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Throwing Away The Dieting Myths
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Old Myths

New Realities

Weight is controllable

Heredity has a strong influence on body type

Obesity is a disease

Obesity may be a risk factor for some diseases, and benefit others

Fat is bad

Fat has its value

Fat people are unhealthy

Many factors affect health

Fat people eat more than thin people

Food intake and fat are not always related

Fat people have emotional problems

No evidence that personality or happiness is related to weight

Dieting is good for you

Diets can be unhealthy

Diet and exercise will make a person thin

Diets don't work