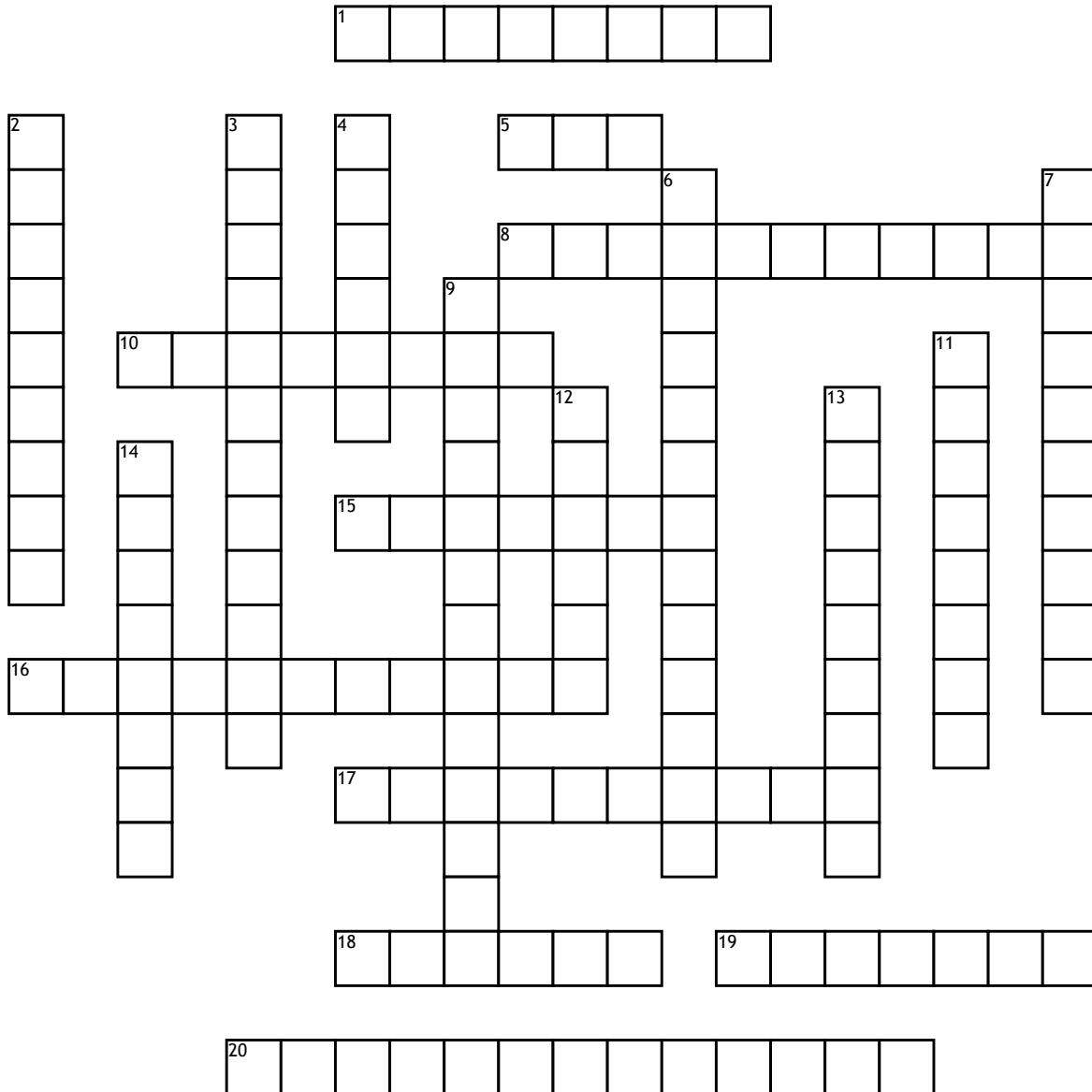


SOWK 4400 Food Addiction Brookelyn H.



Across

1. You must identify someone's _____ for eating/drinking particular foods

5. Everyone who is a food addict is _____ obese

8. Although people overeat to feel better, it often ends up making them feel worse and gives them more to feel bad about, making food addiction _____

10. Consuming highly palatable foods triggers the _____ centers of the brain which release "feel good" chemicals

15. It is important to teach people how to have _____ relationships with food

16. This means to frequently consume unusually large amounts of food and feel unable to stop eating

17. An unhealthy focus on eating in a healthy way

18. Food addiction is a compulsive or uncontrollable urge to eat food that does not relate to feelings of _____

19. An emotional disorder involving distortion of body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by depression and self-induced vomiting, purging, or fasting

20. The loss of control over their eating behavior and they find themselves spending excessive amounts of time involved with food and overeating, or anticipating the emotional effects of compulsive overeating

Down

2. Up to 20% of people may have a food addiction or exhibit _____ like eating behaviors

3. With a food addiction, a person is unable to stop eating despite the _____ such as weight gain and health risks

4. Overeating is one way that many people cope with _____

6. People with food addiction struggle every day with a loss of control or inability to stop eating foods that are high in _____, fat, salt, sugar, or artificial sweeteners

7. We all overeat every once and awhile, but it becomes an addiction once it becomes _____

9. the addiction to food target the same reward centers as what?

11. Feeling obsessed with food, eating more than intended, craving food even on a full stomach, overindulging in food, and being unable to control urges to indulge are all _____ of food addiction

12. What is an essential part of life which can make it extremely hard to overcome this type of addiction?

13. It is important to emphasize eating when one is physiologically hungry vs _____ hunger

14. Eating a _____ diet is one way to prevent becoming addicted to food