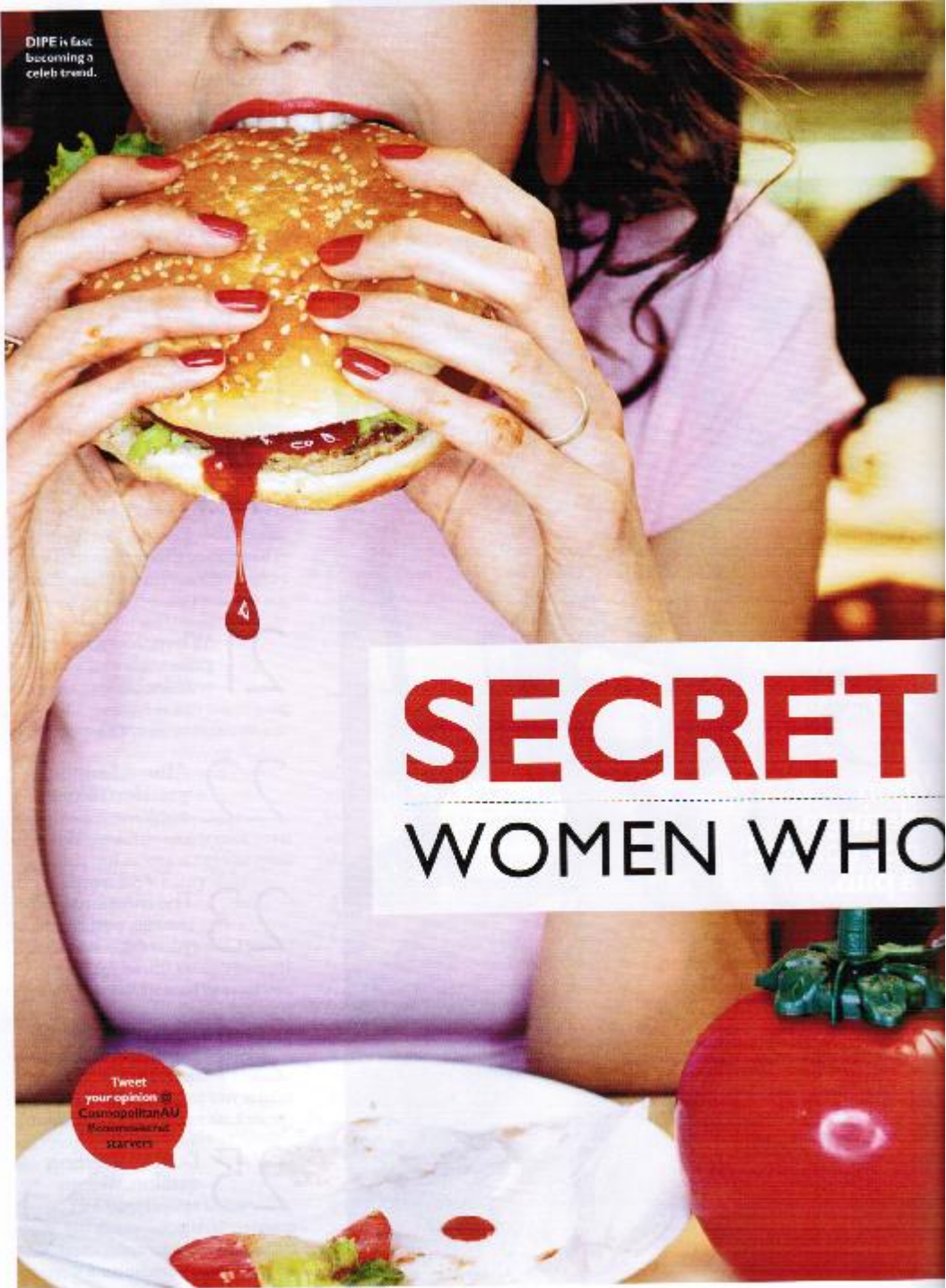


DIPE is fast becoming a celeb trend.



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## Could super-skinny celebs stuffing their faces in public be setting the tone for a more serious eating disorder?

**h**er hip bones protruding out from her skin-tight dress, LeAnn Rimes poses happily for cameras at a party. Just a few hours later, the 29-year-old country music star tweets she has indulged in a late-night fast-food fest. "In-N-Out [Burger] and bed! Til tmrw...." she wrote. Scores of skinny stars are lining up to confess their favourite fat-laden meal. Gwyneth Paltrow loves fries, Nicole Scherzinger tweets "7 layer burrito just lik in highschool!", and *Glee* star Kristin

trendy, celebrities have turned to what Hollywood publicist Jeremy Walker has dubbed "DIPE" – Documented Instance of Public Eating. Stars use it in the hope it'll prove that, despite their svelte frames, they're eating – and eating well.

One British newspaper went so far as to call this "liar-exia", while singer Lily Allen – who's had a well-documented yo-yo relationship with food – went even further, revealing: "I hang out with models, the biggest pop stars and, you know, really and honestly, I hate saying this, but none of them are achieving those body shapes by being healthy. They aren't going to the gym two hours a day. They're not eating or they're taking speed not to eat. In America everyone abuses that Adderall stuff and people aren't normal."

### Disorder on the menu

Christine Morgan, CEO of The Butterfly Foundation, which helps people with eating disorders, says: "In our society, the ideal is still to be thin; being thin means being beautiful and successful, and being happy. But there is also a bit of a backlash

never eat pizza at home, but when people make remarks about how thin I am, I will eat it when out. It diverts attention from my friends about my weight," she says.

Morgan says that, unfortunately, most women still feel like they need to be thin, secretly competing with each other and striving for their idea of "perfect". So instead of admitting we're on a diet, we'd rather eat a big meal in front of others and atone for it later. And it applies when we're out with a new man, too: "Guys can't stand us being on *another* diet," says Morgan. "So we may eat a big meal out on a date with a guy, as if to say, 'Look, I eat normally', but then go home and eat restrictively." Clearly not a very healthy eating habit.

So is the pressure to hold down a job, be seen to be healthy and look perfect all at the same time getting too much? Sydney-based clinical psychologist Louise Adams, who specialises in eating and weight issues, says: "People hide what they're doing



Rimes tweeted about eating a burger right after this shot was taken.



"Boston Dog's sliders and French fries in the Cabo airport are so good! Anyone coming here try them!!!" tweeted LeAnn Rimes.

# STARVERS: PIG OUT IN PUBLIC

Chenoweth toasts her Emmy nomination with doughnuts. And when super-skinny Giuliana Rancic recently holidayed in Italy, we were treated to TwitPics of her chowing down on pasta, ice-cream and pizza. We know some of these women are naturally skinny but do they really think we believe they eat like that all the time?

## Dieting isn't fashionable

Kate Moss was attacked in 2009 when she said her motto was "nothing tastes as good as skinny feels". But now, with a diet of cigarettes and dressing-free salad no longer

happening against dieting," she adds. "So we have two opposing things – one that being slim means happy and successful, but the second is this pressure that you are not allowed to diet. I suspect these people are thinking, 'I can prove I've got a normal appetite', then they grab a big burger. They're saying, 'I can eat this stuff but I'm naturally thin'. It's like a badge of honour."

With body image the number-one concern among young people (according to a survey conducted by Mission Australia in 2010), is it any wonder more and more of us are turning to DIPE ourselves? Rachel\*, 24, will go out for dinner and eat a pizza to keep her friends quiet, then restrict her eating the next day. "I would

because there's this pressure to show that everything is fine and they have the perfect life, the perfect body and a healthy relationship with food." Adams says this kind of behaviour is "disordered eating", a problem that has doubled in Australia in the past 10 years. "Although it's not a disorder itself, it is the highway to an eating disorder," says Adams. ▷

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## The tipping point

Laura, 32, was working as a personal trainer when she started DIPE. "I was trying to put forward this image of perfection and health, but it wasn't attainable," she says. "I was trying to help women to lose weight, so I had to look the part." Eventually, her disordered eating became anorexia. She sought help and now has her own business teaching about nutrition.

Unfortunately, working in an industry where you feel like you have to look a certain way can be detrimental to your

health. Disney star Demi Lovato, 19, recently spoke out about her struggle. "It got to a point where I just was lying to everyone about eating and about being happy," she has said. "There's a lot of pressure these days. I feel like I live in a city where no woman eats."

So next time you're out with a friend who says she's having salad, maybe hold off on making her have pizza instead. At least she's being honest about eating healthily in a world where it's increasingly hard to do so. **Lucy Ballinger** □

## Celebrity DIPEs

Thanks to Twitter, these super-slim stars have a favourite platform to publicly discuss their eating.

"Hey @billrancic, can you order us some cookies from room service?" Giuliana Rancic tweeted to her husband, Bill. She's also a pizza fan, apparently: "Mmmm. So good too!! I love Chicago pizza!"

"NYC I culd move here ur pizza's so yummy! 3 beautiful slices in my belly, stuffed and happy as a clam! ;)" tweets Nicole Scherzinger along with a pic.

"Whoever gave me the choc/peanut butter popcorn at cd signing? AMAZESAUCE!!! I love." - Kristin Chenoweth loves to tweet what she's chowing down on.

### EATING DISORDER HELPLINES:

Eating Disorders Victoria (which covers Australia) - 1300 550 236;  
The Butterfly Foundation helpline - 1800 334 673.