

Body Image & Social Media

For *decades*, the media has influenced the way we idealize body size and shape. Images of models and celebrities in magazines, newspapers, music, and television tend to convey the message that thinness = beauty.



More recently, social media has given us boundless freedom to access and actively engage with diet culture and body ideals. The ability to “follow” certain accounts guarantees consistent exposure to potentially harmful content; “filters” allow us to view/portray unrealistic perfection; and “likes” and comments invite us to internalize validation and comparison of others.

Research has found that social media use is associated with body dissatisfaction and increased risk for disordered eating behaviours, particularly among adolescent and young adult women.

The good news is that social media represents a wide spectrum of diversity with respect to body shapes, sizes, and messaging. It is possible to create a “safe space” on your social media to reflect healthy eating behaviours and body positivity in a weight-inclusive way. Here’s how:

- Unfollow accounts that perpetuate unhealthy thoughts or beliefs about food, dieting, exercise, body shape, or self worth
- Avoid or limit use of filters to alter images of self
- Disable commenting on photos of self
- Include body positivity or acceptance quotes in your posts
- Search hashtags #edrecovery, #weightinclusivity, #antidietculture for inspiration



Body-Positive or ED-Recovery Focused Social Media Influences

Instagram	YouTube	TikTok
@the.mama.dietitian	“Eating disorders and pregnancy: what it’s like” (Today’s Parent)	@abbeyskitchen
@rachelmmolenda		@findfoodfreedom
@ameeistalking	“Motherhood & eating disorder recovery” Parts 1-4 (Jennifer Kreatsoulas)	@tasteitwithtia
@christyharrison		@yourlatinanutritionist
@changecreateschange		@bravespacenutrition
@bodyimage_therapist		@edrecovery_dietitian
@thewellful		@ems.intuitive.eats
@laurathomasphd		@thenedic
@jennifer_rollin		@neda
@bodypositive_		@beautifuleatsandthings
@bodypositive_mom		@elainaefird
@chelsealevynutrition		@veggiesandchocolate
@the.balanced.dietitian	@theintuitivenutritionist	
@the.balanced.practice	“Webinar: Understanding postpartum & eating disorders – ways to support ourselves and others” (Sheena’s place)	
@peacefullynourished		
@recoveredliving		
@anti.diet.kids		
@ed_recovered		
@break.binge.eating		
@dietitiandeanna		
@foodfreedombodylove		