL like eating, there may be some days we FEEL like bacon, other days we FEEL like broccoli. Have you ever sprinkled some chopped bacon on top of broccoli? Delicious! And another example of thinking “gray” instead of “black” and “white”.
• When we are stuck in the head game of guilt, it’s impossible to notice cravings.
Slide 27

• Take a moment to consider how you typically respond to your cravings. Answer these questions either to yourself or on a piece of paper.

Slide 28

• If we don’t stay mindful or present as we are satisfying our cravings, we may MISS the whole eating experience and still crave the food after the eating episode is over.

Slide 29

• Therefore, mindfulness is key.

• Let’s talk more about what it means to be a mindful or intuitive eater.
Mindful eating can be represented by this MyPlate image. Staying mindful during the eating experience involves:

- **Awareness**: Removing distractions while eating.
- **Observation**: Check in with your body during the eating experience.
- **Savoring**: As you’re eating, notice the texture, aroma and flavor.
- **Remain in the moment while eating**, fully present, sitting, and enjoying.
- **Non-judgmental**: If negative feelings or emotions arise during the eating experience, it’s important to remain compassionate towards yourself. Notice feelings of guilt or “shoulds” in a curious, non-judgmental manner.
- Remaining mindful while eating also includes maintaining an attitude of gratitude for the food – considering where it came from and a general appreciation for having enough.

- Or perhaps this type of mental checklist might be useful for remaining mindful before and during the eating experience.
  - **Before eating**
    - Mind-body check-in
    - What does my stomach say?
    - What am I craving?
    - What am I feeling?
  - **During eating**
    - Is it satisfying the craving?
    - Am I enjoying this eating experience?
    - What is my stomach saying?
    - What is my brain saying?
    - Is the 10th bite as good as the 1st?
- It can be challenging to remain mindful during the entire meal, especially if this is a new way of thinking for you. Practicing mindfulness takes time. Be patient and even if you start by only being mindful for a minute or two, it’s a start.
There are many terms for this style of eating. Focused, mindful, attuned, and intuitive eating are just a few terms to describe slowing down and paying attention.

- Paying attention to your body, goes beyond hunger, fullness, and cravings. Notice how certain foods and eating styles influences other aspects of wellness such as daily energy levels, bowel regularity, sleeping patterns, fatigue, upset stomach or heartburn.
- When we notice how certain foods influences the way we feel, we tend to desire a balanced way of eating. At times we may choose a food not because we are craving it, but because we know it will help make us feel better. This is all part of intuitive eating.
- Sometimes we are able to find foods that we crave and give us something our body wants. For example, let’s say you are craving something sweet to have with your coffee and you are also wanting something that can help with constipation. Then maybe a bran muffin with honey will do the trick.
- You may find that certain foods give you a spike of energy but then leave you feeling lethargic or hungry an hour later. Mixing carbohydrates with protein and fiber may give you a mixture of food that gives you more sustainable energy.

In addition to staying mindful while eating and mindful of how your body feels when you eat certain foods, you can also stay mindful of your emotions and emotional responses to eating.
Emotional Eating

- Sometimes we eat for reasons other than hunger
- Emotional eating is a coping tool that works (or else you wouldn’t be choosing it)
- What emotions lead us to eat when we’re not physically hungry?
- Mindfulness is key:
  - Notice how the food is helping (or not helping) you cope with your emotions.

• It’s important not to label emotional eating as “bad” because whenever we label something as “bad”, we want to do it more!
• What are different types of emotions that might lead people to eat when they aren’t physiologically hungry?
• Answers: For some of us, the experience of eating makes us feel better. It might reduce anxiety, make us happy when we’re sad, or simply fill a void of loneliness or boredom. Often, the emotions are very complicated. You may start eating because you’re bored, but then continue eating because the food is helping you cope with a certain emotion.
• Food is just one of many coping tools that are used to deal with emotions. It must really work on some level, or else people wouldn’t do it.
• If we say to ourselves, “Oh, I really shouldn’t be emotionally eating right now. It’s bad for my body.” then we simply add another emotion to the mix - GUILT and maybe even SHAME. So telling yourself that emotional eating is “bad” doesn’t really help the situation.
• Instead of trying to get rid of emotional eating as a coping tool, try to build an arsenal of coping tools so that you have many ways to soothe yourself when you’re feeling anxious, lonely, depressed, annoyed, frustrated, etc. Some like to vent to a friend, others like to journal, meditate, go for a walk, take a nap, or watch a funny movie.
• Allow food to be one of those tools and whenever you choose eating as a way of coping, try to remain mindful during the eating experience. Notice how the food is making you feel.

Emotional Eating

• Eating for emotion vs. eating for a craving
  - When someone eats to satisfy a craving, how do they eat?
  - When someone eats to satisfy an emotion, how do they eat?

• We typically eat differently when we are eating to satisfy a craving vs. eating to fill an emotional void. What have you noticed? Or what do these images suggest?
• When we are eating to satisfy a craving, we slow down and appreciate the food.
• When we eat due to emotions or when we feel guilty about eating, we scarf the food down quickly to make those feelings go away.
• Again, this is simply about noticing in a non-judgmental, compassionate manner with curiosity and mindfulness.
Does It Work?
Supporting Research

• People who give themselves full permission to eat enjoyed foods are:
  – Less likely to eat to excess
  – Less likely to engage in binge eating
  – Experience less guilt when eating
• People who eat in response to hunger and fullness (intuitive eaters):
  – Have a more positive self-esteem
  – Are more satisfied with their bodies

If this all sounds too good to be true, it’s important to review the research that supports this style of eating.

Different researchers have found that those who give themselves full permission to eat the foods they enjoy are:

• Less likely to overeat, including binge eating behaviors
• They also experience less guilt with eating

Also, individuals who rely more on hunger and fullness cues (or internal cues) instead of external cues to guide eating:

• Have a more positive self-esteem and
• Have a better body image

• In addition, Hawks and colleagues found that intuitive eaters actually have better cholesterol (higher levels of “good” HDL cholesterol) and lower triglycerides (lower levels of fat in the blood).

• While intuitive eating isn’t about trying to “manage” weight, it is interesting to note that intuitive eaters tend to have lower body mass index (lower body weight for height) compared to unintuitive eaters and a lower overall cardiovascular risk as well.

Now that we’ve discussed the first principle of the Health At Every Size paradigm, let’s move on to the second, which is to find joy in activity.
Another term for participating in enjoyable physical activities is intuitive exercise.

Often, people start an exercise routine with the primary purpose of weight loss. People often put nutrition and exercise together. “I’m going to start eating better, so I think I’ll go to the gym as well.”

What happens when weight loss is the primary motivation for exercise?

- The focus is on counting calories expended, which often leads us to use only the exercise machines that will keep track of that for us.
- There can also be a lot of black and white thinking with exercise. “I just ate those brownies, so I better go for a run.”
- Some people may even avoid working out in public places for fear of looking different from others around.
- And the most unfortunate side effect of exercising for weight loss is the fact that as soon as the weight stops dropping, the motivation for exercise is gone.

Exercise does so many wonderful things for our body, both physically and emotionally. It’s not just a way to “eat more”.

Mindful eating expert, Dr. Michelle May says “Exercise is for health and vitality...not for earning the right to eat.”
Intuitive Exercise

Intrinsic vs. extrinsic motivation for exercise

**Intrinsic motivation**
- Motivation comes from internal rewards
- Rewards are often experienced right away
- Mood enhancement
- Decreased stress
- Enjoyment
- Better sleep

**Extrinsic motivation**
- Motivation comes from external rewards
- Rewards are rarely immediate
- Weight loss
- Increased muscle tone
- Money / gifts

Research shows that those who exercise regularly are able to shift focus from extrinsic to intrinsic motivation.

Newburg, D., Kimiecik, J., Durand-Bush, N., & Doell, K., 2002

- Research actually backs up the fact that weight loss isn’t the best motivator for exercise.
- There are two primary forms of motivation: intrinsic and extrinsic
- Intrinsic motivation is motivation that comes from internal rewards such as enhanced mood, decreased stress, enjoyment of the activity and improved sleep
- These rewards are often experienced during or immediately after the activity.
- Extrinsic motivation is motivation that comes from external rewards. External rewards are not typically immediate such as weight loss, improved muscle tone or even setting up a reward system of money or gifts to motivate.
- While extrinsic rewards may help motivate someone to get started on an exercise routine, research shows that those who exercise regularly are able to shift focus from extrinsic motivation to intrinsic motivation.
- In other words- extrinsic motivation, may get us started, but unless we focus on intrinsic motivation for exercise, we may easily wane from being regularly active.
- This may be true for eating too. If we’re eating in a way that gives us energy and makes us feel good and it’s enjoyable, we’re more likely to stick to the dietary change then if we’re just eating for an external reward.

What is YOUR intrinsic motivation for exercise?

- Reduced anxiety
- Reduced stress
- Reduced depression
- Improved sleep
- Social interaction
- Enjoyment
- Improved self-confidence
- Improved body image (regardless of changes in body shape)
- Improved cognitive function
- Improved energy

Here is a list of various intrinsic forms of motivation for exercise. These intrinsic motivators have actually been proven benefits of exercise. Which ones do you find to be true for you?

- The next time you’re debating whether to go for a walk, it may help to think of a few immediate benefits you may experience if you decide to go. For example, you may think, “If I go for a walk with friend, I’ll get to spend time with him, plus, I might do better on my exam later that afternoon, and I know I always feel better about myself when I exercise.” Or “I’m so stressed right now. I know exercise will help me to calm down right now.”
• Just like with nutrition, people often get hung up on the details. Black and white thinking types of statements people make is, “Oh, if I don’t go for an hour, than what’s the point?” or “If I don’t break a sweat, then it really doesn’t even count.”
• Maybe instead of exercise, call it body movement. Don’t worry about doing the “right” activities for the “right” amount of time.
• Just find activities that are fun and mix it up.
• Just like with food, VARIETY is key. Variety keeps it fun and interesting.
• Just like with food, listen to what your body wants. Your body may crave to be active, if you listen to it. Plus, there may be days that moving your body might not be best (like with illness or injury). It’s important to listen.
• And remember, everything counts as “body movement”, so have fun with it!

Here are just a few ideas. It’s a very incomplete list.

The main message with activity is to move your body in a way that feels good, notice how it feels (intrinsic motivation) and once again, just like with eating, mindfulness is key.
Bringing It All Together

- Tune into hunger and fullness to determine meal timing and quantity
- Eating mindfully
- Regularly satisfy cravings
- Plan for eating (meals and snacks) throughout the day
- Enjoyable movement

So to sum up this mindfulness or intuitive approach to eating, key messages are to:

- Tune into hunger and fullness to guide when you eat and how much you eat.
- Try to stay mindful and present while you eat, turning off distractions like TVs, tablets, and phones.
- Pay attention to cravings and satisfy them, staying mindful during the eating experience.
- Think ahead a little and be ready with regular meals and snacks when hunger strikes.
- When choosing ways to be active, consider what you truly enjoy and focus on how the exercise makes you feel.

Organizations that promote HAES and fight against size discrimination

- National Association to Advance Fat Acceptance (NAAFA)
  - [http://www.naafa.com](http://www.naafa.com)
- Association for Size Diversity and Health (ASDAH)
  - [https://www.sizediversityandhealth.org](https://www.sizediversityandhealth.org)
- Society for Nutrition Education and Behavior
  - [http://www.sneb.org](http://www.sneb.org)

If you would like more information about the concepts discussed today, please visit the websites of these organizations who have sponsored this presentation.

Health At Every Size
- By Linda Bacon, PhD

Intuitive Eating
- Evelyn Tribole, MS, RD

Diet Survivor’s Handbook
- Judith Matz, LCSW & Ellen Frankel, LCSW

Council on Size & Weight Discrimination
- [http://www.cswd.org/](http://www.cswd.org/)

HAES Community
- [www.haescommunity.org/](http://www.haescommunity.org/)

Additional Resources
- Books, Articles, Websites/Blogs:
  - [https://www.sizediversityandhealth.org/content.asp?id=31](https://www.sizediversityandhealth.org/content.asp?id=31)

Or check out these books and websites.
### Acknowledgements

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