Fats

- Cholesterol
- Saturated Fats
- Unsaturated Fats
- Trans Fats
Presentation Notes - Fats

ChooseMyPlate – Oils and Fats
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Fats

- Help the body absorb vitamins A, D, E, and K
- Serve as an energy reserve
- Cushion and protect the heart and other vital organs
- Protect bones from injury
- Provide insulation and warmth
- Enhance the flavor and texture of foods
Cholesterol is a fatlike substance in cells that is needed for many body processes.

Too much cholesterol is linked to heart disease.
Saturated fatty acid contains all the hydrogen it can chemically hold.

LDL – low-density lipoprotein takes cholesterol from the liver to wherever it is needed in the body.

Excess LDL
• Can build up in the artery walls
• Increase risk of heart disease and stroke
• Often called “bad” cholesterol
### Unsaturated Fats

#### Functions
- Polyunsaturated Fat
  - May help lower cholesterol levels

#### Food Sources
- Vegetable oils
- Corn oil
- Soybean oil
- Safflower oil
- Seafood

Unsaturated fatty acids are missing hydrogen units.
- Liquid at room temperature
HDL – high-density lipoprotein picks up excess cholesterol and take it back to the liver for excretion.

• Known as “good” cholesterol
### Trans Fats

**Functions**
- Is hydrogenated
- Turn vegetable oil into solids
- Allow for longer shelf life
- Extra flavor
- Increase LDL cholesterol

**Food Sources**
- Shortening
- Margarines
- Salad dressings
- Crackers
- Snack foods
- Baked goods
- Fast foods
- Convenience foods

Trans fats can increase your risk of coronary heart disease.
The rigid fat can collect in clumps in the bloodstream.
Food producers often use hydrogenated fats to give products a longer shelf life and extra flavor.
References and Resources

Textbooks:

Website: