

To solve the Quotagram puzzle, place the clue answers in the corresponding numbers in the grid. Don't worry that you can't answer all the clues. A few clues alone will start to form the answer. The fun of a Quotagram is going BACK and FORTH between the answers and the grid paragraph. The first answer has been given to help you out.

Eating Right

1 G	2 G	3 A	4 D	5 H	6 B	7 A	8 J	9 M	10 A		11 F	12 L	13 A	14 M	15 C	16 M	17 E	18 H
	19 L	N		21 K		N	23 H	24 L	G				U					
		20 B				22 E		25 K					E	29 C		30 I	31 I	
32 G	33 D		34 M		35 B	36 H	37 H	38 K	39 B	40 K	41 K	42 G	43 E		44 L	45 A	46 A	47 F
	48 I	49 C	---	50 F	51 G		52 A	53 J	54 D	55 F	56 I	57 B	58 L		59 M	60 F	61 J	62 A
63 G	64 M	65 D	66 A		67 C	68 N	69 L	70 H	71 L		72 H	73 D	74 J		75 D	76 D		A
			S															
78 C	79 H		80 I	81 C	82 M	83 L		84 A	85 E	86 F	87 H	88 I	89 B	90 K		91 L	92 I	93 A
								W										A
94 M	95 K		96 C	97 I	98 D	99 M	100 J		101 F	102 K		103 A	104 F	105 A	106 M	107 J	108 L	
												S		R				
109 I	110 N	111 H		112 J	113 J	114 G	115 A	116 G		117 M	118 I	119 B	120 G	121 B	122 B	123 H	124 C	
							T											

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- A. Ordering **W I N G S** at a **R E S T A U R A N T** isn't good for your hips
84 45 3 10 103 52 28 66 46 93 13 105 62 7 115
- B. Delicious fish like _____ can come as far away as _____, Alaska
57 121 20 89 39 35 119 6 122
- C. Getting to your ideal weight can make you feel like _____
78 96 49 67 29 81 15 124
- D. A _____ dish on your plate could be a tasty low-salt Chop
54 98 4 73 76 75 33 65
- E. Sometimes you'd like to let your diet _____ and treat yourself
27 17 85 22 43
- F. In your _____, a terrific gift at Christmas could have been a _____
11 60 55 86 47 104 101 50
- G. Whole fruit, Wheat bread and Brown rice are examples of _____
120 2 51 63 1 114 42 32 116
- H. A healthy exercise is to _____
72 36 18 70 111 5 23 37 87 79 123
- I. In a city or a _____, the clock will ring _____
30 88 80 109 92 31 97 118 56 48
- J. Dancing is a good exercise. For fun, why not do _____?
74 113 53 100 61 8 107 112
- K. An organ like the _____ is not classified as a _____, but as an Offal
38 95 41102 25 40 77 21 90
- L. Some new dieters consider it a great _____ to be denied their _____
83 12 58 91 71 44 24 69 19 108
- M. A _____ is a handy way to prepare for your diet schedule
94 16 64 99 117 82 34 59 9 106 14
- N. A letter of receipt _____
68 110 26

Quotagram Puzzle Answer:

Condemning yourself to a diet used to be a nightmare with Yo-Yo results. Nowadays, diets let us eat well without shame, guilt or stress. Now that's progress!

- A. Wings / Restaurant
- B. Trout / Nome
- C. A Goddess
- D. Side / Suey
- E. Slide
- F. Youth / Toy
- G. Good carbs
- H. Lift weights
- I. Town / Hourly
- J. The Twist
- K. Heart / Meat
- L. Loss / Sweets
- M. Meal Planner
- N. I.O.U

