

- Showing, describing, promoting, or glorifying disordered eating, including:
  - Extremely low-calorie diets
  - Starving, bingeing, and purging
  - Participating in body comparison trends, such as comparing body parts to objects
- Trading, marketing, or providing access to:
  - Products or services prone to misuse for weight loss or muscle gain, and that may pose serious health risks
  - Any product or service promoted with exaggerated or harmful claims, such as unrealistic weight loss results
- Using dieting, fasting, or medication in unsafe ways
- Exercising to lose weight or build muscle when it could harm your health
- Trying to achieve fast or drastic weight or muscle changes that could cause damage

#### FYF INELIGIBLE & AGE-RESTRICTED

- Showing, describing, or promoting:
  - Diets, exercises, products, or services that include exaggerated or harmful claims, such as those promising fast or dramatic results
  - Restrictive low-calorie diets, including extended intermittent fasting
  - Products or services prone to misuse for weight loss or muscle gain, and that may pose serious health risks
  - Medications or medical devices designed for weight loss or muscle gain
- Trading, marketing, or providing access to products or services that are promoted in the context of weight loss or muscle gain, with low associated health risks
- Promoting certain body types as “ideal” when tied to unhealthy contexts
- Showing or promoting cosmetic surgery, including surgery videos or referrals
- Talking about cosmetic surgery without explaining the risks
- Discussing ongoing personal struggles with disordered eating
- Documentary or educational content that reports on disordered eating using detailed descriptions or non-graphic imagery

*Keep in mind that content with highly graphic imagery is generally not allowed, regardless of intent.*

#### ALLOWED

- Showing or describing:
  - Competitive eating contests
  - Fitness routines and nutrition focused on sports or general athleticism, not extreme weight loss

- Medically necessary surgery, such as including before-and-after images of the repair of a cleft lip, breast reconstruction after a mastectomy, or gender affirmation surgery
- Medically necessary health interventions under the guidance of a medical or health professional, such as restrictive diets before surgery
- Religious fasting or dietary practices
- Fasting for political protest or activism
- Physical disabilities or differently-abled bodies