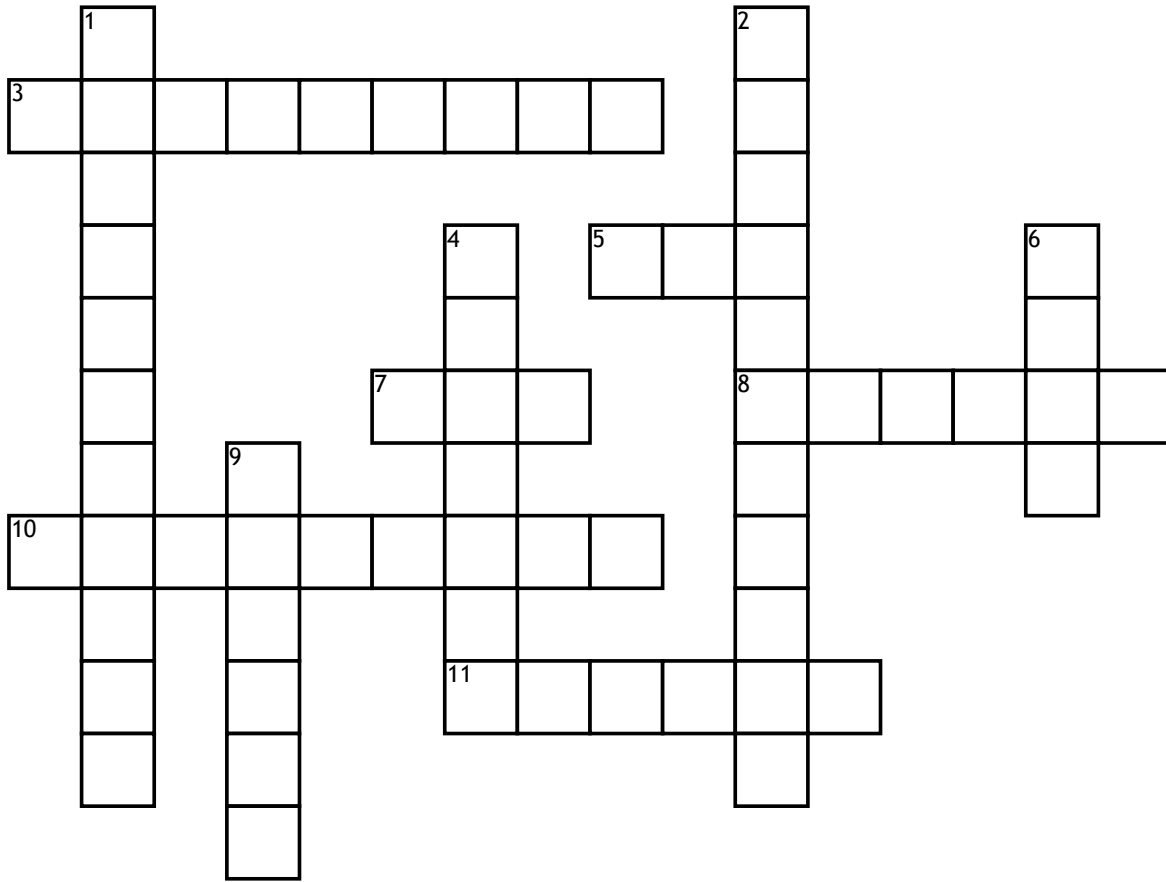


Good Fats vs. Bad Fats



Across

- 3. Saturated fat _____ LDL cholesterol.
- 5. "Bad" cholesterol
- 7. You should get 25-30% of your daily calories from _____.
- 8. This is a fish that contains Omega-3 fatty acids
- 10. "Bad" fat is known as _____ fat.
- 11. The color we typically associate with fat

Down

- 1. This fat is considered "good" fat
- 2. HDL is "good" _____.
- 4. Consuming unsaturated fats is _____ for your heart.
- 6. Monounsaturated fat is considered a "_____" fat
- 9. A stick of saturated fat used for baking