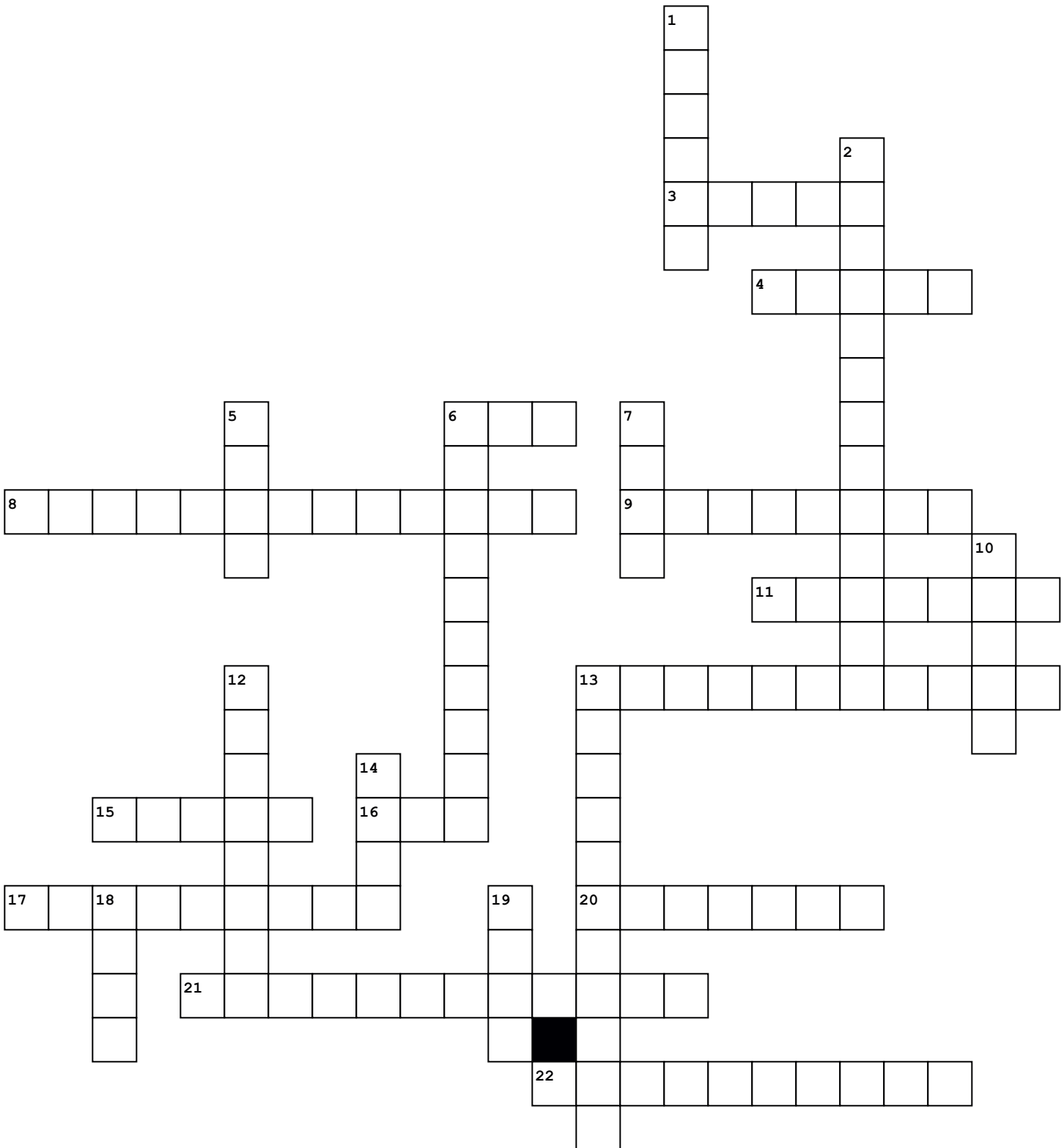


best diets review



Across

3. number of meals a day zone diet allows
4. a major con of weight watchers

Down

1. system weight watchers uses to "grade" foods

6. mediterranean ranked _ for heart healthy diets
8. yearly price for noom
9. food group added with flexitarian
11. a major pro for weight watchers
13. calories per meal with zone
15. category with healthiest choices on noom
16. __ alcoholic drink a day allowed for women on flexitarian
17. main focus of mediterranean diet
20. weight watchers rated _ best diet for people with heart complications
21. developer of mind diet
22. creator of zone diet
2. based on traditional foods eaten by people in countries around Mediterranean Sea
5. takes inspiration from dash diet and Mediterranean diet
6. percent mind lowers risk of Alzheimers
7. diet that focuses on anti-inflammatory instead of weight loss
10. the mind diet can __ the chance of mental decline
12. recommended to drink a lot of on noom
13. flexible vegetarian
14. to get health benefits of flexitarian you need to eat __ plants than meats
18. encouraged to eat 2-3 times a week on Mediterranean diet
19. free app that reacts to data on what you eat