

# FATS: THE GOOD, BAD, AND THE UGLY

1. One gram of fat provides our bodies with \_\_\_\_\_ calories.
2. Liquid fats come mainly from \_\_\_\_\_ and \_\_\_\_\_.
3. Solid fats come mainly from \_\_\_\_\_.
4. \_\_\_\_\_ is the healthy type of fat and comes from fish, nuts, avocados, and canola, olive, and vegetable oil.
5. \_\_\_\_\_ is the main dietary cause of high blood cholesterol and is found in meats and dairy products.
6. \_\_\_\_\_ is the worst type of fat and eating it increases your risk for developing heart disease. It is found in French fries, donuts, pastries, cookies, and crackers.
7. Fat stays in our stomach longer and may keep us from feeling \_\_\_\_\_.
8. \_\_\_\_\_ happen when arteries around the heart are clogged with fat.
9. Eating too much saturated fat and trans fat can be bad for your \_\_\_\_\_.
10. 25%-35% of the total \_\_\_\_\_ you eat should come from fat.

## WORD BANK

Nine  
Fish  
Heart  
Heart Attacks

Calories  
Plants  
Unsaturated Fat  
Trans Fat

Hungry  
Saturated Fat  
Animals



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