

Weight Management Word Search



NAME: _____

Directions: Use the clues below to find the words relating to weight management that are hidden in the puzzle. All the answers can be found in this month's LivingRight materials.

CLUES:

1. Just under _____ percent of Americans were considered obese in 2015-2016.
2. Obesity contributes to a number of health conditions, including _____ disease and cancer.
3. One way to avoid overeating later in the day is to eat a healthy _____.
4. To maintain a steady weight, you need to burn as many _____ as you take in.
5. It's recommended that adults get at least 150 _____ of moderate exercise each week.
6. Larger _____ sizes encourage a person to consume more calories.
7. Using a smaller _____ can help you right-size your portions.
8. Your weight plays a role in your _____ risk level.
9. A specialty _____ drink may contain hidden calories.
10. Taking gluten out of your diet may mean you are eating fewer foods enriched with iron, calcium, and other _____.

M	N	G	B	Q	J	W	B	L	D
N	Q	C	A	N	C	E	R	W	V
K	C	A	L	O	R	I	E	S	Z
Z	F	Q	J	Z	W	B	A	W	P
C	O	F	F	E	E	Z	K	J	O
K	R	P	L	A	T	E	F	Q	R
B	T	Q	J	P	Z	W	A	J	T
L	Y	Z	B	S	J	Q	S	C	I
G	Q	J	H	E	A	R	T	K	O
N	U	T	R	I	E	N	T	S	N
B	J	M	I	N	U	T	E	S	R