

Contents

List of Figures	viii
Foreword – Janet Polivy	x
Acknowledgments	xiii
Chapter 1 Introduction	1
The Aim of This Book	1
The Focus of This Book	2
The Structure of This Book	2
Further Reading	5
Chapter 2 Healthy Eating	8
What Is Healthy Eating?	8
The Role of Diet in Contributing to Illness	11
The Role of Diet in Treating Illness	16
Who Has a Healthy Diet?	20
The Impact of Health Concerns	27
A Note on Measuring Food Intake	28
Conclusion	30
Chapter 3 Food Choice	31
Developmental Models of Food Choice	32
Cognitive Models of Food Choice	43
Psychophysiological Models of Food Choice	49
Conclusion	61

Chapter 4	The Meaning of Food	63
	Food Classification Systems	64
	Food as a Statement of the Self	66
	Food as Social Interaction	72
	Food as Cultural Identity	74
	Measuring Beliefs About the Meaning of Food	80
	Conclusion	80
Chapter 5	The Meaning of Size	82
	Media Representations	82
	The Meaning of Sex	87
	The Meaning of Size	88
	Conclusion	96
Chapter 6	Body Dissatisfaction	97
	What Is Body Dissatisfaction?	97
	Who Is Dissatisfied With Their Body?	100
	Causes of Body Dissatisfaction	105
	Consequences of Body Dissatisfaction	112
	Conclusion	115
Chapter 7	Dieting	116
	Putting Dieting in Context	116
	The Dieting Industry	121
	What Is Dieting?	127
	Dieting and Overeating	130
	The Consequences of Dieting	138
	Problems With Restraint Theory	142
	Conclusion	146
Chapter 8	Obesity	148
	What Is Obesity?	148
	How Common Is Obesity?	151
	What Are the Consequences of Obesity?	152
	What Are the Causes of Obesity?	157
	Physiological Theories	157

The Obesogenic Environment	163
Problems With Obesity Research	177
Conclusion	179
Chapter 9 Obesity Treatment	180
Doctors' Beliefs About Obesity	180
Dietary Interventions	182
Should Obesity Be Treated at All?	187
The Treatment Alternatives	190
The Success Stories	201
Preventing Obesity	206
Conclusion	209
Chapter 10 Eating Disorders	211
Anorexia Nervosa	211
What Are the Consequences of Anorexia Nervosa?	220
Bulimia Nervosa	225
What Are the Consequences of Bulimia Nervosa?	230
Causes of Eating Disorders	233
Conclusion	252
Chapter 11 Treating Eating Disorders	254
Psychoanalytic Psychotherapy	255
Cognitive Behavioral Therapy (CBT)	259
Family Therapy	264
Inpatient Treatment	267
An Integrated Approach to Treatment	273
Chapter 12 An Integrated Model of Diet	276
A Summary of the Literature on Diet	276
Common Themes Across the Literature on Eating Behavior	279
An Integrated Model of Diet	285
Conclusion	286
References	288
Author Index	351
Subject Index	365