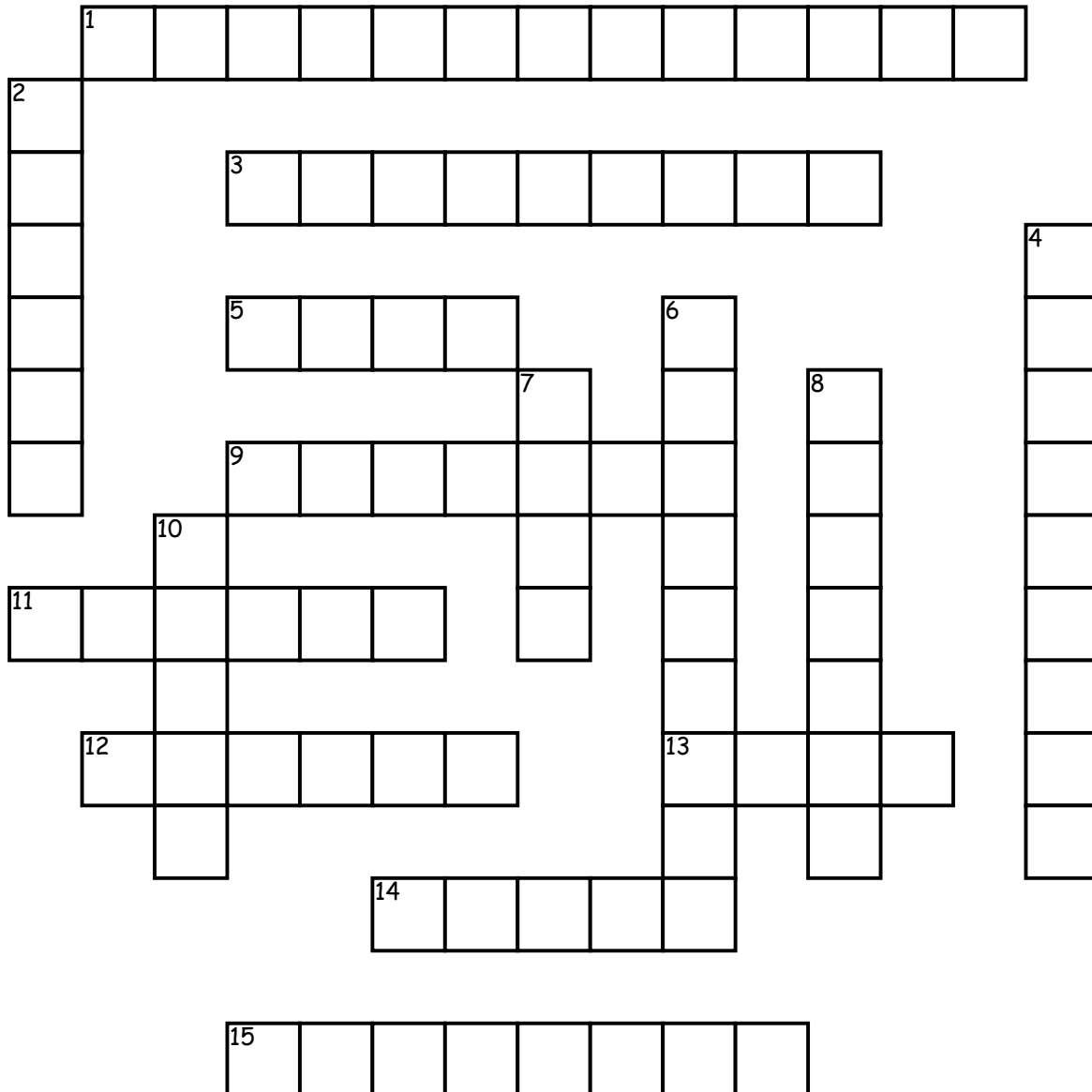


Week 5 Fats



Across

1. Vegetable and animal fats.
 3. More of those omega 3's and some B vitamins.
 5. Buckets of micronutrients and some protein.
 9. Rich in potassium (more than bananas)
 11. Another ANIMAL FAT which is also a saturated fat.

12. High in all important omega 3's.
 13. A ANIMAL FAT which is also a saturated fat.
 14. A trans fat.
 15. A MONOSATURATED FAT which is also a unsaturated fat.

Down

2. Plenty of vitamins and minerals. including calcium and vitamin B12.

4. Hydrogenated vegetable oils, fast foods, cakes, chocolate, and deep fried foods.
 6. Plenty of vitamins and minerals. Plus a great source of protein.
 7. One of the three main macronutrients, along with carbohydrates and proteins.
 8. A VEGETABLE FAT which is also a saturated fat.
 10. High in protein so it will fill you up.