

DIETS!



- Bill Phillips' ___ for Life is a 12 week diet and exercise program
- ___ Fast can be used as a meal replacement
- Barry Sears' ___ Diet has strict ratios of fat, protein and carbohydrates
- The South ___ Diet began as a way to stop heart disease
- Oprah and Rachel Ray have endorsed the use of the Brazilian Acai ___
- Eat Right 4 Your Type is based on your ___ type
- A ___ diet helps eliminate toxins from the body
- Diets high in soluble and insoluble ___ can help you feel full
- The TV show Celebrity Fit Club spawned the Fat ___ Diet
- If you are on a gluten-free Diet you can't eat ___ and other cereals
- According to Mireille Guiliano ___ women don't get fat
- The ___ Diet by Connie Guttersen focuses on 10 power foods
- Jared is well known for losing weight eating at this sandwich place ___ don't eat or use any animal products
- The Elimination Diet is useful to identify a food ___ or intolerance
- The ___ Soup Diet is considered a fad diet, like the Grapefruit Diet
- These Japanese islanders have long life spans, hence the ___ Diet
- A high ___ diet includes lots of meats and dairy products
- The USDA recommends using the food ___ for guidance
- G.I. stands for ___ Index
- Weight ___ was founded in 1963 as a support system for weight loss
- Valerie Bertinelli is a spokesperson for ___
- The Abs Diet was created by an editor of ___ Magazine
- Dr. Atkins wrote Dr. Atkins' Diet ___ in 1981
- Dan Marino and Larry the Cable Guy are spokesmen for ___
- The ___ Diet has also been called the Caveman or Hunter-Gatherer diet
- On a low-___ diet you shouldn't eat any breads or pastas
- The ___ Diet uses olive oil rather than animal fats

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Enter unused letters from puzzle, in order:

Copy boxed letters to form your hidden message:

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