

Food Positivity

References

Food Positivity: How to Ditch Diet Culture and Talk to Kids About Food (Wiley, 2026) is authored by Diana Rice, RDN (@anti.diet.kids) and Arielle Dani Lebovitz, MS, RDN (@kid.food.explorers). The following are the references used by co-author Diana Rice.

Introduction

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Chapter 7:

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Chapter 8:

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Chapter 9:

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Chapter 10:

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Chapter 11:

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Chapter 12

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Chapter 13

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Chapter 14

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Chapter 15

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Chapters 14 - 18

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Chapter 19

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Chapter 20

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Chapter 21

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Recognition of weight stigma in medical training, gendered weight stigma and parental blame in healthcare; harms of restrictive feeding in childhood; limitations of growth plotting in pediatric health assessment; missed diagnoses due to weight focus:

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Fred Rogers quote:

Rogers, F. (1995). *You are special : words of wisdom for all ages from a beloved neighbor*. Penguin Books.

BMI does not determine health; providers default to food and exercise recommendations; providers often ignore SDoH; care approaches focused on weight reduction often fail to improve long-term health; weight-normative care increase the risks of weight cycling, eating disorders and weight stigma; providers spend less time with patients in larger bodies; weight stigma leads to healthcare avoidance; weight inclusive care improves blood markers, mental health and body image; weight inclusive care supports health regardless of body size change:

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