



ANTI-DIET CULTURE WEEK

OVERALL RESOURCES:

[What we want you to know about eating disorders, Center for Body Trust](#)

[National Eating Disorder Association](#)

[Campus Rec Health at Every Size®](#)

[Campus Well- Fat Chat](#)

CARBS:

[What are Carbs?](#)

[Harvard Nutrition on Carbs.](#)

EATING DISORDERS:

[Eating Disorder Statistics](#)

INTUITIVE EATING:

[10 Principles of Intuitive Eating](#)

WEIGHT STIGMA/WEIGHT CYCLING:

[Fat shaming linked to greater health risks](#)

[What is Weight Cycling?](#)

[Prioritizing Well-Being over Weight Loss](#)