

Name: _____ Group: _____ Period: _____

LIPIDS

1. Fats provide _____ calories per gram. It is the most concentrated source of _____.
2. Functions of fats: _____.
3. _____ is essential for many body processes. Cholesterol produces _____ and bile acids. It is found in animal tissues, but is never present in plants.
4. The body has HDL: _____ cholesterol and LDL: _____.
 - a. HDL is considered “_____” because it transports excess cholesterol found in the blood stream back to the liver.
 - i. High levels of LDL is one factor related to heart disease and _____.
 - b. LDL is considered “_____” because if too much LDL is in the bloodstream, it can build up in the arteries and increase the chance of heart disease or stroke.
 - i. LDL’s take cholesterol from the _____ to wherever it is needed in the body.

Types of Fats

5. Most solid fats are high in saturated fats and are _____ at room temperature.
6. Saturated Fats:
 - a. _____ the LDL and HDL levels of cholesterol in the blood.
 - b. Examples of saturated fats include: _____, poultry skin, whole milk, tropical oils, _____, shortening and lard.
7. Polyunsaturated Fats:
 - a. _____ both the LDL and HDL cholesterol levels in the blood.
 - b. Examples of polyunsaturated fats include: _____ oil, soybean oil and safflower oil.
8. Monounsaturated Fats:
 - a. _____ LDL and _____ HDL levels of cholesterol in the blood.
 - b. Examples of monounsaturated fats include: _____ oil, olives, avocados, peanuts and canola oil.

Methods of lowering lipid content of prepared foods.

9. Choose _____ meats and lower fat _____ products.
10. Replace _____ fats with _____.
11. _____ are not a food group, but they help deliver _____ nutrients.