

PROTEIN

1. Chemical form of most fat in food and in the body
 2. sources of monounsaturated lipids
 3. sources of polyunsaturated lipids
 4. sources of saturated lipids
 5. raises "bad" LDL cholesterol
 6. used to increase shelf life in foods; raises bad and lowers good cholesterol
 7. increases "good" HDL cholesterol; decreases risk of heart disease
 8. lipid missing one hydrogen, one double bond
 9. lipids with more than one point of unsaturation
 10. amino acids linked by peptide bonds
 11. cannot be manufactured by the body; must be obtained from food; there are 8
 12. these amino acids can be manufactured by the body
 13. supplies all essential amino acids
 14. contains less than all 8 essential amino acids
 15. during a negative energy balance, these are broken down and used for energy instead of carbs and fats
 16. when energy needs are met with carbs and fat, these are spared to build and repair body tissue and structures
- A. unsaturated fatty acid
 - B. essential amino acids
 - C. amino acids
 - D. protein
 - E. protein
 - F. Trans-Fatty acids
 - G. olive oil, avocados, peanuts
 - H. Saturated Fatty Acid
 - I. complete protein
 - J. meat, coconut oil, dairy
 - K. sunflower oil, soy oil
 - L. incomplete protein
 - M. monounsaturated fatty acid
 - N. nonessential amino acids
 - O. polyunsaturated fatty acid
 - P. triglycerides