
Lipids

Cholesterol	A fat-like substance that is made in all cells of the body and is in food made from animal substances. It is essential for body functions but high blood levels of cholesterol can increase heart disease risk
HDL-Cholesterol	A form of cholesterol in the blood that transports cholesterol away from the cells for disposal out of the body. High blood levels of HDL-cholesterol protect the body from coronary-artery disease. Weight loss and exercise increase levels.
LDL-Cholesterol	A form of cholesterol in the blood that transports cholesterol to the cells to be stored. High blood levels of LDL-cholesterol increase risk for coronary-artery disease.
Saturated Fat	A type of fat that is solid at room temperature. It is mainly found in animal fats like butter, lard and milk fat. Some vegetable oils are high in saturated fat, including coconut and palm oils. Saturated fat may raise blood cholesterol.
Monounsaturated Fat	A type of fat that seems to lower total blood cholesterol especially LDL-cholesterol. It is high in certain oils like olive and canola oil.
Polyunsaturated Fat	A type of fat that appears to lower total cholesterol. High levels of it are found in corn oil and safflower oil.
Omega-3 Fatty Acids	A group of polyunsaturated fats found mainly in seafood. They seem to lower risk for coronary-artery disease by preventing blood clots and hardened arteries.
Trans Fatty Acid	A type of fatty acid that is mainly formed during hydrogenation of oils. It makes the oil more solid at room temperature. High consumption of fatty acid seems to increase risk for coronary-artery disease.
Triglycerides	The form of fat found in the body and in food. When triglycerides are high in the blood, risk for coronary-artery disease seems to go up. Weight loss, exercise, controlled carbohydrate intake, and avoiding alcohol helps their levels to go down.

Solve the Fat Mystery



Here are pairs of snacks that are popular choices. Guess how many grams of fat are in each serving.

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|--------------------------|-------------|-------------------|-------------|
| 1. Pretzels | _____ grams | Chips | _____ grams |
| 2. Frozen yogurt | _____ grams | Ice cream | _____ grams |
| 3. Animal crackers | _____ grams | Butter crackers | _____ grams |
| 4. Fat-free milk | _____ grams | Whole milk | _____ grams |
| 5. Reduced-fat
Cheese | _____ grams | Regular
Cheese | _____ grams |