1. Fat is a necessary part of the diet, it is not a food group, but they do provide nutrients
2. Fat is one of the most concentrated sources of in our diets
3. Fat soluble vitamins:
4. Functions of fat:

1.

2.

3.

4.

5.

6.

7.

1. Eating too much of some types of fats can increase our risk for:
2. Cholesterol is for many body processes.
3. Cholesterol produces and bile acids.
4. It is found in tissue, but is never present in plants.
5. Identify the two types of cholesterol:

|  |  |  |
| --- | --- | --- |
|  | **HDL** | **LDL** |
| **Full name** |  |  |
| **Function** |  |  |
| **Good or Bad?** |  |  |

1. Hydrogenation is the process where atoms are added to a  fat to make it a fat (such as margarine).
2. Trans Fatsare formed in the process
3. Trans fats LDL (bad) cholesterol levels   HDL (good) cholesterol levels.
4. In other words, trans fatty acids are bad for health.
5. **The three types of fatty acids are**:
6. Saturated fats the LDL (bad) and HDL (good) cholesterol levels in the blood.

Examples:

1. Polyunsaturated fats both LDL (bad) and HDL (good) cholesterol levels in the blood

Examples:

1. Monounsaturated fats LDL (bad) and HDL (good) cholesterol in the blood

Examples:

1. Most fats are high in fats.
2. Most fats are polyunsaturated or monounsaturated.
3. You should replace some fats with .
4. You should choose meats and lower fat

products.

1. Choose fats over fats.
2. Fat provides calories per gram.