



DIETING HABITS AND SELF-IMAGE IN ADOLESCENCE

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DIET?

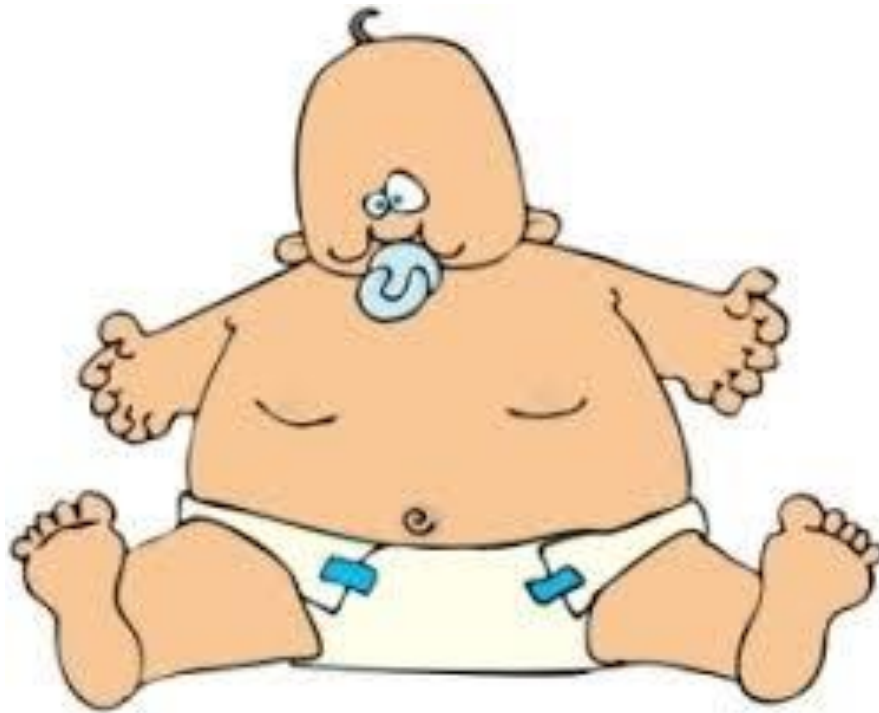
- Healthy **diet** includes fruits, vegetables, cereals, water, low fat dairy products, etc. **Dietary habits** are the habitual decisions an individual or culture makes when choosing what foods to eat.
- The word **diet** often implies the use of specific intake of **nutrition** for health or weight-management reasons .



YOU NEED TO PICK



HEALTH HABITS START EARLY



TODDLERS CHOICE



TV & SNACKS MY FAV!



STRONG AND HEALTHY? IT DEPENDS...

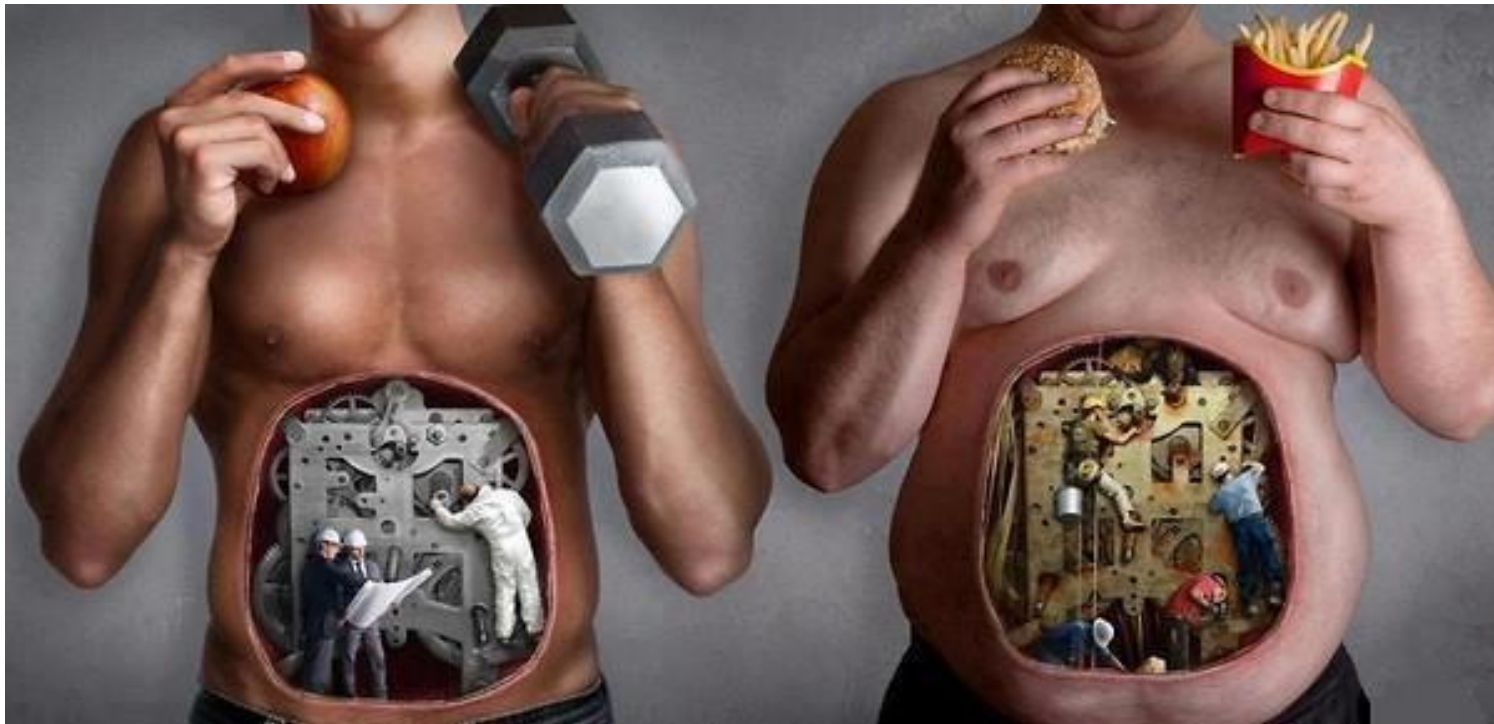


- A common misconception is that big men are healthy and strong, thus slim guys should eat more



BODY CHARACTERISTICS VARY ON ANY PERSON,
LOOKS DO NOT HAVE A RULE OF STANDARDS!

- **A good diet is a good choice of food. SIMPLE !**



FACTS ABOUT SELF-IMAGE

- two-thirds of adolescent girls at any age are dissatisfied with their weight
- half of all girls are dissatisfied with the shape of their bodies
- Those who are dissatisfied with their bodies are more likely to engage in potentially harmful weight control behaviors, such as dieting, fasting, self-induced vomiting, diuretic use, laxative use and diet pill use



FACTS

- Boys who are underweight are most likely to be dissatisfied with their weight and many with normal weight wish to weigh more
- One-third of boys are dissatisfied with their body shape
- Dieting among boys is more likely to be associated with increased body weight and some sports

* WE SHOULD CHANGE THE WAY WE SEE OUR BODY IN MORE POSITIVE WAYS *



CAUSES OF A NEGATIVE BODY IMAGE

Maintaining a healthy body image during adolescence, a period of major physical and emotional changes, can be difficult. Factors that might harm a teenager include:



- Natural weight gain and other changes caused by puberty
- Peer pressure to look a certain way
- Media images that promote the ideal female body as thin
- Having a mother who's overly concerned about her own weight or her daughter's weight or appearance



BODY IMAGE

- **The effects of puberty.** Weight gain is a normal part of her/his development, especially during puberty (tip: helps the curves and sexuality)
- **Media messages.** Television programs, movies, music videos, websites, magazines and even some toys might send the message that only a certain body type is acceptable and that maintaining an attractive appearance is the most important goal.
- **Internet use / social media.** Teens use social networking sites and services to share pictures and receive feedback. Awareness of others' judgments can make teens feel self-conscious about their looks.
- **Discuss self-image.** Offer reassurance that healthy body shapes vary. Self-esteem derives NOT only from body image.
- **Use positive language.** "healthy" and "unhealthy" VS "fat" and "thin,"



HOW TO STOP THE IDEA OF “FAT PHOBIA”



FACTS!!!!!!!!!!

- Statistically, only 3% of women has a fashion-model figure, meaning that 97% of girls think their bodies are “abnormal”
- more than half of 13-year-old girls, and more than three-quarters of 17-year old girls, are unhappy with their bodies.
- In late adolescence, nearly all will be dieting and more than 10 percent could develop a life-threatening eating disorder

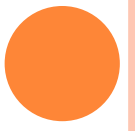


DANGEROUS BEHAVIORS AND EATING DISORDERS

- Media's promotion of dangerous thinness as an ideal leads millions of children to begin dangerous dieting when they aren't actually overweight.

THIS IS NOT NORMAL





DANGEROUS BEHAVIORS AND EATING DISORDERS

- Eating disorders are a range of conditions expressed through abnormal or disturbed eating habits.
- These generally stem from an obsession with food, body weight or body shape and often result in serious health consequences. In some cases, eating disorders even result in death.



DANGEROUS BEHAVIORS AND EATING DISORDERS - ANOREXIA

- People with anorexia generally view themselves as overweight, even if they're dangerously underweight. They tend to constantly monitor their weight, avoid eating certain types of foods and severely restrict their calories.
- People with anorexia nervosa may limit their food intake or compensate for it through various purging behaviors. They have an intense fear of gaining weight, even when severely underweight.

Common symptoms of anorexia nervosa include:

- Being considerably underweight compared to people of similar age and height.
- Very restricted eating patterns.
- An intense fear of gaining weight or persistent behaviors to avoid gaining weight, despite being underweight.
- A relentless pursuit of thinness and unwillingness to maintain a healthy weight.
- A heavy influence of body weight or perceived body shape on self-esteem.
- A distorted body image, including denial of being seriously underweight.





DANGEROUS BEHAVIORS AND EATING DISORDERS - BULIMIA

- People with bulimia frequently eat unusually large amounts of food in a relatively short period (binge-eating) .Common purging behaviors include forced vomiting, fasting, laxatives, diuretics, enemas and excessive exercise.
- People with bulimia nervosa uncontrollably consume large amounts of food in short periods of time, then purge. They fear gaining weight despite being at a normal weight.



Common symptoms of bulimia nervosa include:

- Recurrent episodes of binge eating, with a feeling of lack of control
- Recurrent episodes of inappropriate purging behaviors to prevent weight gain
- A self-esteem overly influenced by body shape and weight
- A fear of gaining weight, despite having a normal weight



HEALTHY DIET PROMOTES

- Strong and beautiful body
- Smart and flexible mind
- Positive self-image
- Long term good health
- Long term 'good looks'

