



Don't comment on the amount of food eaten (e.g. "Wow, you must be hungry!" or "You didn't eat much")

Don't comment on their weight loss or gain (e.g. "You look so good!" "You look so healthy")

Don't talk about the nutritional value of food during a meal (e.g. "I should eat healthy like you" or "today's a cheat day")

Don't talk about your own food rules/restrictions while eating (e.g. "I don't eat white bread" or "I'm staying away from sugar")

Don't ask about their diet or exercise regimen (e.g. "How do you do stay so fit?" "What's your secret?")

Don't talk about exercise during a meal (e.g. "I burned a lot of calories today on the bike," "I get so hungry after I workout")

Do give compliments that don't have to do with their body size (e.g. "You have such a nice smile" "That outfit looks good on you")

Do ask about what's going on in their life (e.g. "What have you been up to?") This is a subtle way of opening the door for them to share their struggles, if they choose to.

Do give praise for their achievements (e.g. "I can see how hard you've been working in treatment," "I admire your commitment to recovery")

Do empathize, but don't make it about you unless you've experienced it (e.g. "That must be really hard, I can't imagine what you're going through" instead of "Sometimes I really want seconds, but I don't allow myself")

Do remind them how much you love and care about them.