

Weight Management

Traditional vs. Non-diet Approach

Weight:

Diet Paradigm: Achieving and maintaining ideal weight as close as possible is used as measure of success.

Non-diet Approach: Body will seek its natural weight as an individual eats in response to physical hunger and fullness cues, as well as a sense of well-being and pleasure.



Hunger:

Diet Paradigm: Attempts to suppress or ignore hunger. Transgressions are associated with lack of will power or "giving in". Physical and emotional hunger are confused.

Non-diet Approach: Physical cues to eat are valued and relied upon. Responding to physical hunger and fullness, along with occasional emotional eating will bring about natural weight.

Exercise:

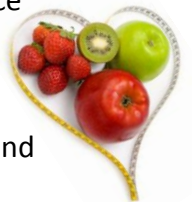
Diet Paradigm: Reaching and maintaining goal weight is dependent on the type and extent of the exercise, which is often dropped when individual falls off the "diet". Exercise is seen as a "have to" or "should", which commonly produces exercise resistance.

Non-diet Approach: Being mindful of physical activity, listening to the body, seeking play and enjoyment in the natural movement of exercise. Experiencing health benefits. Not connected to weight loss or change of body size or shape.

Food:

Diet Paradigm: Categorized/Moralized as "good/bad", "illegal/legal", "on/off diet". Variety, quantity, calories from fat, etc., determined by external source such as the diet, parent(s), health care provider, etc.

Non-diet Approach: All food is acceptable, they are neutralized. Quantity, quality, and frequency are determined by hunger and fullness cues, sense of well-being, taste, and medical values. It is self-regulated, non-restrained, and internally cued.



Self-Esteem and Size Acceptance:

Diet Paradigm: Individual will experience a false sense of power and control with weight loss, adherence to diet, and exercise plan. Self-esteem and body acceptance seldom improves.

Non-diet Approach: Accepting and aware that bodies come in different shapes and sizes and are naturally beautiful. There is an increase in self-esteem and personal power from self-determined eating style and movements. Cultural norms are recognized as hazardous; pursuit of these standards can interfere with quality of life.



Trust/Distrust of Self and Body:

Diet Paradigm: Trust is placed primarily in diet or provider, therefore individual may come to distrust body and sense of judgment, especially with history of failure.

Non-diet approach: Trust develops in self and body by being able to distinguish physical cues and freely responding to them without judgment or criticism.