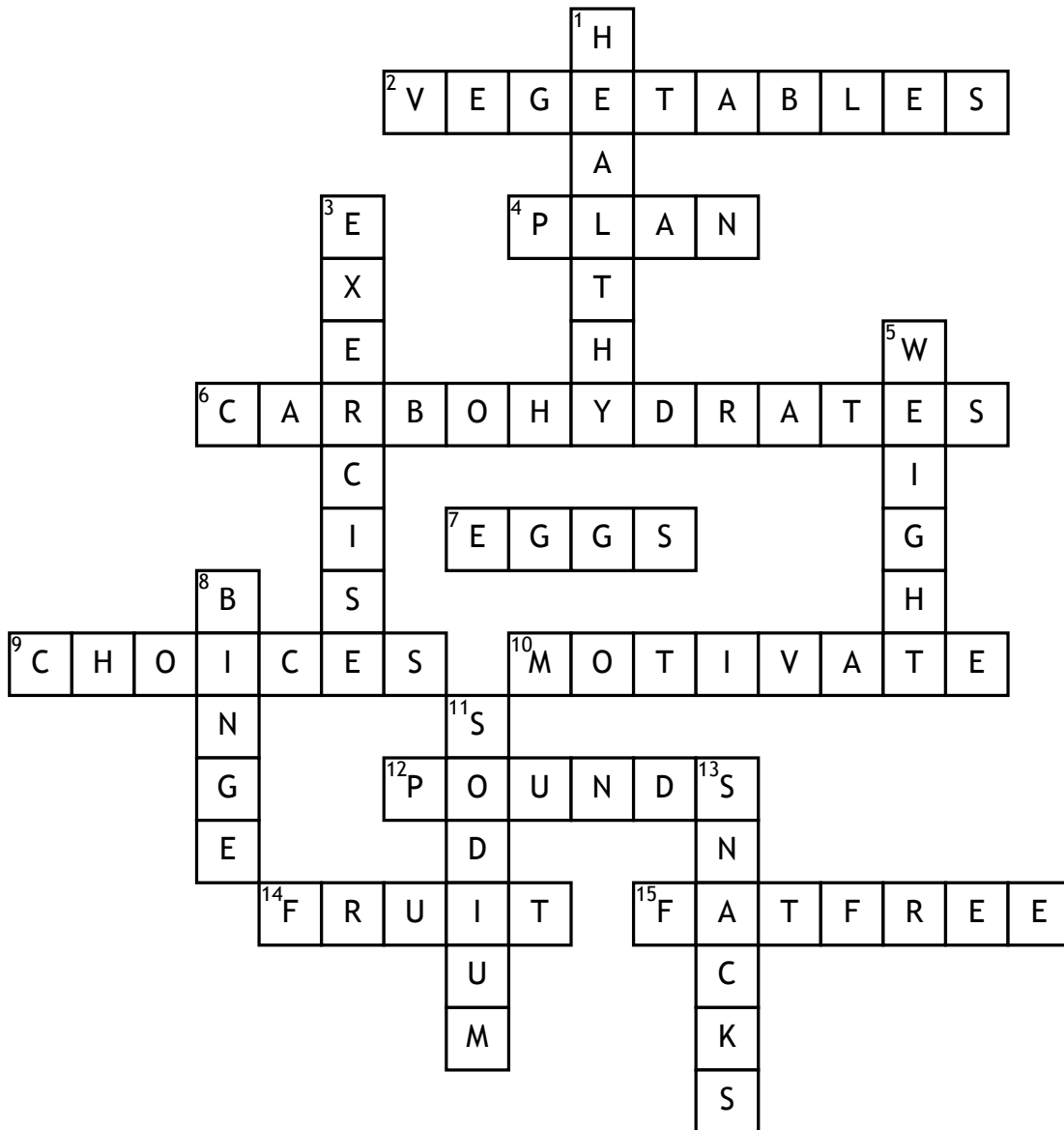


Name: _____

Date: _____

Weight loss



Across

2. This type of food is low in calories and fills 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 getWhat?

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