

# Icelandic Beauty Queen: If I'm "Too Fat", You Don't Deserve Me

By [The Urban Howl](#)

Our writers and audience have been stoking the fire of self-love and self-acceptance this past week in a fierce, vulnerable and ultra-medicinal way, so it was no surprise that our energy was led to a bold statement made by twenty-year old, Icelandic beauty queen, [Arna Ýr Jónsdóttir](#).

Arna was crowned Miss Iceland on September 5, 2015. She recently shared a [handwritten letter on Instagram](#) announcing her withdraw from the Miss Grand International pageant. Why? She says that the pageant's owner, Thai TV presenter Nawat Itsaragrisil, recommended her to lose weight and eat less for the competition.



The letter reads:

***Dear Mr. Nawat***

***I am a very strong woman but sometimes my strength isn't enough.***

***Your staff told me that I had to loose weight for the finals because I have to much fat on me and also to big shoulders. They told me to eat less and then you would like me more.***

***I decided to leave. I've been Miss World Iceland, placed 14th after judging interview in Miss World, I won another pageant (Miss EM) and with all my qualities and good experience I come with my passion and hard work to your pageant. 4 days before stage they tell me that I'm too fat for you. Actually if***

*anyone tells me that I'm too fat or whatever, they just don't deserve me. And thats why I left. Miss Grand International doesn't deserve my face, body, personality or heart.*

*I truly hope that the organisation opens their eyes because the year is 2016 and if you are gonna hold an international pageant you have to be able to see the international beauty.*

*In my country my body shape is perfect. And that's what I'm gonna remember. No one will ever tell me anything else.*

*I hope the final will be amazing, I know the show will be.*



Photo: [arnayrjons.com](http://arnayrjons.com)



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After this experience, Arna has vowed to quit pageants. “[I no longer have any interest](#) in doing my best in this competition after receiving that message,” she told the *Icelandic Monitor*. “This is definitely the last contest I shall be taking part in.”



Thank you, Arna, for speaking up for yourself and all of us!  
We're supporting you!

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