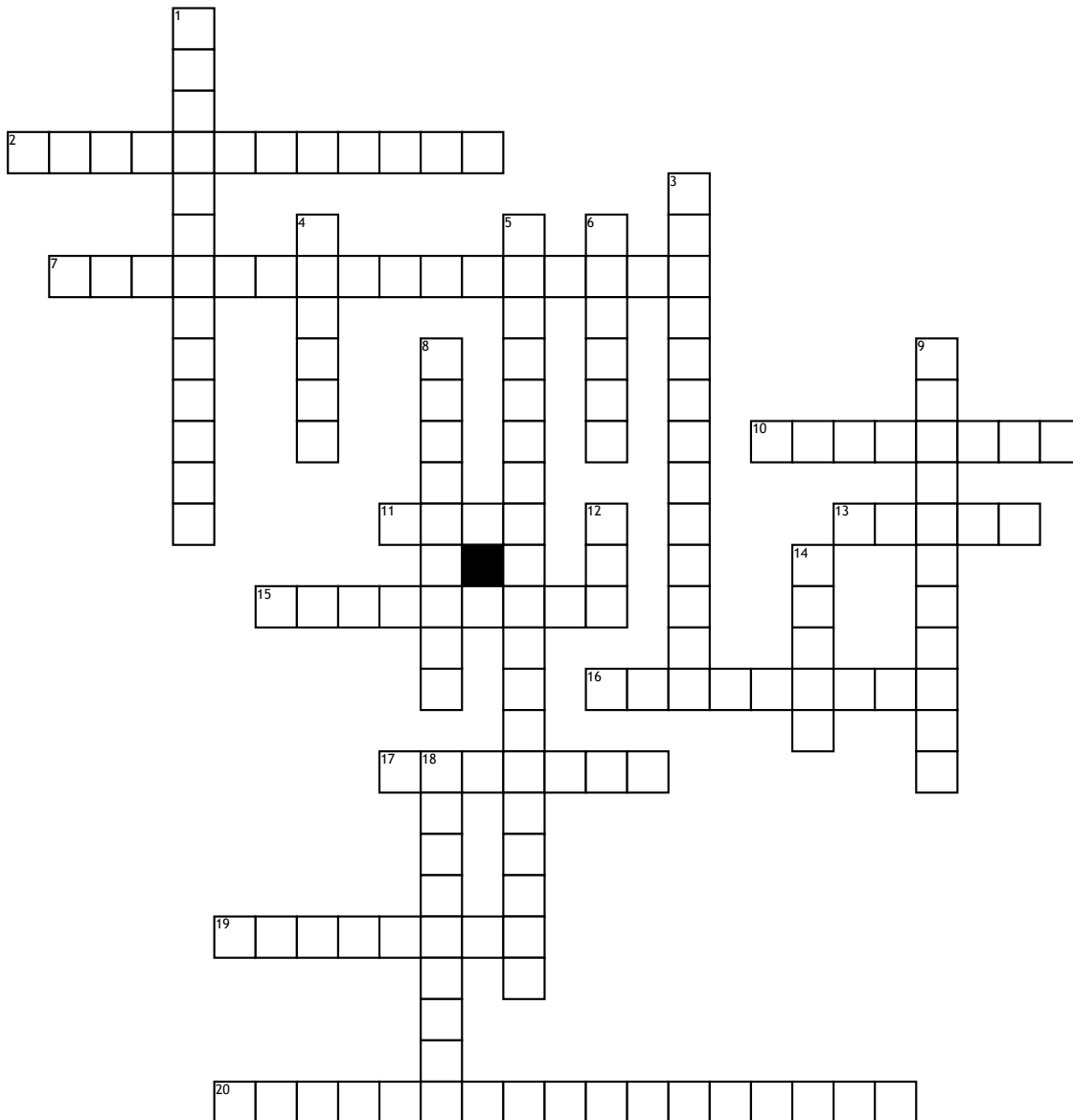


Name: _____

Date: _____

Food Addiction



Across

2. An expert in food and nutrition to help managed diseases and promote health is called what?
7. To help with the extra intake of calories, people can participate in _____
10. _____ from an addiction is possible
11. Foods high in fat, sugar, and _____ are addictive
13. People who have a binge eating disorder binge at least once a week for a period of at least __ months
15. Sometimes, overeating can be the result of underlying _____ problems

16. Just like with drugs, you can develop a _____ to food
17. Some people who have a food addiction suffer from _____
19. Feel good brain chemical released by addictive drugs and highly palatable foods
20. A 12-step program for food addicts (and other addictions)

Down

1. One crucial part of the healing process is _____
3. There are different _____ triggers that can drive your behavior
4. _____ therapy sessions can be important for an addict seeking recovery

5. Clinical disorder of overeating
6. Not everyone who overeats is a _____
8. One withdrawal symptom of food addiction is _____
9. Changing your _____ is one way to help control food addiction
12. A sign of food addiction is eating until you feel _____
14. Some problem ingredients to avoid are: sugar, refined flour, and _____
18. _____ is something that can influence food addiction