

# FAT TALK

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## RESOURCES

### PICTURE BOOKS

*Beautifully Me* by Nabela Noor, illustrated Nabi H. Ali

*Bodies Are Cool* by Tyler Feder

*Consent (For Kids!)* by Rachel Brian

*Dino-Gro* by Matt Myers

*Don't Touch My Hair!* by Sharee Miller

*Her Body Can* by Katie Crenshaw and Ady Meschka

*I Am Enough* by Grace Byers, illustrated by Keturah A. Bobo

*I Love My Body Because* by Shelly Anand and Nomi Ellenson

*Our Little Kitchen* by Jillian Tamaki

*We're All Works of Art* by Mark Sperring, illustrated by Rose Blake

*Your Body Is Awesome: Body Respect for Children* by Sigrun Daniëlsdóttir

### MIDDLE GRADE BOOKS

*All of Me* by Chris Baron

*Chunky* by Yehudi Mercado

*Dress Coded* by Carrie Firestone

*Good Enough* by Jen Petro-Roy

*Husky* by Justin Sayre

*Some Places More than Others* by Renee Watson

*Starfish* by Lisa Fipps

*Taking Up Space* by Alyson Gerber

**PUBERTY AND BODY IMAGE BOOKS**

- A Body Image Workbook for Every Body* by Rachel Sellers and Mimi Cole
- Celebrate Your Body (Its Changes, Too!): The Ultimate Puberty Book for Girls* by Sonya Renee Taylor
- The Intuitive Eating Workbook for Teens* by Elyse Resch
- Love Your Body* by Jessica Sanders and Carol Rossetti
- No Weigh! A Teen's Guide to Positive Body Image, Food, and Emotional Wisdom* by Signe Darpinian, Wendy Sterling, and Shelley Aggarwal
- You Are Enough: Your Guide to Body Image and Eating Disorder Recovery* by Jen Petro-Roy

**YOUNG ADULT BOOKS**

- Big Fat Manifesto* by Susan Vaught
- Disability Visibility: Young Readers Edition*, edited by Alice Wong
- Dumplin'* by Julie Murphy
- Every Body Shines*, edited by Cassandra Neubold
- Faith Taking Flight* by Julie Murphy
- Fat Angie* by e.E. Charlton-Trujillo
- Fat Chance, Charlie Vega* by Crystal Maldonado
- Fat Girl on a Plane* by Kelly deVos
- Gabi, a Girl in Pieces* by Isabel Quintero
- Juliet Takes a Breath* by Gabby Rivera
- Like a Love Story* by Abdi Nazemian
- Love Is a Revolution* by Renee Watson
- My Ideal Boyfriend Is a Croissant* by Laura Dockrill
- The New David Espinoza* by Fred Aceves
- No Filters and Other Lies* by Crystal Maldonado
- The Other F Word: A Celebration of the Fat and Fierce*, edited by Angie Manfredi

**BOOKS FOR PARENTS**

- Body Happy Kids* by Molly Frasier
- Boys & Sex: Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity* by Peggy Orenstein
- Girls & Sex: Navigating the Complicated New Landscape* by Peggy Orenstein
- Helping Your Child with Extreme Picky Eating* by Katja Rowell and Jenny McGlothlin

*How to Raise an Intuitive Eater: Raising the Next Generation with Food and Body Confidence* by Sumner Brooks and Amee Severson

*Like a Mother: A Feminist Journey Through the Science and Culture of Pregnancy* by Angela Garbes

*Raising Body Positive Teens: A Parent's Guide to Diet-Free Living, Exercise and Body Image* by Signe Darpinian, Wendy Sterling, and Shelley Aggarwal

*Redefining Girly: How Parents Can Fight the Stereotyping and Sexualizing of Girlhood, from Birth to Tween* by Melissa Atkins Wardy

*When Your Teen Has an Eating Disorder* by Lauren Mulheim, PsyD

### BOOKS ON EATING

*Anti-Diet* by Christy Harrison

*Brave Girl Eating: A Family's Struggle with Anorexia* by Harriet Brown

*Conquer Picky Eating for Teens and Adults* by Jenny McGlothlin and Katja Rowell

*The Diet Survivor's Handbook: 60 Lessons in Eating, Acceptance and Self-Care* by Judith Matz and Ellen Frankel

*The Eating Instinct: Food Culture, Body Image, and Guilt in America* by Virginia Sole-Smith

*The Gluten Lie: And Other Myths About What You Eat* by Alan Levinovitz

*Intuitive Eating* by Evelyn Tribole and Elyse Resch

*Pressure Cooker* by Sarah Bowen, Joslyn Brenton, and Sinikka Elliott

*Sick Enough: A Guide to the Medical Complications of Eating Disorders* by Jennifer L. Gaudiani, MD

*Simply Julia* by Julia Turshen

*What's Eating Us: Women, Food, and the Epidemic of Body Anxiety* by Cole Kazdin

### BOOKS ON FATNESS, BODIES, AND BIAS

*Belly of the Beast: Anti-Fatness as Anti-Blackness* by Da'Shaun Harrison

*The Body Is Not an Apology* by Sonya Renee Taylor

*Body of Truth: How Science, History, and Culture Drive Our Obsession with Weight—and What We Can Do About It* by Harriet Brown

*Disability Visibility*, edited by Alice Wong

*The End of Bias: A Beginning* by Jessica Nordell

*Every Body Yoga* by Jessamyn Stanley

*Fat and Queer: An Anthology of Queer and Trans Bodies and Lives*, edited by Bruce Owens Grimm, Miguel M. Morales, and Tiff Joshua TJ Ferentini

*Fat Girls in Black Bodies: Creating Communities of Our Own* by Joy Arlene Renee Cox, PhD

*Fat: The Owner's Manual* by Ragen Chastain

*Fat Rights: Dilemmas of Difference and Personhood* by Anna Kirkland

*Fat Shame: Stigma and the Fat Body in American Culture* by Amy Erdman Farrell

*Fat! So?* by Marilyn Wann

*The Fat Studies Reader* by Esther Rothblum and Sondra Solovay

*Fearing the Black Body: The Origins of Fat Phobia* by Sabrina Strings

*Hood Feminism* by Mikki Kendall

*More Than a Body* by Lindsay and Lexie Kite

*Reclaiming Body Trust: A Path to Healing and Liberation* by Hilary Kinavey and Dana Sturtevant

*Thick: And Other Essays* by Tressie McMillan Cottom

*Tipping the Scales of Justice: Fighting Weight-Based Discrimination* by Sondra Solovay

*Train Happy: An Intuitive Exercise Plan for Every Body* by Tally Rye

*What We Don't Talk About When We Talk About Fat* by Aubrey Gordon

*"You Just Need to Lose Weight": And 19 Other Myths About Fat People* by Aubrey Gordon

## MEMOIR

*Big Girl: How I Gave Up Dieting and Got a Life* by Kelsey Miller

*Happy Fat: Taking Up Space in a World That Wants to Shrink You* by Sofie Hagen

*Heavy: An American Memoir* by Kiese Laymon

*Hunger: A Memoir of (My) Body* by Roxane Gay

*Kitchen Medicine: How I Fed My Daughter Out of Failure to Thrive* by Debi Lewis

*Meaty* by Samantha Irby

*More of You: The Fat Girl's Guide to the Modern World* by Amanda Martinez Beck

*Shrill: Notes from a Loud Woman* by Lindy West

*Things No One Will Tell Fat Girls* by Jes Baker

*Wow, No Thank You* by Samantha Irby

## FICTION

*The Care and Feeding of Ravenously Hungry Girls* by Anissa Gray

*Dietland* by Sarai Walker

*If the Shoe Fits* by Julie Murphy

## PODCASTS

*Burnt Toast Podcast* with Virginia Sole-Smith

*Can I Have Another Snack?* with Laura Thomas

*Comfort Food Podcast*

*Eat the Rules Podcast* with Summer Innanen

*Fat Joy* with Sophia Apostol

*Fierce Fatty Podcast*

*Food Psych Podcast* with Christy Harrison

*The Full Bloom Podcast*

*Keep Calm and Cook On* with Julia Turshen

*Maintenance Phase*

*Shapes of Identity Podcast*

*She's All Fat*

*Sunny Side Up Nutrition Podcast*

*Unsolicited: Fatties Talk Back*

*Woman of Size*

## NEWSLETTERS

*Back Row* by Amy O'Dell: amyodell.substack.com

*Burnt Toast* by Virginia Sole-Smith: virginiasolesmith.substack.com

*Can I Have Another Snack?* by Laura Thomas: laurathomas.substack.com

*Culture Study* by Anne Helen Petersen: annehelen.substack.com

*Emiko's Newsletter* by Emiko Davies: emikodavies.substack.com

*Fat Hell* by Amanda Kate Richards: amandakater.substack.com

*Keep Calm and Cook On* by Julia Turshen: juliaturshen.substack.com

*More to Hate* by Kate Manne: katemanne.substack.com

*She's a Beast: A Swole Women's Newsletter* by Casey Johnston: shesabeast.substack.com

*The Unpublishable* by Jessica DeFino: jessicadefino.substack.com

*Weight and Healthcare* by Ragen Chastain: weightandhealthcare.substack.com

## MOVIES AND TELEVISION SHOWS

Thanks to Caleb Luna's Twitter (@dr\_chairbreaker) for help in compiling this list.

*Can You Ever Forgive Me?* (starring Melissa McCarthy)

*Dietland* (starring Joy Nash)

*Ghostbusters* (2016 version starring Melissa McCarthy)

*Grand Crew*

*Hairspray* (John Waters's version starring Ricki Lake and Divine)

*Huge* (starring Nikki Blonsky)

*Last Holiday* (starring Queen Latifah)

*A League of Their Own* (2022 version)

*Loosely Exactly Nicole* (starring Nicole Byer)

*Reservation Dogs* (starring Jana Schmieding)

*Rutherford Falls* (starring Jana Schmieding)

*Set It Off* (starring Queen Latifah)

*Shrill* (starring Aidy Bryant)

*Somebody, Somewhere* (starring Bridget Everett)

*Spy* (starring Melissa McCarthy)

*Watch Out for the Big Grrrls* (starring Lizzo)

## OTHER RESOURCES

Association for Size Diversity and Health (ASDAH): [asdah.org](https://asdah.org)

Beauty Redefined: [beautyredefined.org](https://beautyredefined.org)

The Body Is Not an Apology: [thebodyisnotanapology.com](https://thebodyisnotanapology.com)

Center for Body Trust: [centerforbodytrust.org](https://centerforbodytrust.org)

Christy Harrison's Directory of Anti-Diet, Health at Every Size, and Intuitive Eating Providers for Disordered-Eating Recovery: <https://christyharrison.com/haes-anti-diet-intuitive-eating-providers-eating-disorder-recovery>

Dances with Fat: [danceswithfat.org](https://danceswithfat.org)

Dietitians4Teachers: [dietitians4teachers.ca](https://dietitians4teachers.ca)

"Don't Weigh Me" Cards: <https://more-love.org/free-dont-weigh-me-cards/>

A Letter to Opt Out of School Weigh-Ins: <https://sunnysideupnutrition.com/wp-content/uploads/2022/03/School-Weigh-Ins.pdf>

A Letter to Your Child's Doctor: <https://sunnysideupnutrition.com/a-letter-to-your-childs-doctor/>

National Association to Advance Fat Acceptance: [naafa.org](https://naafa.org)

@SellTradePlus: An Instagram community where you can buy and sell plus-size clothing.

SunnySideUp Nutrition (family feeding and resources): <https://sunnysideupnutrition.com/resources/>



## NOTES AND SOURCES

This book is the culmination of a decade of reporting on diet culture and anti-fat bias, including a year writing a monthly column on kids' food and body image for the *New York Times's* Parenting section, and almost two years (so far) writing my weekly newsletter, *Burnt Toast*, and producing the *Burnt Toast Podcast*. In researching this book, I drew on that body of work, as well as on the conversations I've had with readers in my newsletter comment section, or via email and Instagram DM. I also interviewed over one hundred parents, kids, researchers, doctors, scientists, dietitians, and advocates specifically for this project. And I read and analyzed hundreds of studies, articles, books, blogs, and social media posts and listened to many podcasts. All the published materials that provided the quotes, statistics, and research details referenced throughout the book, or that more generally informed my thinking on these issues, are listed chapter by chapter below.

### FAT TALK: AN INITIATION

Charlesworth, Tessa and Mahzarin Banaji, "Research: How Americans' Biases Are Changing (or Not) Over Time," *Harvard Business Review*, Sept. 17, 2021, <https://hbr.org/2019/08/research-on-many-issues-americans-biases-are-decreasing>.

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