

Good and Bad fats

6 P M W G P E 3 P M Y N A I L S W E E T S M D B
N L O P M A S 3 3 C L T P A L 3 6 B M A G 3 B O
B I N R T E S G P 3 G D B A 6 L C D 6 A O D A M
W L O O R O E N I W S F D N B A A M S C 3 G D L
W F U C T A N D 6 G E F F 3 I N L L B S C F F Y
W W N E O Y T L W S S E D 3 6 B O T S R 6 6 A C
M I S S C I I B I U I 3 M I N 6 R S P F P U T C
G T A S 3 L A Y U S A F R W P I I U R N A G S I
O 3 T E B R L C U A U O A M Y I E E Y G N 3 D W
3 3 U D O S F 6 D O M E G A 6 C S E A T S B P M
3 R R F U T A T M D U N S A T U R A T E D M D T
B 6 A O S R T 6 T P F S D D C W D E U B U A B B
T 3 T O F 3 E B F I 6 E W O M E G A 3 L L P T 6
U S E D G P P O L Y U N S A T U R A T E D N Y Y
S G D S B Y S A T U R A T E D O T Y T A F T F E
G 6 T N U L T 6 M C N Y R G N C Y M F I B C S F
D P F A T T Y A C I D S N C T S D C M A G M R E
O M C P Y U F 6 F S D M G G Y M B F M Y 3 I M S
D L Y S L S 6 T T I B P S W I 6 C I M M 3 C I U
C G O O D F A T S S O I U S A P M I C F O O N G
3 C O 3 N R F L M C O C I U T F E S R P O W N A
L S U A C 6 L 3 P C R M O Y 6 6 6 O R S N 6 6 R
B S C S G P G Y U S R F D T 6 M A M N R E B B B
L C W O T O F U N W S A B R N Y C R T A B M R O

monounsaturated
essential fat
good fats
Calories
sweets

processed foods
fatty acids
Saturated
omega 6
sugar

polyunsaturated
unsaturated
bad fats
omega 3