

Fad Diets

B I N G O

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

Fad Diets

B I N G O

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

Fad Diets

B I N G O

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

Fad Diets

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

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

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

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

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

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

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

Fad Diets

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

Fad Diets

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

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

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

Fad Diets

B I N G O

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

Fad Diets

B I N G O



Atkins Diet



Eat mindfully

No quick fixes



Respect fullness

Free space!

Intermittent Fasting

Alkaline Diet

Keto Diet

Not scientific evidence

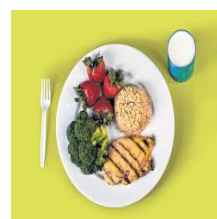
Avoid partaking in fad diet

South Beach Diet

Create habits



Honor Hunger



Fad Diets

B I N G O

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

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

Fad Diets

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

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



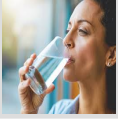
blueberries

Eat mindfully



vegetables

Alkaline Diet



water

Create habits



dairy