

**Health Is More  
Than...  
What you eat**

**Long term patterns  
matter most!**

Healthy eating means you  
are getting adequate,  
balanced, varied food and  
using **moderation** and  
**flexibility**.



**For more information,  
scan the QR Code**

- Weight gain is often a side effect of dieting. Our bodies can't tell the difference between dieting and famine so they fight back against restriction.
  - **80-95%** of people who diet **regain all or most** of the weight they lose.
- Many factors influence your health, food is only one of them!
  - **10-30%** of health outcomes are associated with personal controllable factors

**If you see this poster,  
snap a picture and tag  
us! @the\_nedic**



**Eating Disorders  
Awareness Week  
#EDAW2026**