**FATS STUDY GUIDE**

**Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Period:\_\_\_\_\_\_\_\_\_\_**

1. Functions of Fat
   1. Carrier for Vitamins *\_\_\_\_\_*, \_\_\_\_\_, \_\_\_\_\_ and *\_\_\_\_\_*
   2. *\_\_\_\_\_\_\_\_\_\_\_* supply of *\_\_\_\_\_\_\_\_\_\_\_\_\_*
   3. Adds *\_\_\_\_\_\_\_\_\_\_* in food
   4. Satisfies *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
   5. Protects internal *\_\_\_\_\_\_\_\_\_* from shock and *\_\_\_\_\_\_\_\_\_\_\_\_*
   6. *\_\_\_\_\_\_\_\_\_\_\_\_\_* the body from shock and *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* changes
   7. Promotes \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_
   8. Helps you \_\_\_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_
2. Facts About Fats
   1. Fats provide *\_\_\_\_* calories per gram.
   2. It is the most *\_\_\_\_\_\_\_\_\_\_\_\_\_* source of *\_\_\_\_\_\_\_\_\_\_\_*.
   3. *\_\_\_\_\_\_\_\_* are not a food group, but they do provide *\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
3. Cholesterol
   1. Cholesterol is *\_\_\_\_\_\_\_\_\_\_\_\_\_*for many body *\_\_\_\_\_\_\_\_\_\_\_\_\_*.
      1. Produces *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_* acids.
   2. Cholesterol is a *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* substance *\_\_\_\_\_\_\_\_* by the *\_\_\_\_\_\_*, thus *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* the need to include it in your *\_\_\_\_\_\_*.
   3. Cholesterol is found in *\_\_\_\_\_\_\_\_\_\_\_\_\_*tissues, but is *\_\_\_\_\_\_\_\_\_\_\_\_\_* present in *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*.
   4. Two types of cholesterol – *\_\_\_\_\_\_\_\_\_\_* and *\_\_\_\_\_\_\_\_\_\_\_*
4. HDL Cholesterol
   1. Stands for \_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_ Lipoprotein
   2. Function: Transports *\_\_\_\_\_\_\_\_* cholesterol found in the blood stream back to the *\_\_\_\_\_\_\_\_\_\_*.
   3. Considered “*\_\_\_\_\_\_\_\_\_\_\_*” cholesterol
5. LDL Cholesterol
   1. Stands for \_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ Lipoprotein
   2. Function: Takes cholesterol from the *\_\_\_\_\_\_\_\_\_\_* to wherever it is *\_\_\_\_\_\_\_\_\_\_\_\_\_* in the body.
   3. Considered “*\_\_\_\_\_\_\_*” cholesterol
6. Why is LDL Cholesterol Bad?
   1. If too much LDL cholesterol is circulating in the blood stream:
      1. It can \_\_\_\_\_\_\_\_\_ \_\_\_\_\_ in the arteries
      2. *\_\_\_\_\_\_\_\_\_\_\_* the chance of *\_\_\_\_\_\_\_\_\_* disease or *\_\_\_\_\_\_\_\_\_*.
      3. Factor related to *\_\_\_\_\_\_\_\_\_\_\_\_*.
7. Four Types of Fats
   1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Fats
   2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Fats
   3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* Fats
   4. *\_\_\_\_\_\_\_\_*-Fatty Acids
8. Saturated Fats
   1. Function: Raise the *\_\_\_\_\_* and *\_\_\_\_\_* levels of cholesterol in the blood.
   2. Food Sources: Meat, *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*, whole milk, tropical oils, *\_\_\_\_\_\_\_\_\_\_\_\_*, *\_\_\_\_\_\_\_\_\_\_\_\_\_* and lard.
   3. Most *\_\_\_\_\_\_\_\_\_\_* fats are *\_\_\_\_\_\_\_\_\_\_\_* in saturated fats and are solid at *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* temperature.
9. Polyunsaturated Fats
   1. Function: Lower both the *\_\_\_\_\_* and *\_\_\_\_\_* levels of cholesterol in the blood.
   2. Food Sources:
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_* oil
      2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*oil
      3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_*oil

1. Monounsaturated Fats
   1. Function: Lower the *\_\_\_\_\_* and raise the *\_\_\_\_\_* levels of cholesterol in the blood.
   2. Food Sources:
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* oil
      2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      4. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      5. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* oil
2. Trans-Fatty Acids
   1. Function: Raise the *\_\_\_\_\_* and lower the *\_\_\_\_\_* levels of cholesterol in the blood.
   2. Food Sources:
      1. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*
      2. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* foods
      3. *\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_* foods
3. How to Lower Fat in Diets
   1. Choose *\_\_\_\_\_\_\_\_\_\_* meats.
   2. Do not eat poultry *\_\_\_\_\_\_\_\_\_\_\_\_*.
   3. Choose *\_\_\_\_\_\_\_\_\_\_\_\_\_* fat or *\_\_\_\_\_*-fat *\_\_\_\_\_\_\_\_\_\_\_\_\_* products.
   4. Replace *\_\_\_\_\_\_\_\_\_\_\_\_* fats with *\_\_\_\_\_\_\_*.