Fats

- Cholesterol
- Saturated Fats
- Unsaturated Fats
- Trans 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

Functions
• Help digest fat
• Build cells
• Make vitamin D and some hormones

Food Sources
• Fatty meat and poultry
• Egg yolks
• Liver and other organ meats
• Shrimp and squid
## Saturated Fats

### Functions
- Raise the level of LDL cholesterol

### Food Sources
- Fatty meat
- Poultry skin
- Whole-milk products
- Tropical oils
  - Coconut oil
  - Palm oil
  - Palm kernel oil
Unsaturated Fats

Functions

Polyunsaturated Fat
- May help lower cholesterol levels

Food Sources

- Vegetable oils
  - Corn oil
  - Soybean oil
  - Safflower oil
- Seafood
# Unsaturated Fats

## Functions

Monounsaturated Fat
- Appear to lower LDL cholesterol levels
- Raise HDL cholesterol

## Food Sources

- Olives
- Olive oil
- Avocados
- Nuts
- Peanut oil
- Canola oil

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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
References and Resources

Textbooks:

Website: