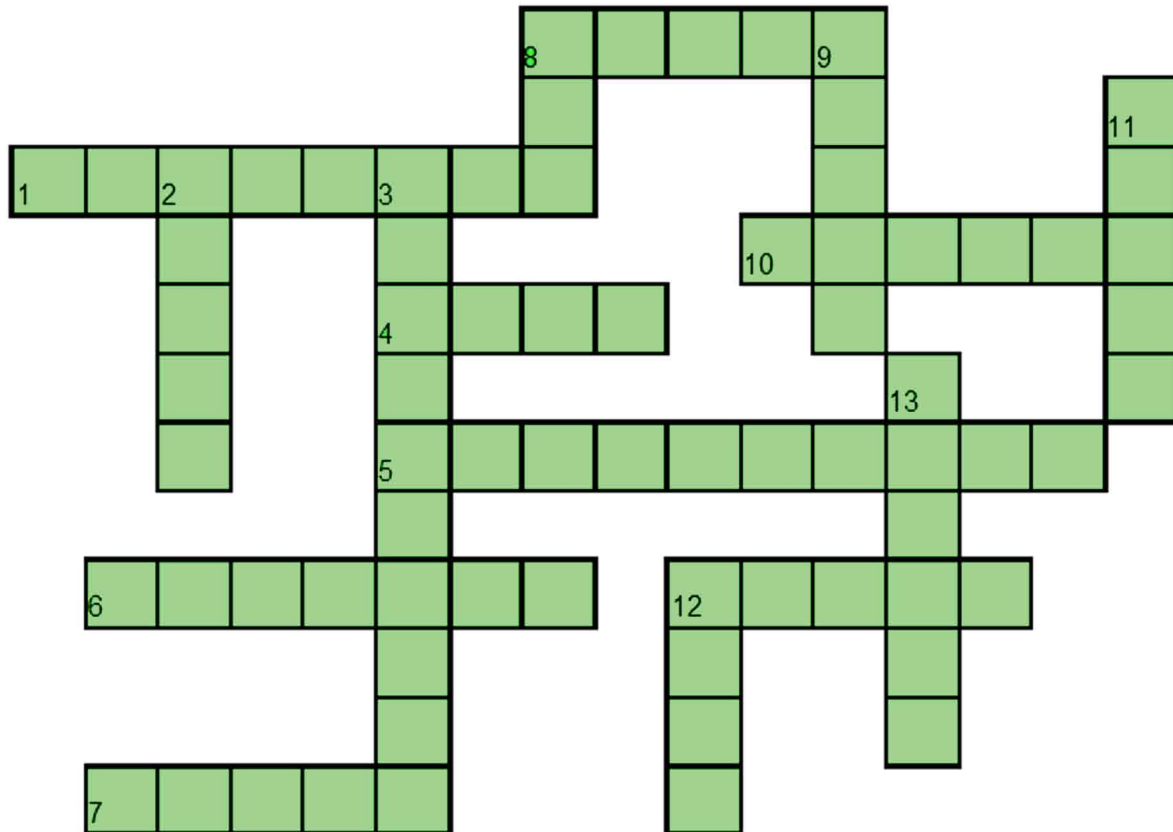




Kidney Diet

promoting a healthy renal diet

Tips for weight control



ACROSS

1. Allow for a **SALPETAN**, relaxing & quite environment.
4. Take your **METI** when eating.
5. Avoid other **TATVICIESI** while eating, such as watching TV, driving or talking on the phone.
6. Allow 20-30 **NUTIEMS** to eat your meal.
7. Use a small **LEAPT**.
8. Take **MALLS** bites.
10. After you are finished eating **VEREMO** food from the table.
12. It takes about 15-20 minutes

DOWN

2. Plan food that you will **JENYO**.
3. Arrange your food in an **ACTRETIVAT** manner.
8. **ITS** down while eating.
9. Avoid the "Clean Plate Club"
It's OK to leave a little on your plate or to save food for **ALERT**
11. Take a **KREAB** after 10-15 Minutes and notice how full you are
12. Chew each **BETI** well.
13. After you **SNIHFI** your meal, take a walk or move into another room.

Across, 1 Pleasant, 4 Time, 5 Activities, 6 Minutes, 7 Plate, 8 Small, 10 Remove, 12 Brain, **Down**, 2 Enjoy, 3 Attractive, 8 Sit, 9 Later, 11 Break, 12 Bite, 13 Finish

ANSWERS: