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Today we begin to unpeel the creepy onion that is diet culture.

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**#LOSEHATENOTWEIGHT**



THIS WEEK OF BABECAMP IS ABOUT  
DIET CULTURE AND WHY IT'S EFFING RUINING YOUR LIFE

**Today's Tiramisu:**

We're going to be talking about diet culture a lot, and I figured that we needed to have the hard convo now. Ready?

**The set of beliefs and behaviors that dictate that weight control and food surveillance are normal and positive, and that people who are seen as non-compliant (aka fat people) deserve to be targeted and punished. This is the environment we live in now in the United States and the West in general. Diet culture relies upon fatphobia, an ideology of *bigotry* that positions fat people as morally inferior.**

Gross, right?

We are not only taught that our bodies — and we — are wrong. We are taught that the problem is **not** the culture's bigotry, the impossible standards, the media scrutiny, the harassment. We are taught that the problem resides in **our** inability to meet an ever-shifting, increasingly impossible ideal.

Dieting is about performing that understanding: *my body is wrong. I am wrong. I admit it. I will fix this.*

**We are taught that we are the problem. Well, that's some high order bullshit. *Diet culture is the problem*; weight-based discrimination is the problem. Not you.**

In *Fat: A Cultural History of Obesity* Sander Gilman states: **“Dieting is a process by which the individual claims control over her body and thus shows her ability to understand her role.”**

Whaaaaat? Read that line one more time if you have a sec and let it sink in.

one's role in the culture at large.

I'm not big on obedience. Once I recognized the deep truth in Sander's words I realized why I didn't like it. Diet culture is a hot mess, and I have another doozy for you but it'll have to wait til tomorrow.

### For now here's your homework: Finish Body Image Audit

Your assignment for today will be to finish taking note of three things:

- (1) moments you have a negative or a positive thought about your body,**
- (2) the person or event that caused that feeling and**
- (3) a concrete action you can take to add more of it (if it inspires good feelings) or a concrete action you can take to minimize exposure to it (if it inspires bad feelings)**

Jot them down in your journal, on post-it notes, or into your phone. Whatever works. Once you're done, notice the patterns. This is your **body image roadmap**. Begin to focus on adding more of the good stuff and minimizing - or altogether eradicating - exposure to the bad stuff.

An entry might look something like this:

Nov 5 - 10am

- Convo with cousin who's always talking about weight loss
- Next time we talk I will cut the conversation time in half

**Go Deeper Option** *(This is an optional added action item if you want to spend a little more time on your homework): Watch this [5 minute video](#) on the effects of the portrayal of women in media from*

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