Episode 4 Plate Expectations with Holly Moore, Clinical Nutritionist

HOW TO START THE CHAT

Six things from episode 4 worth saying out loud. **None of them are rules about food** — it's about what you do consistently, not occasionally.

1

"I don't have to earn this."
SAY IT TO -yourself, in the moment, as often as it takes
Holly's line: food isn't something you earn. You don't owe yourself a make-up for yesterday. Food is fuel, not a reward and not a punishment.

2

"I'm tired all the time and I want to look into why."
SAY IT TO - your trusted adult, GP
Fatigue can be a sign of low iron. Low iron can make periods heavier, and heavier periods drop your iron further — Holly calls it a vicious cycle

3

"My social media feed is making me feel worse about myself."
SAY IT TO - yourself, your trusted adult
You interact with one thing and the algorithm fills the rest with people whose lives and bodies look nothing like yours. Social media and our desire scroll isn't going anywhere. Fill your feed with people that look like you or have similar lives to you, or are talking about the way that you want to be so that it stays aspirational and not a source of like judgment or shame.

4

"I think I need to eat more, not less."
SAY IT TO - your trusted adult, a coach, GP
The most common thing Holly finds in girls and women who feel anxious, exhausted and flat is under-fuelling. Restricting slows your body's metabolism down rather than speeding anything up.

5

"Something's going on with my stomach, and it isn't normal for me."
SAY IT TO - your trusted adult, GP - before your start cutting foods out
Holly's test for a happy gut: it's one you don't have to think about. Everyone bloats sometimes. Running a constant mental reel — will this bloat me, will I poo today? — isn't the baseline.

6

"I'm worried about a friend."
SAY IT TO - your trusted adult a school counsellor, a teacher, a parent. Today.
A girl on the panel asked what to do about a classmate she can hear throwing up her lunch. Holly's answer was to find an adult you trust and hand it over. You are not meant to carry that by yourself.

IF YOU ONLY TAKE ONE THING...

Holly Moore, on what health actually looks like

- "Health doesn't have a look. You can't tell if someone's healthy by looking at them."
- The wellness industry is profitable because it needs you to feel bad about yourself. If everyone felt fine as they are, there'd be no money in it.
- It's what you do consistently, not what you do occasionally.

This is designed as a conversation starter, **not medical or nutrition advice, and no substitute for a GP or a qualified nutritionist or dietitian.** If food or your body has started taking up more room in your head than you want it to, that on its own is reason enough to talk to someone.

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