

Witty Responses to Weighty Remarks

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How do you react when someone makes a comment about eating, weight, or body shape? You do not always need to respond to ‘fat talk’, but sometimes a well-placed comment or more thoughtful response can clear the air or help others reconsider their attitudes.

Here are some suggestions for what to say when someone remarks...

“You look great – have you lost weight?”

- What’s looking great have to do with weight loss?
- No, but I’m happy – that’s why I look great!
- I don’t know and I don’t care – I just feel good!
- Was that supposed to be a compliment?
- No, I just look great!

“Oh have you gained weight?”

- Does it matter?
- Why, do you like me more? Less?
- Why, have you?
- Yeah, I’m healthier.

“How can you eat like that and stay so thin?”

- It’s the way my body works.
- Everyone has a different metabolism.
- People have different genetic backgrounds.
- I have to, or I’ll lose weight.

“Why are you eating so much bread and pasta?”

- My body and brain need carbohydrates for energy.
- Grain is good for you – nutrition guidelines recommend six or more servings a day.
- Because I’m healthy and don’t deprive myself of foods my body needs.

“How can you eat that? It has so much fat!”

- Zero fat isn’t healthy.
- Our bodies need dietary fat to absorb vitamins and produce hormones.
- Fat makes food yummy and helps me feel full!
- Why are you so concerned with what I eat?

“You should go on a diet!”

- Most diets don’t work.
- Diets can rob you of energy.
- Thanks, but I prefer to stay sane.
- Avoiding foods just makes you want them more and sets you up for a binge.
- Diets can turn into eating disorders

- Who wants to spend their time worrying about food? I have better things to focus my energy on.

“I hate the way I look”

- It's what's inside that counts, and I like what I see on the outside, too.
- Are you worried about something?
- Now, you owe yourself some compliments.

“Look at that person. S/he shouldn't wear that!”

- People should feel free to wear what they like.
- Judging people by their appearance is silly, isn't it?

“Eating again? You couldn't be hungry already!”

- Yes, I listen to my body's hunger signals.
- Sure, my body needs fuel.

“I wish I could be like you-you're so thin!”

- Why is being thin so important?
- Everyone's body is different. That makes things more interesting.

“I'm so fat!”

- By what standards?
- What are you really feeling?
- You know, comments like that can hurt others as well as yourself.

“Omigosh, can my butt get any bigger??!!”

- Let's talk about more important things!
- I'm the wrong person to talk to about that.

Or... Turn the comment into a question:

- Why do many people think that.....?
- I wonder why appearances seem so important to some people?

- Kristie