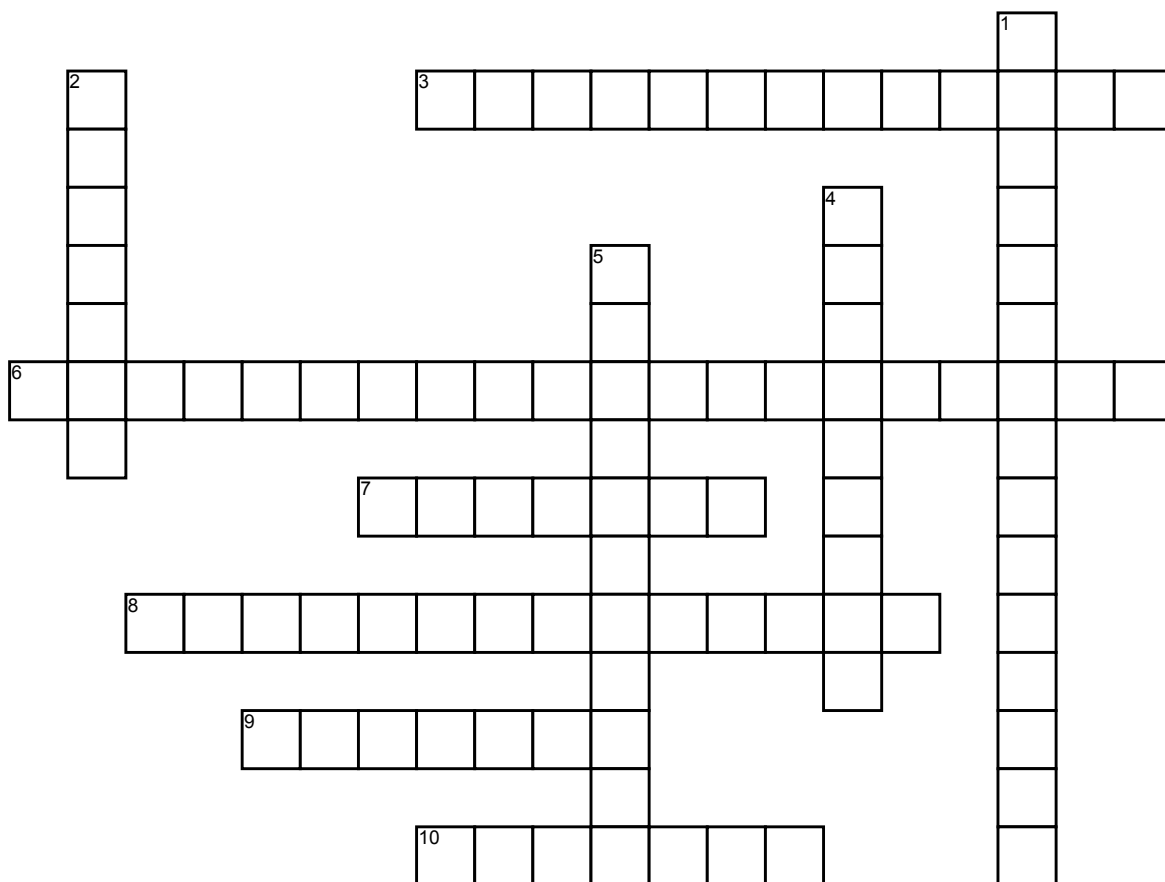


Managing Your Weight-Chapter 16



Across

- 3.** calorie intake=calorie burn
6. It can be hard to make this when making the choice to be healthy.
7. unit of energy
8. Can cause the body to be unable to digest food.
9. a plan to lose weight; verb

- 10.** A type of fad diet that involves starving yourself

Down

- 1.** A disorder characterized by minimal calorie consumption.
2. A popular way to lose weight that can be unsafe.
4. measures fat
5. weighing less than average