

## Comparing Traditional and Nondiet Approaches to Health/Weight Issues

	<b>Traditional Approach</b>	<b>Nondiet Approach</b>
<b>Ideology</b>	Excessive fatness, as defined by standardized tables, is unhealthy. Goal is to eliminate excess fatness and achieve goal weight. This will ameliorate many medical problems.	Healthy weight is highly individualized and cannot be determined by a standardized table. Goal is to enhance health without focus on weight. Most medical problems can be ameliorated without weight loss.
<b>Weight</b>	The defined weight must be achieved and maintained to be healthy and happy (even if this requires permanent food restriction).	The body will seek its natural, healthy weight as one eats in response to body cues and engages in physical activity. It is possible to be healthy and happy at weights higher than the government and society advocates.
<b>Hunger</b>	Hunger and satiety cues are irrelevant and/or cannot be trusted. Hunger needs to be controlled/suppressed/ ignored to achieve a healthy weight. Diets/meal plans help control hunger.	DiETING and/or ignoring hunger causes food preoccupation and cravings, and makes it harder to stop eating when satisfied. Diets backfire and cause out-of-control eating. Goal is to relearn to eat in response to hunger and satiety cues.
<b>Food</b>	Avoid "bad," "illegal," or "unhealthy" foods most of the time. Monitor portion sizes. Do not eat too much. Follow a diet or meal plan if cannot control self. People need more education to know how to eat right.	<b>All</b> foods fit. <i>Restricting</i> foods often makes them more <i>special</i> . Free access to all foods makes "forbidden" foods less special, and "healthier" foods more desirable. Listen to the body's constant feedback about food choices without judgment. Temper choices with nutrition knowledge.
<b>Exercise</b>	Exercise is necessary to control weight. All people must exercise to manage weight. Overweight people need to exercise even more. People who do not exercise are too lazy and need to get on a program and stick with it.	Exercise/play/movement is our birthright. It is fun and results in feeling good. Activity associated with burning calories is tedious. Reconnect with the fun of activity. Explore/remove any barriers interfering with enjoying this birthright. <b>All</b> activity counts. Run laps if it you like it; otherwise, go outside and play!
<b>Self-Esteem</b>	Weight loss and/or maintenance of the defined weight will increase self-esteem.	Self-esteem and personal power increase when a person accepts themselves and their body. Size diversity is cool! Understand that people come in all shapes and sizes; and that cultural norms can be dangerous and pursuit of them can interfere with quality of life.
<b>Trust/Distrust of Self / Body</b>	The body cannot be trusted and must be scrutinized. Food and activity must be monitored closely to ensure extra pounds to not creep on.	People can trust themselves and their bodies. If they quit dieting, eat when hungry and stop when satisfied most of the time, and enjoy exercise/play/movement, their bodies' will reach/maintain a natural, healthy weight that is good for them.