

BODY POSITIVE AND ED RECOVERY INSTAGRAM ACCOUNTS

Megan Jayne Crabbe (@meganjaynecrabbe)

- An absolute stellar human being who's in recovery from an ED.

Shira Rose (@theshirarose)

- An ED therapist who went through treatment for her own eating disorder and talks openly about recovering into a fat body.

Ryan Sheldon (@rysheldon)

- A male model in recovery from binge eating disorder who also talks about dating in the gay community.

Kelly Uchima (@_kellyu)

- Super sweet human in recovery who also talks about codependent relationships and sometimes sobriety.

Dani Adriana (@iamdaniadriana)

- In recovery. She is unapologetically fat and takes no nonsense. She's a gem. Also talks about general mental health and queerness.

Jes Baker (used to be @themilitantbaker)

- She uses a lot of swear words so watch out for that if that's not something you're into. Talks about body acceptance, somatic work, and living with a chronically ill body. She's not as active on Instagram anymore but her website is a great resource : <http://www.themilitantbaker.com/>

Ella (@fatgirlfashioninspo)

- Not really an ED recovery account, just a woman in a larger body living her best life.

Nia (@thefriendineverwanted)

- A fat queer woman of color in recovery. Her content has diversified into helping others run a small business but she still talks about recovery. A

great example of how being fat doesn't hold you back from achieving your goals.

Sam Dylan Finch (@samdylanfinch)

- A trans, neurodivergent man in recovery. His content's focus has spread to also include neurodivergency and queerness instead of just eating disorder awareness.

Dianne Bondy (@diannebondyyoga)

- A woman of color who is also a yoga teacher focusing on diversifying yoga and making it more accessible

Amee Severson (@amee_rd)

- A plus sized, queer dietitian

Dr. Joshua Wolrich (@drjoshuawolrich)

- A real life doctor and nutritionist who HATES diet culture and calls out faulty science regarding nutrition/diets on the reg.

Recovery Warriors (@recoverywarriors)

- They have cool articles that are uplifting and inspiring

Taylor Chan (@foodandfearless)

- A dietitian who is a woman of color! She draws out her messages and they're always so colorful and fun to look at!

Ashlee Bennett (@bodyimage_therapist)

- She's a body-image focused art therapist!

Recovery Memes (@byebye.ed)

- Hasn't been updated since 2023 but the memes are good

Memes That Are Sick Enough (@sick_enough)

- Memes geared toward the eating disorder experiences of folks in larger bodies. Also hasn't been updated for a while but again...memes.

Virginia Sole-Smith (@v_solesmith)

- Author, talks about parenting, co-host of the Comfort Food Podcast, calls out celebrities, etc. for pushing diet culture and marketing it as “health”.

Brenna O'Malley, RD (@thewellful)

- Good resource to use when educating others on language around body positivity and food, fat positive, Health At Every Size, posts good anti-diet culture memes

Kate Wasley (@katewas_)

- Plus sized model living her best life

Ryan Renee (@beautiful.appetite)

- Queer person navigating recovery

Kirsten Ackerman, MS, RD (@theintuitive_rd)

- Anti-diet dietitian, hosts Intuitive Bites podcast

Sharon Maxwell (@heysharonmaxwell)

- Mental health advocate, eating disorder recovery, anti-diet fat activist.

Devrie (@happilyfed)

- Non-diet dietitian. Has really great posts that challenge eating disorder thoughts

Harness community (@harnesscommunity)

- Not really eating disorder focused but a great by women for women magazine that publishes pieces that women and female-identifying folks may relate to!

Rachel Millner (@drachelmillner)

- Fat positive therapist, body trust provider. Posts great affirmations and general food for thought (no pun intended!)

Haley Goodrich RD LDN CEDRD-S (@hgoodrichrd)

- Eating disorder dietitian who advocates for body inclusive care. Her account is retired but it has good information on it.

Alishia McCullough (@blackandembodied)

- Therapist who is a woman of color. Talks about social justice, racial healing and body liberation

Sean Taylor (@heyseantaylor)

- Was on the Netflix show “The Circle”. A plus sized woman who talks about weight stigma and fashion for people in larger bodies

The Loveland Foundation (@thelovelandfoundation)

- A foundation committed to showing up for communities of color in unique and powerful ways with a particular focus on Black women and girls

Meg Boggs (@meg.boggs)

- A fat woman who is an athlete and does not focus on exercise for weight loss, rather for a more holistic addition to health

Shana Minei Spence, MS, RDN, CDN (@thenutritiontea)

- A Black female dietitian with amazing perspective and reframes

Diets Don't Work (@diets_dont_work_haes)

- Great graphics talking about diet culture. A great educational resource!

Tiffany Ima (@tiffanyima)

- A Black female creator who talks about challenging body shame and embracing body respect

Emily Hahn, MPH, RDN, CED-S (@emilyhahnrd)

- Has a good balance of funny reels and great information

Reasonable Affirmations (@reasonableaffirmations)

- Inactive as of January 2022 but still a great place to find affirmations that don't feel fake or like borderline toxic positivity

Colleen Christensen, RD (@no.food.rules)

- Makes funny reels poking fun at diet culture but also has good educational content

Tash (@thethicknutritionist)

- Woman of Color who posts affirming and motivational reels about intuitive eating and overcoming the diet culture mindset

Jaimmy (@jaimmykoroma)

- Shares information on body positivity and fashion inspiration for larger bodies

Kanoa (@kanoagreene)

- Woman of Color posting about exercising as a fat woman. Very uplifting and affirming.

Elisabeth Peterson, RD, CED-S (@resonanteating)

- Anti-diet dietitian practicing in Richmond, VA

Gaudiani Clinic (@guadianiclinic)

- Well known medical providers in the eating disorder/HAES community

Christyna, MS, RDN, LDN (@encouragingdietitian)

- Anti-diet, weight inclusive RD who is a woman of color

Safiya, LMSW (@intersectionalrecovery)

- Black eating disorder therapist who talks about the need for intersectionality in the eating disorder recovery space

Jess Campbell, MD (@haesdoctor)

- Weight inclusive and fat positive medical provider and nutritionist

Dalina (@your.latina.nutritionist)

- An anti-diet dietitian who focuses on embracing culture and rejecting diet culture

Kylie Sakaida (@nutritionbykylie)

- A woman of color who is a dietitian with IBS. Gives good tips on how to nourish your body while experiencing IBS flares as well as easy ways to prepare food for when you're low on energy or struggle with executive functioning.