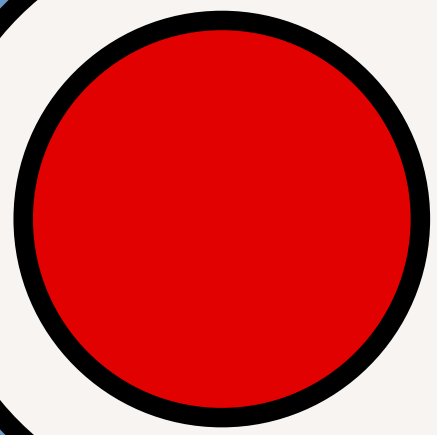


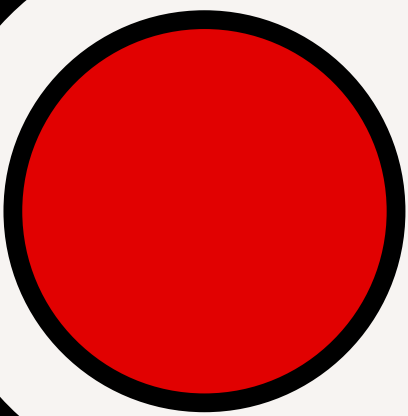
Social Media Red Flags



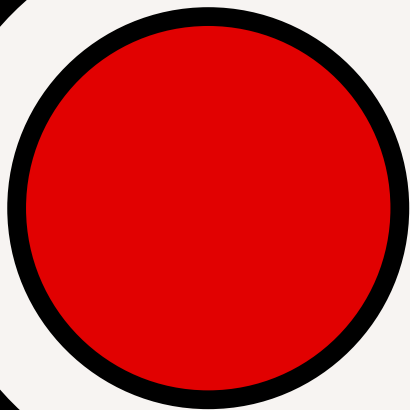
It's important to be critical of the advice we receive through the media. Have you seen any of these red flags in your social media feed?



Adds moral value to food by labelling them as "good" or "bad"



Uses weight, shape, or body size as an indicator of one's health status



Gives health advice without considering diverse health/nourishment needs

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