



# BROOKLYN\_BORN

[Change Banner Image](#)**154,944**  
SparkPoints[Info](#)[Photos](#)[Feed](#)[Blogs](#)[Awards](#)[More](#)

## Telling a slim woman to eat a sandwich is just as rude as telling an overweight woman to eat a salad

Friday, April 10, 2015

(posted again since the first title was truncated. It seems that you can't edit a title.)

I read the text of Candace Bergen's interview on the Today Show. I've always liked her and I was happy to hear that she was no longer trying to emulate some Hollywood standard of beauty. She was now comfortable with herself and had developed a healthy self-image.

I applauded that UNTIL she said that she didn't want to have lunch sitting across from a woman eating only kale. Why not? If you really are secure and confident that what you are eating is right for you, why would you care about the food on someone else's plate?

I've written before that as fat shaming is being rightly spotlighted as unacceptable, skinny shaming is on the rise, even by people who should know better.

I like the show "Hot in Cleveland," especially Betty White.

They often make fun of Hollywood's obsession with being thin, but the jokes are so ridiculous that they can't be offensive (a restaurant where you just smell the food and don't eat it).

However, they often make fun of one of the characters with a specific body type. The character Joy is regularly called "flat chested" and told that she "looks like a man."

In fact in one episode when they were playing "Password,"

The clue: FLAT

The response: JOY

Ha ha, isn't that funny!

What if the scenario went like this?

The clue: Melanie (character on the show)

The response: FAT

Would that be funny?

You see, the actress who plays Melanie (Valerie Bertinelli), a former spokeswoman for Jenny Craig, regained about 40 pounds. Sadly, she got a lot of criticism in the media. So would it be OK to make her weight gain an object of ridicule? Of course not!

In fact, on one episode of the show she lashed out, yelling at the camera (paraphrasing here) take that

[Add a Blog Entry](#)[See Today's Featured Member Blog Posts](#)

### More Blogs by BROOKLYN\_BORN

[Now I can add one more event to my "Anniversary Dates" to forget - 6/7/2021](#)

[Avoiding Our Wedding Anniversary - 6/4/2021](#)

[Multitasking for Safety – Plus Remembrance and Reflection - 6/1/2021](#)

[Taps Across America – The National Moment of Remembrance - Monday 5/31/21 3PM - 5/30/2021](#)

[View All >](#)

skinny bitches, this is what normal looks like.

She's right in one respect. Now that 66% of society is overweight, obese or worse, anyone within the recommended BMI range looks skinny. Fat is becoming the new normal.

Note: A shoutout to Slenderella61 whose blog triggered my thoughts this morning  
[https://sparkpeo.hs.llnwd.net/e1/mypage\\_public\\_journal\\_individual.asp?blog\\_id=5907606](https://sparkpeo.hs.llnwd.net/e1/mypage_public_journal_individual.asp?blog_id=5907606)

[Edit Blog Entry](#) | [Delete Blog Entry](#)

Share This Post With Others

[Report Inappropriate Blog](#)

## Member Comments About This Blog Post



**GIVEUP30**



this is a really good honest to goodness blog

2249 days ago



**1STBUCKETITEM**



**Well Said!**

Now that I've lost more than 100 lbs. and still have to get rid of 21 lbs. to get to my goal, my roommate said I was still "fat!" I told him that technically I'm just "over-weight," not "fat" which is "obese." I'm tired of the labels and just want to be "healthy!" Our culture has really degenerated into mean spirited "name-calling" which is just downright "RUDE!!" Now that I have gotten that off of my "chest that is now much flatter" (and droopier, LOL, than in more youthful

days).... I think I'll go for my walk.

2250 days ago



**BOILHAM**



You are so right! My own DD, who couldn't love me more, is kind of guilty of skinny shaming, though it is unintended. It just has become the vernacular to say skinny when the actual intention is to say healthy. She says "Dad, you're so skinny" then I give her the 'look' and she says "yeah I know, healthy". I KNOW she means no harm, but it's just so easy to say skinny. Good blog!

2250 days ago



**ONEKIDSMOM**



**I Agree**

Thanks for being so cogent on this important topic for maintainers! We deserve the same respect as those who are trying to lose or happy with a few extra pounds! Nobody should be shamed for their point on the journey!

2251 days ago



**CD13202979**



**Well Said!**

2252 days ago



**SLIMBOT**



Thanks for this. You're absolutely right.

2252 days ago

Comment edited on: 4/12/2015 9:04:19 AM



**DOVESEYES**



**Well Said!**

**I Agree**

2253 days ago

**GINIEMIE**



Well you've done it again. You've made people ponder, wonder and express their thoughts. Really I've been both fat and at the correct weight-right now I'm leaning towards the fat...something I'm working on. NO ONE should judge how fat or skinny a brother or sister is, nor how much or



little they are eating. Who asked them? I know what I weigh and I am either happy with it or working on it-either way it is NONE of your business unless you are paying my doctor bills and my funeral bill!  
My ending thought: JUDGE NOT LEST YE BE JUDGED!



2253 days ago



**PHEBESS**  
Maybe she just really hates kale?



2253 days ago



**BBEAGAN**  
Great blog - and wonderful insights SYLPHINPROGRESS.  
2253 days ago



**WUMPASTAR**  
Urgh. It's like that new trend that's been around for a couple years now, where some companies will promote "normal bodies" and just slap a bunch of "plus-size" women together in an ad. I only remember seeing ONE company actually pairing ALL kinds of bodies in one ad. (Usually it's underwear companies but I think Dove did it too?) I don't even remember who it is but I remember thinking at least this really represented the real world. Not all of everything and nothing of anything else.  
2253 days ago



**SOPHIEDO13**  
When I was in my 20's I was taken out to an office meeting lunch. I was thin and ate a healthy amount. Then on the way out I needed to use the restroom and when I came out they said they could hear someone in there throwing up their lunch, I thinks that's called bolemia?!? But I was the only one in the restroom but they insisted they heard it. They were in their 50's and 60's ( very unhappy and cranky ) now I'm 55 and got used to eating that healthy amount and not ever knowing or having a diet I'm 100 lbs over weight. But I would never do to another young or older person the things that have been said to me either being thin or fat each I've experienced. Some



people are rude and tasteless. Well that's my rant and story. Have a good day.  
2253 days ago



**SYLPHINPROGRESS**  
Not having seen Bertinelli in decades, it seems, I don't know whether she is "fat," as you say. My observations tell me, however, that for anyone on the plump-obese spectrum to refer to a healthfully slim person as "skinny" is not intended as a put-down or a tactic to shame. It is a defense. "I'll call you 'skinny' before you can call me 'fat,' as I have been described for decades."



I don't defend "skinny" as epithet. In fact it makes me, an obese woman, squirm, feeling humiliated by the one using the word when speaking to a slim person. Never mind that it makes me, as a lover of the language, want to slap the speaker for her small-minded, ignorant disregard of the wonderful instrument.

One such incident came up at a lapband support-group meeting. An obese woman at the start of her weight-loss journey addressed the guest speaker, a man in the fitness industry: "You're so skinny!" He was noticeably insulted, replying that he considered himself at a healthy weight rather than skinny. He was accurate.. The lapband woman was neither complimenting nor criticizing him. She was setting up a "The Other" fence. It says that, if I see you as different, I won't have to acknowledge your place in the world...I won't have to take you seriously...I can block you out so that I won't feel inferior or in danger of being rejected by you...After all, I can't possibly be slighted by someone I have already dismissed.

This is not to say that someone who is truly skinny shouldn't feel insulted by inappropriate, over-personal comments. I'm merely offering a glimpse into the abyss of the source.  
2253 days ago



**PHOENIX1949**  
Well Said! THANK YOU!  
2253 days ago



**CD4114015**  
I agree with NELLJONES and I do try to let things roll off my back...I am actually a hard-head so once I MAKE up my mind....I don't BUDGE from it....but I can really bristle if someone says something down right NASTY!  
2253 days ago





**ROBBIEY**

I love "Hot in Cleveland" it is funny, but they do make fun of Joy's flat chest a lot. I have been thin most of my life and people do tend to say insensitive things like: "You're so skinny" Now if I said to them: "You're so fat", they would be offended. I hear often as well, " I bet you don't eat anything but salad" I just don't pay them any attention, I am not defending myself to anyone. I am not trying to convince anyone that I eat food, and that I don't exercise too much.  
2253 days ago



**NELLJONES**

As a long time recovering alcoholic, I spend a lot of time around people who are drinking, and some make comments on my choice of sparkling water. I long ago learned to let it go in one ear and out the other. I don't have to explain anything, I just do what I want to do. I cannot be shamed if I feel no shame.  
2253 days ago



**MISCHAKEO**

Skinny shaming is just as bad as fat shaming. I had someone comment at a meeting that I was nothing but skin and bones. I also have noticed over the years that people are not comfortable sitting next to me at staff buffets. They prefer to sit next to someone who is indulging in all of the food.

You are right that a self confident person does not care what anyone else is eating.

I have watched Valerie's struggles with weight as I have watched Oprah's. Attacking thin people is not making anyone healthy.

Great thoughtful blog, my friend.

2253 days ago



## Add Your Comment to the Blog Post

Leave encouragement, a question, or anything else relevant to this post. All blog comments must abide by SparkPeople's [Community Guidelines](#).

Subscribe to this blog

ADD AN EMOTICON

SPELL CHECK

Post Comment

Disclaimer: Weight loss results will vary from person to person. No individual result should be seen as a typical result of following the SparkPeople program.