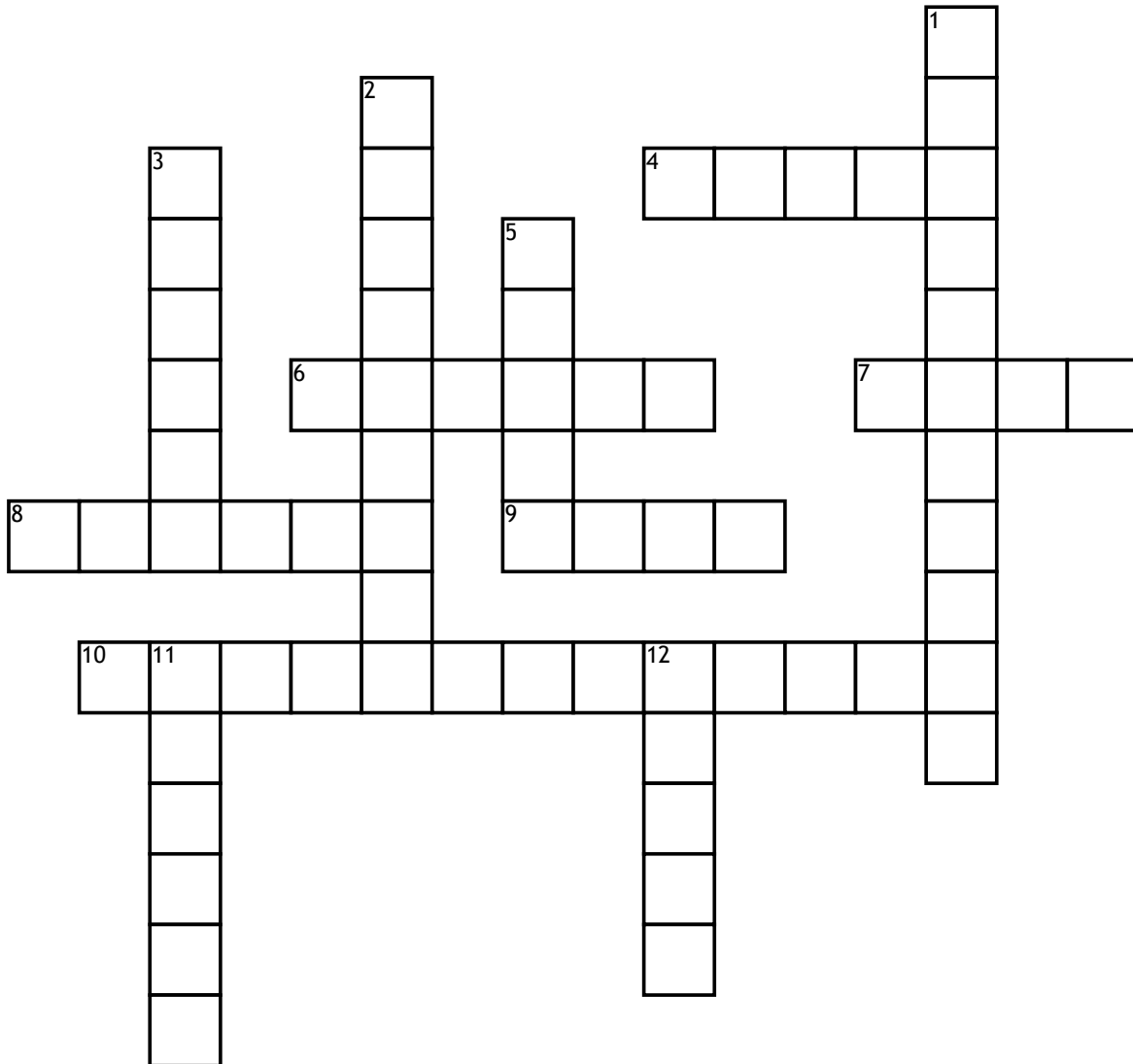


Name: _____

Telling Fats Apart to Protect Your Heart



Across

4. The most unhealthy of the three fats

6. This type of cooking method increases trans fats in foods

7. Another great source of heart healthy fats is ___ such as almonds and cashews

8. You can reduce the amount of saturated fat in dairy by choosing ___ dairy products

9. The ___ on poultry is a source of saturated fat

10. Hypertension is a term that measures your (two words)

Down

1. The most heart healthy of the three fats

2. This type fat should be consumed in moderation

3. This delicious pink fish is high in heart healthy unsaturated fats

5. Packaged snack foods or baked goods like cookies and ___ are a source of trans fat

11. Fats, like oils, that are ___ (soft) are higher in unsaturated fats

12. Fats that are ___ (hard) are higher in saturated fats