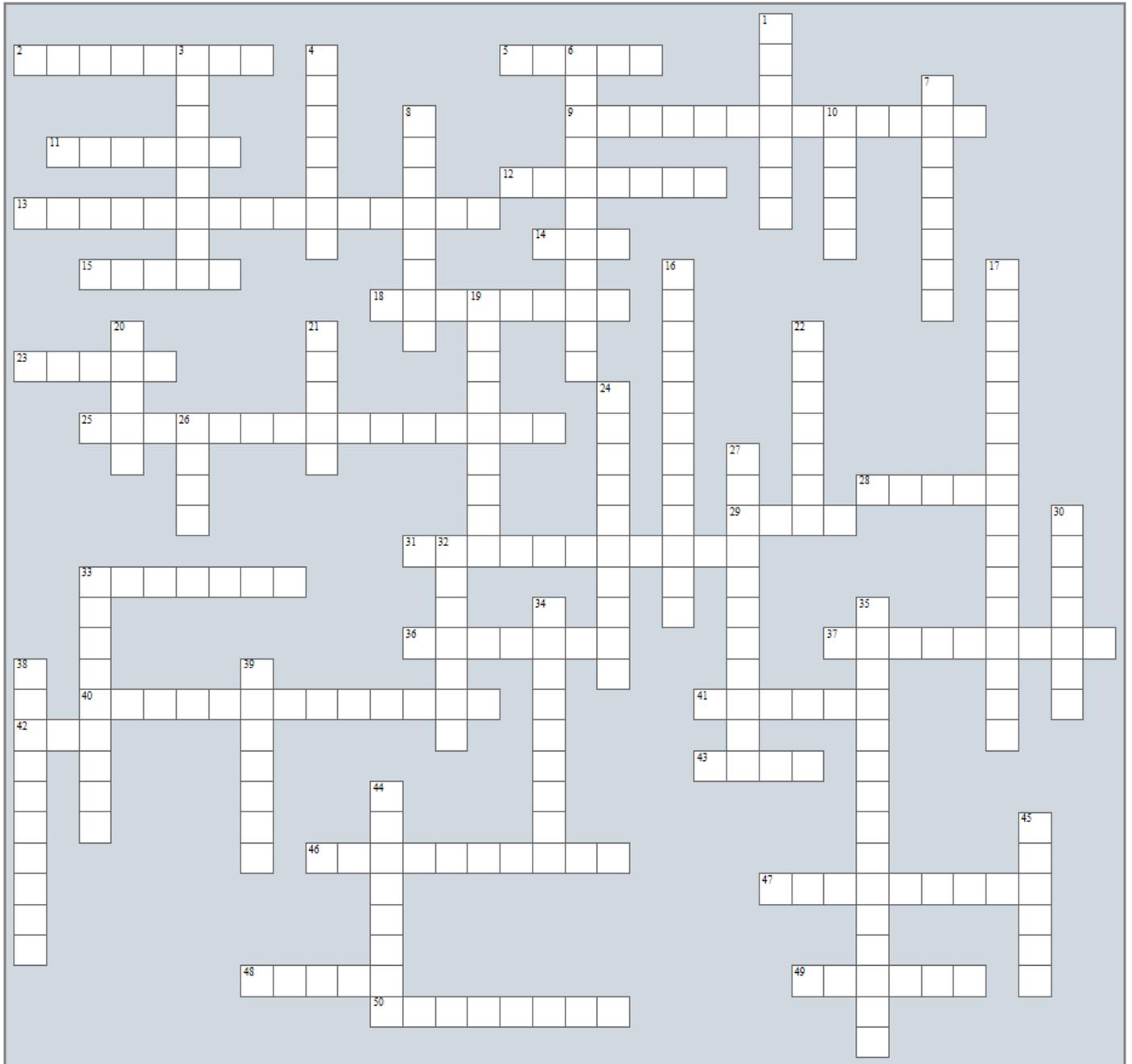


# HO 19.1 HEED Crossword

Answers are on page 3.



## Across

2. an external or internal cue that stimulates a desire to eat
5. the food group best known for supplying a rich source of calcium
9. stage of change when a person is thinking about adopting a new habit but hasn't done anything yet
11. a physiological or psychological drive to eat
12. something that gets in your way and makes it difficult, but not impossible, to change unhealthy behaviors
13. Olive, canola, and peanut oils are high in this type of fat.
14. A type of plant protein that is very versatile; is now commonly used to make milk, cheese, yogurt, and a variety of meat alternatives.
15. People who set these are more successful at making changes.

## HO 19.1 HEED Crossword

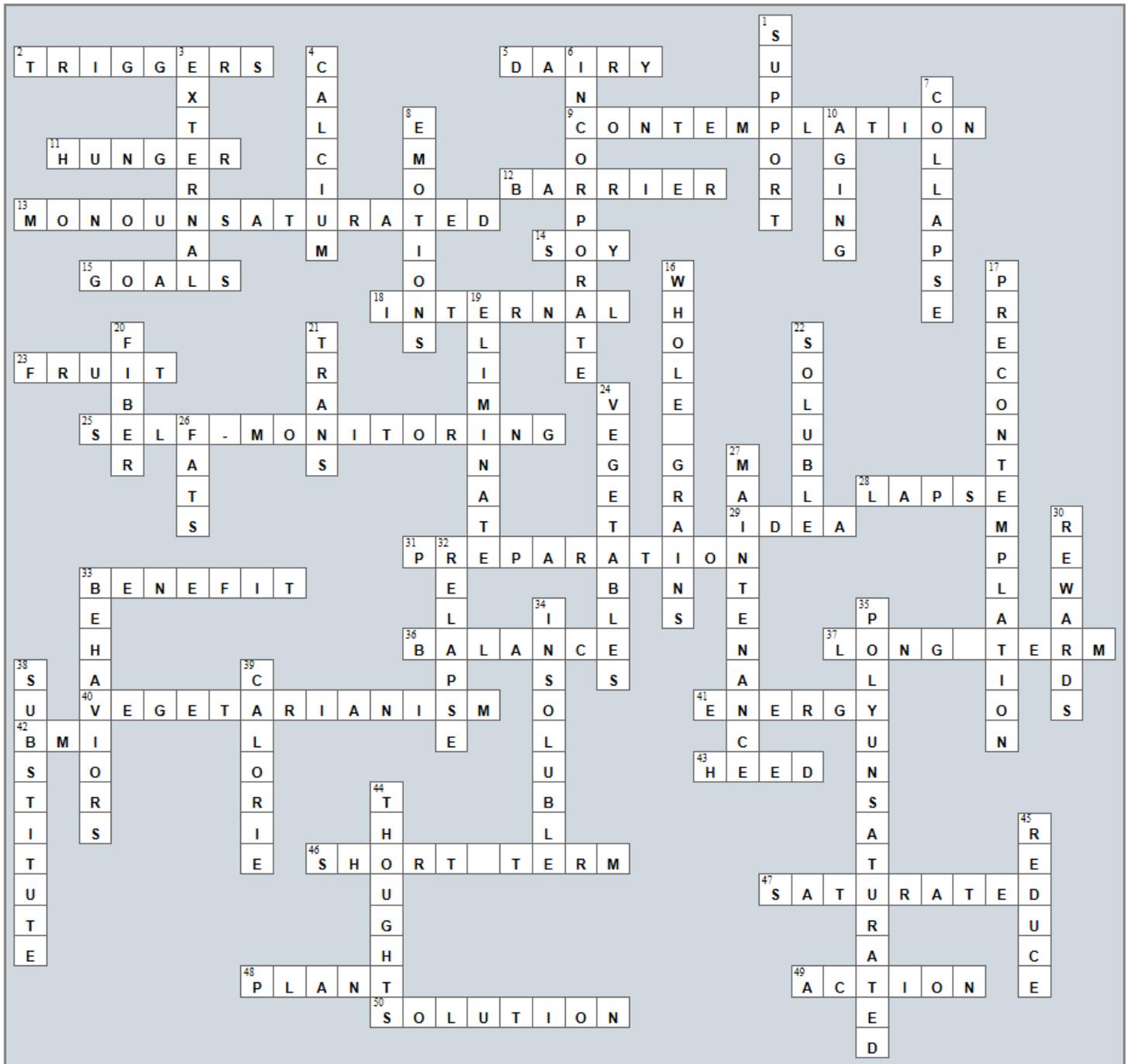
18. cues or triggers that come from within yourself
23. a food that is sweet without added sugar; a nutrition powerhouse
25. a proven and effective tool for keeping track of food intake and physical activity
28. a minor setback for a day or two
29. an acronym for busting barriers
31. stage of change when a person is trying to adopt a new habit but hasn't been consistent
33. a positive result of making a healthy behavior change
36. When your calories in equal calories out, you are in a state of energy \_\_\_\_\_.
37. a type of goal that may take a month or longer to achieve
40. In its strictest sense, it's a lifestyle that promotes the consumption of plant proteins, fruits, vegetables, and dairy alternatives.
41. comes from the food (calories) we eat
42. the ratio of a person's weight to height
43. a program that teaches many skills and strategies to improve eating habits for a lifetime
46. a type of goal that may be achieved in less than a month
47. a type of fat found in animal products; can raise cholesterol
48. Vegetarians get their primary protein from \_\_\_\_\_ foods.
49. stage of change when a person has stuck with a new habit for less than 6 months
50. When we encounter a problem or barrier, we seek a \_\_\_\_\_.

### Down

1. something you need in order to counteract potential saboteurs and high-risk situations
3. cues or triggers that come from your environment
4. a nutrient necessary for healthy bones and teeth
6. something that you can do to modify a not-so-healthy recipe; the "I" in RISE
7. a setback that results in a return to unhealthy habits and a loss of hope for an extended time
8. thoughts and behaviors affect \_\_\_\_\_; associated with feelings
10. a factor often blamed for weight gain; a natural part of the life cycle
16. carbohydrate-rich foods that supply all 3 parts: bran, starch, and germ; the opposite of processed grains
17. stage of change when a person is not even thinking of changing
19. something that you can do to modify a not-so-healthy recipe; the "E" in RISE
20. only comes from plant foods; can be soluble or insoluble
21. a type of unhealthy fat often found in processed foods
22. a type of fiber that can help lower blood cholesterol and control blood sugar; dissolves in water
24. a nutrition powerhouse and excellent source of dietary fiber
26. supplies a concentrated source of calories (energy)
27. stage of change when a person has stuck with a new habit for 6 months or more
30. a form of recognition for a job well done; these can come from yourself or from someone else
32. a setback that lasts for a week or two, but you intend to get back on track
33. Our thoughts and emotions often affect our \_\_\_\_\_.
34. a type of fiber that can help keep your digestive tract healthy; does not dissolve in water
35. Corn, soybean, and safflower oils are high in this type of healthy fat.
38. something that you can do to modify a not-so-healthy recipe; the "S" in RISE
39. a measure of the energy value of foods
44. Negative behaviors stem from negative \_\_\_\_\_.
45. something that you can do to revise a not-so-healthy recipe; the "R" in RISE

# HO 19.1 HEED Crossword

## Answers



This crossword puzzle was created with EclipseCrossword.