

HEALTHY FATS

Unscramble the following sources of unsaturated fats:

amnslo _____

mlndsoa _____

aolnca loi _____

cdvooa _____

rutot _____

aenptu tuetrb _____

iovla ilo _____

lfweuosnr edess _____

tlswaun _____

- Unsaturated fats are usually **liquid**—such as vegetable oils.
- Unsaturated fat helps keep your **heart** healthy.

Fat is an important nutrient:

- ⇒ It helps cushion our organs—like a pillow.
- ⇒ It helps maintain body temperature—like a warm jacket!
- ⇒ It's needed for absorbing certain vitamins.

... Just remember to be smart about the types and amount of fat you eat.

Can you think of any other sources of healthy fats? _____

Think of a healthy snack you will try this week that contains one of these foods:



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