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

Weight loss

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|  |  |  |  |  |  |  |  |  |  |  | 1H |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  | 2V |  E |  G |  E |  T |  A |  B |  L |  E |  S |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  A |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  | 3E |  |  | 4P |  L |  A |  N |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  X |  |  |  |  T |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  E |  |  |  |  H |  |  |  |  | 5W |  |  |  |
|  |  |  |  |  | 6C |  A |  R |  B |  O |  H |  Y |  D |  R |  A |  T |  E |  S |  |  |
|  |  |  |  |  |  |  |  C |  |  |  |  |  |  |  |  |  I |  |  |  |
|  |  |  |  |  |  |  |  I |  | 7E |  G |  G |  S |  |  |  |  G |  |  |  |
|  |  |  |  |  | 8B |  |  S |  |  |  |  |  |  |  |  |  H |  |  |  |
|  |  | 9C |  H |  O |  I |  C |  E |  S |  | 10M |  O |  T |  I |  V |  A |  T |  E |  |  |
|  |  |  |  |  |  N |  |  |  | 11S |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  G |  |  | 12P |  O |  U |  N |  D | 13S |  |  |  |  |  |  |
|  |  |  |  |  |  E |  |  |  |  D |  |  |  |  N |  |  |  |  |  |  |
|  |  |  |  |  |  | 14F |  R |  U |  I |  T |  | 15F |  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 |