

HEALTHY WEIGHT CONTROL

aerobic	age	alcohol-free, alcoholic	Anna
appetizers	apples	bacon	baked
beverage(s)	Bill	blood pressure	body, bodies, body's
boiled	bones	bread(s), bread group	breakfast
breathing	burger	butter	cabbage
caffeine	calories	cancer	carbonated soft drinks
carrots	celery	cheese	chicken
cholesterol	coffee	cooked, cooking	croutons
dairy products	dehydrated	desserts	diabetes, diabetics
diet, dieting, diets	dressings	drug-free	energy
exercise(s)	eye	fads	fast food
fat(s)	food(s)	food groups	fresh
fried	fries	fruit(s), fruit group	full(ness)
gender	genetic traits	grapefruit	gravy
habits	health(y)	heart	heart attack, heart disease
hunger	in season	joints	juice(s)
Kay	labels	lean	low-fat
lunch(es)	margarine	mayonnaise	meal(s)
measure	meat(s), meat & beans group	menu(s)	milk
milk group	minerals	moderation	muscle(s)
MyPyramid	nerve	overeat(ing)	overweight
peanut butter	physical	physically active, physical activities, physical activity	pizza
plant	popcorn	potatoes	poultry
pretzels	raw	recipes	restaurant(s)
salad	salad bar	salt	sandwich(es)
sauces	serving(s)	skin	snacks
soup(s)	sour cream	sports drinks	steamed
stomach	stroke	sugar	sweat
sweets	tea	textures	Tim
turkey	variety	vegetable group, vegetables	vitamins
water	weigh	weight	weight control
whole grains	whole-wheat bread	yogurt	