|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Weight loss

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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|  |  |  |  |  |  |  |  |  |  |  | 1  H |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 2  V | E | G | E | T | A | B | L | E | S |  |  |
|  |  |  |  |  |  |  |  |  |  |  | A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 3  E |  |  | 4  P | L | A | N |  |  |  |  |  |  |
|  |  |  |  |  |  |  | X |  |  |  | T |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | E |  |  |  | H |  |  |  |  | 5  W |  |  |  |
|  |  |  |  |  | 6  C | A | R | B | O | H | Y | D | R | A | T | E | S |  |  |
|  |  |  |  |  |  |  | C |  |  |  |  |  |  |  |  | I |  |  |  |
|  |  |  |  |  |  |  | I |  | 7  E | G | G | S |  |  |  | G |  |  |  |
|  |  |  |  |  | 8  B |  | S |  |  |  |  |  |  |  |  | H |  |  |  |
|  |  | 9  C | H | O | I | C | E | S |  | 10  M | O | T | I | V | A | T | E |  |  |
|  |  |  |  |  | N |  |  |  | 11  S |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | G |  |  | 12  P | O | U | N | D | 13  S |  |  |  |  |  |  |
|  |  |  |  |  | E |  |  |  | D |  |  |  | N |  |  |  |  |  |  |
|  |  |  |  |  |  | 14  F | R | U | I | T |  | 15  F | A | T | F | R | E | E |  |
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| --- | --- |
| **Across**  **2.** This type of food is low in calories and fulls you up due to fiber content  **4.** When dieting, it is helpful to have a daily food...What?  **6.** When dieting, we have to watch our bread intake or our....What?  **7.** This breakfast food is high in protein and low in calories  **9.** having healthy food in your house, helps you make good....What?  **10.** Coming to TOPS helps to do this each week?  **12.** Tops means, Take of what sensibly?  **14.** This food is good for you but could be high in Sugar  **15.** Be careful of food labels that claim to be what? | **Down**  **1.** it is nice to lose pounds but It is more important to get ....What?  **3.** By doing this you can eat more each day  **5.** You may lose inches before you lose....What?  **8.** If you deprive yourself from unhealthy food you may go on a...What?  **11.** Be careful with this substance as it can cause water retention  **13.** When dieting you have to watch how many...What? you eat each day |