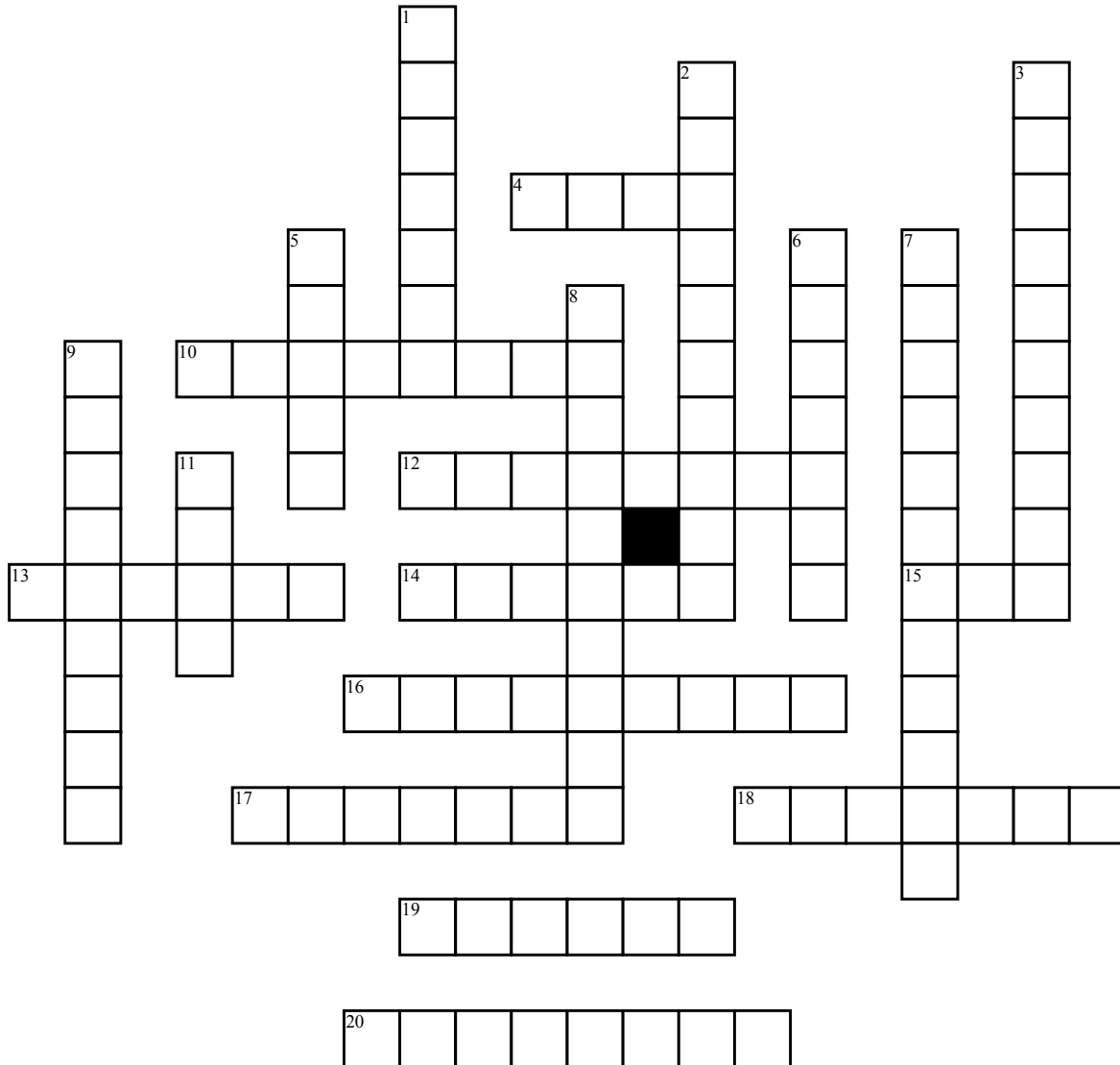


Food Addiction



Across

- 4. spend excessive amounts of _____ involved with food and overeating
- 10. individuals with food addictions continue to eat despite _____ consequences
- 12. feel-good chemical that is triggered in the brain by highly appetizing foods
- 13. as a result, may also struggle with _____ gain
- 14. people who struggle with food addiction cannot control their compulsive _____ behaviors
- 15. individuals may continue eating to the point of feeling _____
- 16. what may be developed over time; more and more of their favorite food is needed in order to experience the "high" they seek

17. people who overeat compulsively experience a loss of _____ over their eating behavior

18. people who struggle with food addictions may also struggle with _____

19. eating more and more to _____ negative emotions

20. eating more and more to _____ pleasure

Down

1. Food Addicts Anonymous and Food Addicts in Recovery are _____ groups available for individuals struggling with food addictions/compulsive overeating

2. food addiction is better or also known as compulsive _____

3. individuals may experience psychological _____ symptoms when they cut down/back on certain foods

5. tend to crave foods that are high in fats, _____, and/or salt

6. individuals may experience symptoms of _____ before and after cutting down on certain foods

7. expert who is educated in food and nutrition and may be able to help in the process of breaking the cycle of compulsive overeating

8. food addiction is a _____ addiction

9. food addiction or compulsive overeating is _____ from binge eating disorder

11. often describe feeling "_____" while engaging in the behavior/activity