G Keto Not scientific **Diet** evidence South **Avoid Beach** partaking in fad diet **Diet Create** Free Respect Intermittent fullness habits **Fasting** space! No Honor Eat quick mindfully Hunger fixes **Atkins Alkaline Diet Diet**

Respect fullness **Atkins Create Alkaline** Honor **Diet** habits **Diet** Hunger Not Free Intermittent scientific **Fasting** space! evidence South **Avoid** Eat **Beach** partaking mindfully in fad diet **Diet** No Keto quick **Diet** fixes

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Keto Create habits **Diet Alkaline Diet** No **Avoid** Free Honor quick partaking in fad diet Hunger space! fixes South Not **Intermittent Beach** scientific **Fasting** evidence **Diet Atkins** Respect Eat fullness mindfully **Diet**

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G Not **Avoid** scientific partaking in fad diet evidence South Respect fullness **Beach Diet Atkins** Free **Alkaline Diet Diet** space! Keto Honor Hunger **Diet** No **Create** Eat Intermittent quick mindfully habits **Fasting** fixes

G No Not Honor Intermittent quick scientific Hunger **Fasting** evidence fixes **Create** Respect fullness habits Free **Alkaline** Eat mindfully **Diet** space! South **Atkins Avoid Beach** partaking in fad diet **Diet Diet** Keto **Diet**

Fad Diets Call List

- Call out each word or phrase starting at the top.
- To make the game more challenging, give a clue instead of saying the word.
- Use the extra space on this page to write your own notes (e.g., clues you'll use for each word/phrase).



fruits

Intermittent Fasting

Not scientific evidence



fish entree

South Beach Diet

Respect fullness



whole grains



run



oatmeal

Atkins Diet



walk



myplate

Avoid partaking in fad diet

Keto Diet

No quick fixes

Honor Hunger



muscles



blueberries

Eat mindfully



Alkaline Diet



water

Create habits



dairy