

**crash diet.** A weight-loss plan that provides fewer than 1,200 calories per day.

**environmental cue.** An event or situation around a person that triggers him or her to eat.

**fad diet.** An eating plan that is popular for a short time because it promises rapid weight loss.

**fasting.** Refraining from consuming most or all sources of calories.

**habit.** A routine behavior that is often difficult to break.

**weight cycling.** A lifelong pattern of weight gain and loss.

**weight management.** Attaining healthy weight and keeping it throughout life.