



Neumark-Sztainer, Dianne. "I'm, Like, So Fat!". New York: The Guilford Press, 2005.

"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
 - Modeling healthy behaviors for your children
 - Providing an environment that facilitates healthy choices
 - Focusing on behaviors and health, not weight
 - 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