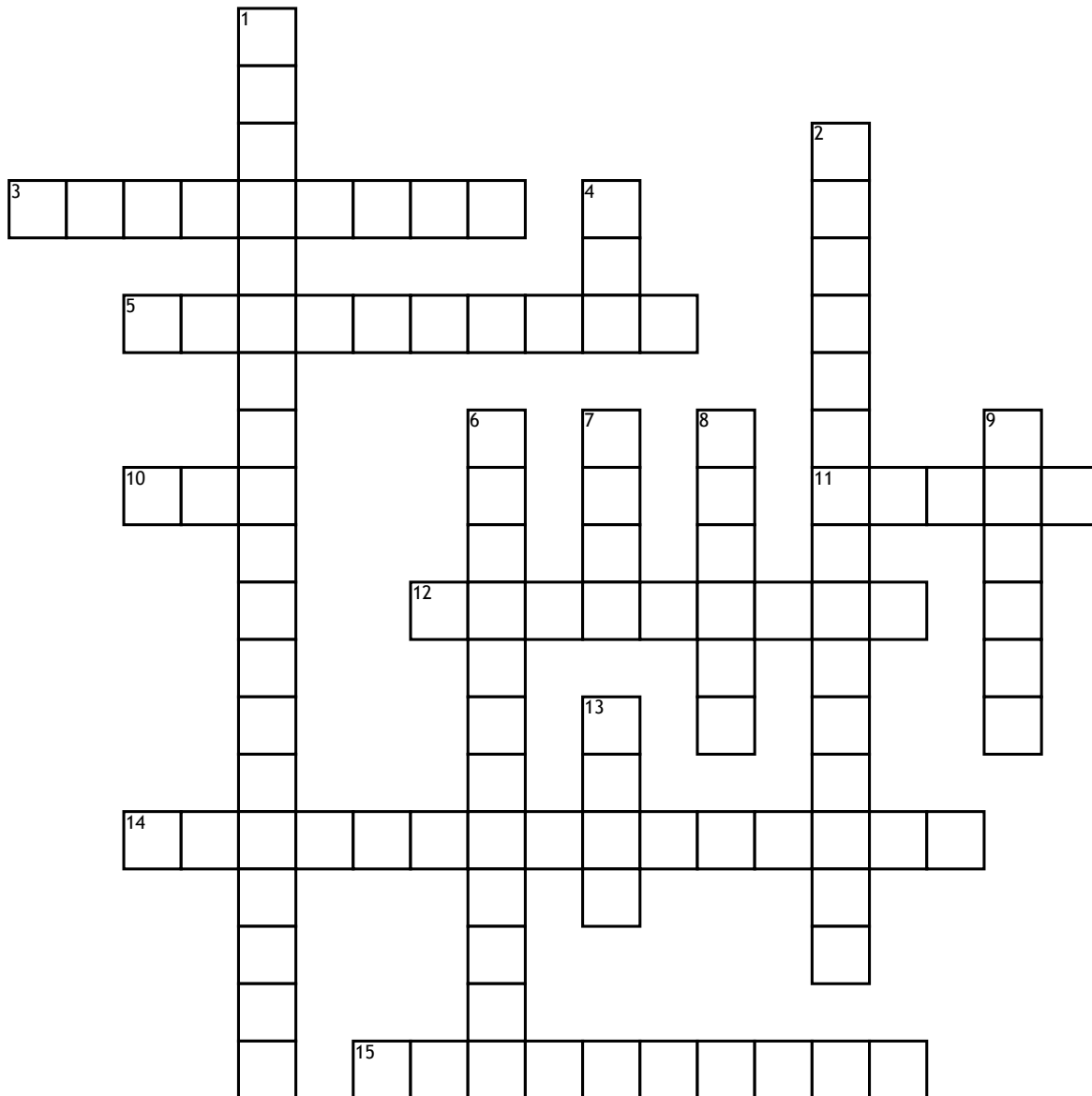


Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Fats Mania



## Across

3. Fats that come from animals and can be found in butter, bacon, and whole milk

5. Vitamins A, D, E, and K

10. Limit saturated fats to less than \_\_\_\_ % of your diet

11. Fats containing trans fatty acids are this at room temperature

12. Also called partially hydrogenated fats

14. Fats found in vegetable oils and various fish

15. Fatty acid found in seafood that is a type of polyunsaturated fat

## Down

1. Read this to know fat breakdown of foods

2. Fats that come from avocados and plants such as canola, olive, or sunflower

4. Good substitution for butter

6. Trans fats are linked to increase risk of this chronic issue

7. Type of protein you should choose

8. Choose this dairy

9. Fats with higher amount of polyunsaturated and monounsaturated fatty acids are usually this at room temperature

13. Our bodies need this in our foods to digest and use vitamins and minerals