“I’m, Like, So Fat!” by Dianne Neumark-Sztainer shows parents and their children how to eat healthy, stay fit with the appropriate amount of physical activity, and maintain a healthy body image. This book characterizes weight-related problems, the factors that affect these problems such as parents, friends, and the media, and the dangers of dieting. Neumark-Sztainer provides questionnaires and worksheets to help parents determine whether or not their child may be or is at risk for a weight-related problem.

Chapter 1: If It’s Not One Thing, It’s Another: Dealing with a Spectrum of Weight-Related Problems
- Why and how to think of weight-related problems as a spectrum
- Characteristics and dangers of the extreme ends of weight-control, physical activity, body image, eating behaviors, and weight status
- Questionnaire to help determine where your child is on the spectrum

Chapter 2: Our Susceptible Teens: What We Know about Causes and Contributing Factors
- Factors that affect weight-related problems and how they are interconnected
  - Individual characteristics
  - Family factors
  - Peer and school influences
  - Community and societal factors
- Worksheet to discover if your teenager is at risk for a weight-related problem and potential protective factors

Chapter 3: Parents Matter (A Lot)
- How your behavior and words, as a parent, affects your child’s attitude and/or behavior
- Ways a parent can change their behavior to be a positive role model

Chapter 4: Friends, Fashions, and Fads
- How to deal with and avoid ‘fat talk’ and body comparison
- The impact weight-teasing has on teenagers
- What to say and do in regards to weight teasing
- Ways to counteract the negative messages from the media

Chapter 5: Physical Activity: A Big Part of the Answer...in Moderation
- Benefits of physical activity
- Dangers of over exercising
- How to encourage physical activity without going overboard

Chapter 6: The Great Diet Debate
• Definition of dieting
• The vicious cycle of dieting and why diets do not work
• The relationship between dieting and eating disorders
• Using healthy weight management instead of dieting
• Guidelines for parents when they learn their child wants to diet

Chapter 7: The Four Cornerstones of Healthy Weight and Body Image
• Characteristics of the four cornerstones for parents to promote a healthy lifestyle and positive body image
  o Modeling healthy behaviors for your children
  o Providing an environment that facilitates healthy choices
  o Focusing on behaviors and health, not weight
  o Providing a supportive environment
• Worksheet to help prevent excessive weight gain yet not support unhealthy weight gain

Chapter 8: “I Know How to Diet…I Just Don’t Know How to Eat”: What Teens Need to Know about Nutrition
• Why eating healthy during adolescence is essential
• A look at the new food guide pyramid and an example of pyramid eating for teens
• How to improve teenager’s nutritional intake
• How to make gradual changes to incorporate healthier food choices into your life

Chapter 9: Portion Control and Calorie Counting: Teaching Teens to Pay Attention without Obsessing
• Calorie knowledge vs. calorie counting
• The increase in portion sizes and helping your teen know what is appropriate

Chapter 10: Vegetarianism: Doing It Right – For Your Teen and Your Family
• Characteristics of the different types of vegetarians
• Guidelines for how to be a healthy vegetarian
• Pros and cons of vegetarianism for weight control
• How to adapt to your child’s decision to become a vegetarian

Chapter 11: Family Meals in a Fast-Food World
• Pros and cons to family meals for teens and parents
• How to establish family meals into your lifestyle

Chapter 12: Eating Out – When Cooking Just Isn’t Going to Happen
• Advantages to eating out
• How to make eating out healthy and enjoyable

Chapter 13: Fluent in the F Words: Talking with Teens about Food, Fat, and other Touchy Topics
• Do’s and Don’ts when talking to your child about weight, calories, and food
• Ideas of what to say when problems arise

Chapter 14: Helping Your Overweight Teen Be Healthy and Happy
• Guidelines for what to say and do if your teen is overweight
• How to support your overweight teen
• Strategies for helping your teen with healthy weight management depending on their readiness to change
• A sample weight management program

Chapter 15: How to Spot the Signs of an Eating Disorder and What You Can Do to Help
• Behavior, mood, and physical warning signs of an eating disorder
• Tips for how to start a conversation with your child when you are
worried he/she has an eating disorder
• Where to go for professional help