

When did food become something to fear?

The darker side of diet culture, and what happens when “being healthy” leaves you anxious about eating.

01 · SYNOPSIS

Good foods. Bad foods. Cheat meals. Clean eating. Earning your dinner. Monique explores how everyday diet talk can turn eating into a test of character, and why confidence can give way to second-guessing. With warmth and candour, she asks how much of this anxiety has been taught, and what might help people feel more at ease with food.

02 · AUDIENCE RELEVANCE

Keynotes, women's events, wellbeing audiences, parenting conversations and podcasts.

03 · DISCUSSION POINTS

- How food rules become judgments about worth, discipline and self-control.
- Why advice presented as healthy can leave people increasingly anxious and unsure.
- The difference between understanding food and being afraid to get it wrong.
- Beginning to rebuild confidence without replacing one set of rigid rules with another.

04 · SUGGESTED HOST QUESTIONS

- When did food become something people feel they need to fear?
- What do terms like good food and cheat meal imply?
- How can health advice unintentionally make people less confident?
- What is the difference between caring about food and fearing it?
- Where can someone begin if food rules no longer feel helpful?

05 · INTENDED AUDIENCE OUTCOMES

- A clearer way to recognise diet-culture language.
- A more nuanced conversation about food confidence.
- Questions that avoid trivialising food anxiety or promising recovery.

ABOUT MONIQUE

Monique Etkind is an Accredited Practising Dietitian, speaker and co-founder of *meforme*™. With more than twenty years in private practice, she explores the often unspoken relationship between food, everyday habits and self-confidence. Her approach is warm, candid and practical. Her philosophy: steady is a skill.

06 · BOOKING CONTACT

Media and speaking enquiries: moniqueetkind.com/contact (choose "Media and speaking").