

Fats (Key)

Complete the functions and food sources for fats.

	Functions	Food Sources
Cholesterol	<ul style="list-style-type: none"> ■ Help digest fat ■ Build cells ■ Make vitamin D and some hormone 	<ul style="list-style-type: none"> ■ Fatty meat and poultry ■ Egg yolks ■ Liver and other organ meats ■ Shrimp and squid
Saturated Fats	<ul style="list-style-type: none"> ■ Raise the level of LDL cholesterol 	<ul style="list-style-type: none"> ■ Fatty meat ■ Poultry skin ■ Whole-milk products ■ Tropical oils ■ Coconut oil ■ Palm oil ■ Palm kernel oil
Unsaturated Fats: Polyunsaturated Fat	<ul style="list-style-type: none"> ■ May help lower cholesterol levels 	<ul style="list-style-type: none"> ■ Vegetable oils ■ Corn oil ■ Soybean oil ■ Safflower oil ■ Seafood
Unsaturated Fats: Monounsaturated Fat	<ul style="list-style-type: none"> ■ Appear to lower LDL cholesterol levels ■ Raise HDL cholesterol 	<ul style="list-style-type: none"> ■ Olives ■ Olive oil ■ Avocados ■ Nuts ■ Peanut oil ■ Canola oil
Trans Fats	<ul style="list-style-type: none"> ■ Is hydrogenated ■ Turn vegetable oil into solids ■ Allow for longer shelf life ■ Extra flavor ■ Increase LDL cholesterol 	<ul style="list-style-type: none"> ■ Shortening ■ Margarines ■ Salad dressings ■ Crackers ■ Snack foods ■ Baked goods ■ Fast foods ■ Convenience foods