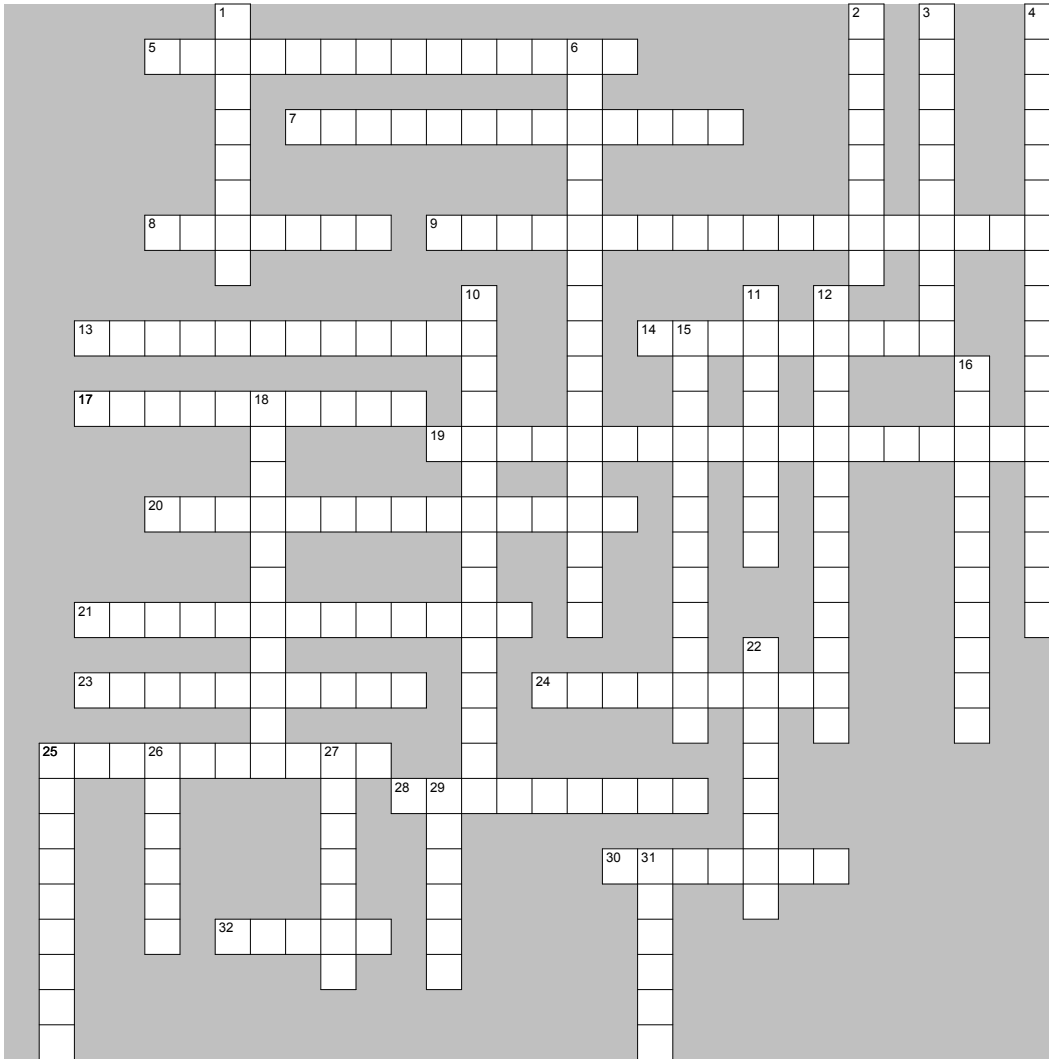


# Holt Ch 8 Weight Management



## Across

5. This disorder involves eating and then "purging" by vomiting or using laxatives
7. This number is an index of weight in relation to height ( BMI )
8. This term means having a significant amount of excess body fat
9. This is the inability to completely digest the milk sugar lactose
13. This word refers to having difficulty in having bowel movements
14. This is the tube that connects your throat to your stomach
17. This term is being heavy for your height
17. This term makes no allowance for body composition
19. Most ulcers are caused by this bacterium infecting the stomach lining
20. This activity ( 2 words ) burns over 400 calories per hour!
21. Proteins and each provide 4 calories per gram
23. Genes are pieces of material called DNA
24. These pills cause weight loss due to water loss through urination
25. This is the proper term for "passing gas"
28. This feeling is caused by stomach acid leaking into the esophagus
30. This is the feeling of fullness after you eat
32. 15 year-old boys need about thousand calories per day

## Down

1. Excess food energy is stored in two forms, fat and
2. fat provides nine per gram
3. Bitter Orange and caffeine are both examples of
4. This is the rate at which your body uses energy to keep your body alive
6. A caliper measures this and then a formula is used to work out your body fat percentage
10. This eating disorder involves self-starvation and low body weight
11. This term refers to the desire to eat, not the need to eat
12. This technique changes the structure of the digestive tract by bypassing part of the stomach and intestine
15. This fruit is one of the more common causes of food allergies
16. This term refers to an abnormal response to a food that is triggered by the immune system
18. Food allergy reactions can be countered by injecting this substance ( think adrenaline! )
22. This word refers to frequent watery stools
25. Each year, about 76 million people in the U.S. suffer from illness
26. Americans often eat on Thanksgiving Day due to tradition
27. This instrument is used to measure skinfold thickness
29. Calories are a measure of this ( not heat, starts with "E" )
31. Almost 100% of people in this continent have lactose intolerance

Which type of diet is low in grains, fruits, and vegetables?