**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 *\_\_\_\_\_\_\_*.