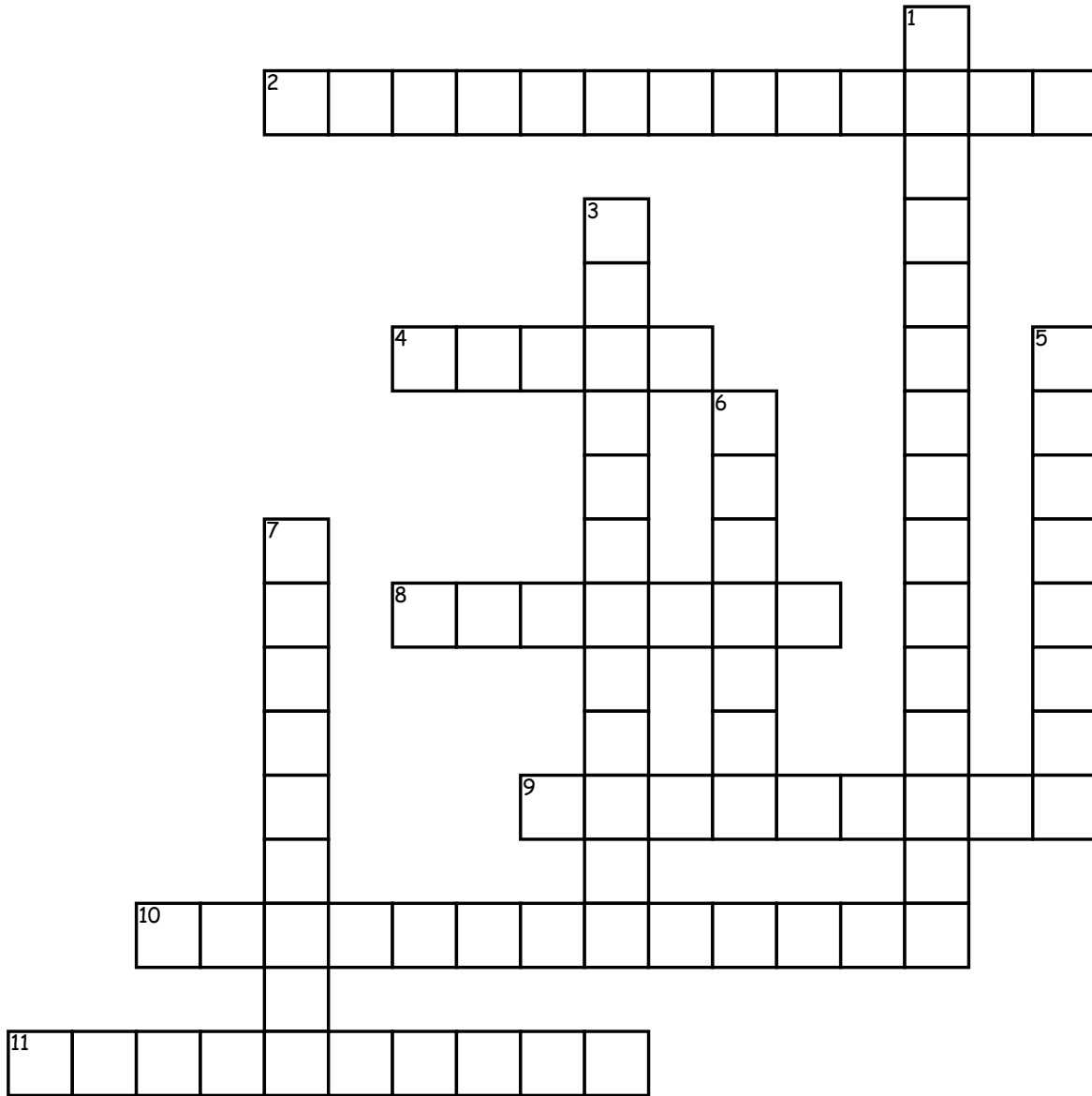


Fats



Across

- 2. vision problems are a consequence of
- 4. how many types of fats are there?
- 8. high fat diets can lead to
- 9. these fats can lower or raise cholesterol levels
- 10. these fats are the biggest dietary cause of high LDL cholesterol levels

11. fats provide essential...

Down

- 1. olive oil is an example of
- 3. fats are an important
- 5. fats store the body's extra...
- 6. you need at least _____ percent of your calories from fat
- 7. too much of the wrong fat can be...