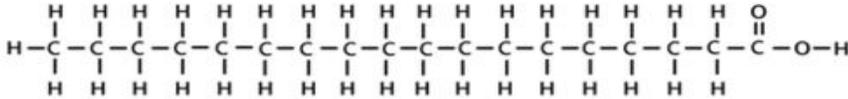


# All About FATS and CHOLESTEROL: "Out with the Bad, In with the Good"

**Directions:** Answer the following questions in your journals.

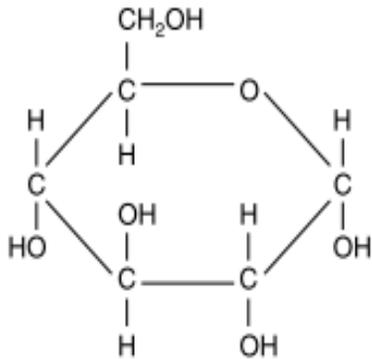
1. Look at the diagram of a typical fat molecule below...

## SATURATED FAT



- How many carbon atoms are in it? \_\_\_\_\_
- How many hydrogen atoms are in it? \_\_\_\_\_

2. Now look at a diagram of **glucose** (typical monosaccharide) below...

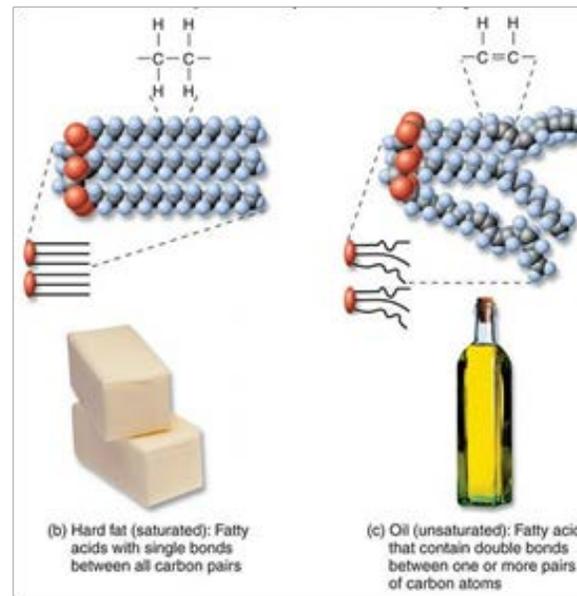


- How many carbon atoms are in it? \_\_\_\_\_
- How many hydrogen atoms are in it? \_\_\_\_\_
- How many oxygen atoms? \_\_\_\_\_

3. Now take an educated guess as to which molecule contains more energy. Explain why you chose that answer!!

4. Why doesn't cutting fat from the diet affect weight loss or health? What does?

- What are **three reasons** fat is important to your body?
- Fat and cholesterol don't dissolve in the blood, so how does the body get around this?
- There are two types of **lipoproteins**. What are they called?
- What do **Low Density Lipoproteins** carry? How do cells use LDL?
- What happens when there is too much LDL cholesterol in the blood?
- What do **High Density Lipoproteins** do in the body?
- What are **triglycerides**? What do they do in the body?



- What are **good fats** called? Why are the good for us?
- Name the **two types of unsaturated fats**, and list some examples of foods that contain each.
- Many people believe that a diet rich in carbs, but lean in fats is healthier. Explain why this is false!
- What are **bad fats** called? Why are they bad for us?
- Many foods contain **saturated fats**, what are the main sources in developed countries like the United States?

- The worst kinds of fats are **trans fats**. How are they made? Why are they made?
- Why are trans fats the worst kinds of fats? What effect do they have on the body?
- How much trans fat are we supposed to get in our diet? How much does the average American get?
- For years the American Heart Association has told us we need to go on a low fat diet. What are the problems with this?

- What do the findings say about replacing fat with carbohydrates to protect you from heart disease?

- What were the findings of the Nurses' Health Study, and Health Professionals Follow-up Study (there were three)?
- Does a diet high in fat lead to obesity? Explain!
- Is a low fat diet a better method for weight loss than other types of diets? Explain.
- What are recommendations for replacing good fats for bad?

