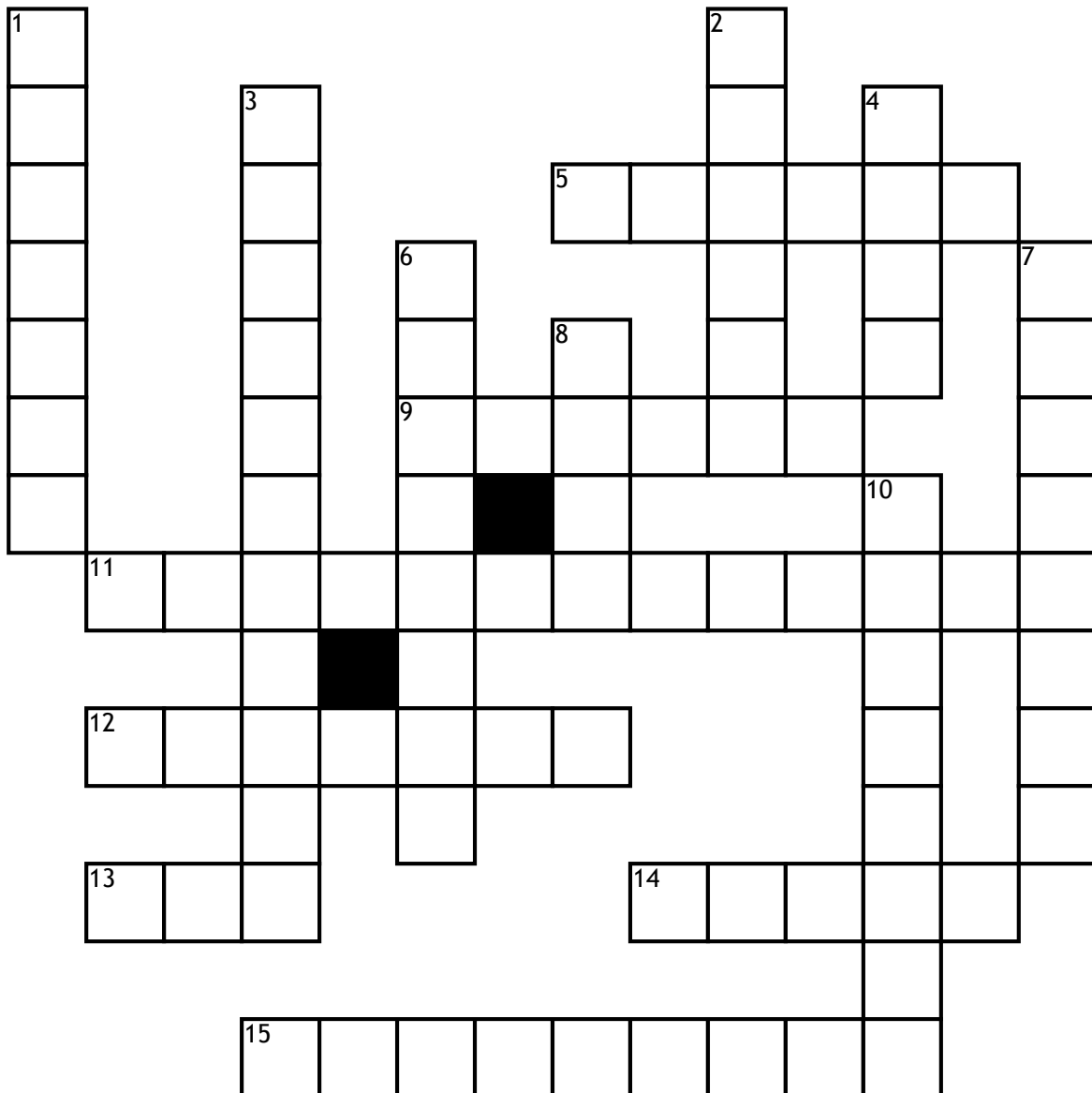


Saturated Fats



Across

5. Saturated fats are commonly found in _____ products.

9. You should consume no more than _____g of saturated fat for a 2000 calorie diet.

11. a type of fat containing a high proportion of fatty acid molecules without double bonds.

12. Nine _____ of you daily diet should be fats.

13. Saturated fats raise ____.

14. Saturated fats are _____ at room temperature.

15. Foods high in saturated fat are often low in essential _____.

Down

1. Cutting out high-fat foods can help you stay _____.

2. Too many fats in your diet can cause _____ gain.

3. Too much saturated fat can cause bad _____.

4. Your body needs _____ for energy.

6. A diet high in saturated fat can harden the _____.

7. Saturated fats are less healthy than _____.

8. _____ has the most saturated fat in all foods.

10. All fats contain 9 _____ per gram of fat.