

# Fats

N	P	M	O	W	S	B	H	C	E	N	E	R	G	Y	P	D
G	W	A	R	M	T	H	N	A	Z	U	I	F	L	F	T	T
O	B	E	S	I	T	Y	S	R	R	N	C	W	V	G	Z	U
H	O	X	M	X	J	R	K	B	X	S	A	E	R	M	C	H
Q	L	K	Z	L	N	S	T	O	G	A	N	X	E	A	H	Q
R	K	I	P	M	U	A	R	N	J	T	O	E	V	G	O	G
G	H	E	E	U	J	Z	L	P	V	U	L	R	Z	C	L	L
P	F	B	U	T	T	E	R	E	I	R	A	C	B	I	E	D
J	A	Y	E	N	Y	L	A	R	D	A	O	I	J	N	S	H
G	T	Q	A	I	M	N	O	M	L	T	I	S	M	Y	T	Y
S	T	Y	Q	E	Y	K	O	W	L	E	L	E	R	X	E	D
O	Y	U	U	O	M	E	G	A	Y	D	X	H	M	X	R	R
V	A	D	U	M	W	M	Q	O	W	F	L	J	X	B	O	O
J	C	A	R	D	I	O	V	A	S	C	U	L	A	R	L	G
G	I	H	J	C	M	A	R	G	A	R	I	N	E	S	F	E
D	D	K	A	E	S	A	T	U	R	A	T	E	D	J	F	N
I	S	G	L	Y	C	E	R	O	L	G	K	F	R	J	J	E

Cardiovascular	Cholesterol	Fatty Acids	Unsaturated
Canola oil	Margarine	Saturated	Exercise
Glycerol	Hydrogen	Obesity	Butter
Carbon	Energy	Warmth	Omega
Ghee	Lard		