

“WOW! I GAINED WEIGHT
BECAUSE OF YESTERDAY”

**SUBSTANTIAL GAIN
OF BAD FAT**



“STARTING TODAY,
NO MORE SUGAR OR FAT
UNTIL I LOSE WEIGHT”

YO-YO DIETS



**THE CYCLE OF
NUTRITIONAL
ABUSE**

**CRAVINGS FOR
SUGAR & FAT**



BINGE EATING



“I’VE BEEN VERY GOOD
THE PAST 3 DAYS. I CAN HAVE A PIECE
OF CAKE AND 3 BOWLS OF ICE CREAM!”

“MAYBE ONE
CUPCAKE
WON’T HURT!?”