

Name: _____ Date: _____

Fats

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| 1. What is an example of a saturated fat? | A. Cholesterol |
| 2. Example of unsaturated fat? | B. Dietary fiber |
| 3. What percent of your daily caloric intake should come from fats? | C. 25-35% |
| 4. Which category of fats is the healthiest option? | D. Unsaturated and saturated |
| 5. Of the three fats, which is the most unhealthy? | E. Unsaturated fats |
| 6. Fats promote healthy? | F. Skin |
| 7. Animal sources of fats include? | G. Trans-fat |
| 8. Two types of fatty acids? | H. Veg, and olive oil, nuts |
| 9. Two healthy fats? | I. Carbs, protein, fats |
| 10. What three nutrients help produce energy? | J. Sodium |
| 11. A fat that is solid at room temperature, found primarily in animal based foods? | K. Milk, cheese, butter, meat |
| 12. a fat that is liquid at room temperature, found primarily in plant based foods? | L. Fat |
| 13. Vegans must supplement their diet with? | M. Vitamins and minerals |
| 14. This nutrient is found in the body in the largest percentage? | N. Saturated fats |
| 15. A food that is high in calories but has no other nutritional value is called? | O. Unsaturated fats |
| 16. Acts as a cushion for internal organs? | P. Polyunsaturated, monounsaturated |
| 17. Helps the body to feel full and aids in regular bowel movements? | Q. Sugars |
| 18. This provides energy for the body, and turns into glucose? | R. Cream, cheese, butter, milk |
| 19. These help with all body functions; digestion, vision, wound healing, etc.? | S. Water |
| 20. A fat waxy like substance? | T. B-12 |
| 21. A mineral found in salts, that should be limited? | U. Empty calorie |