

Reducing Fat in Your Diet—Crossword Puzzle

Across	Down
<p>1 These fats are solid or semi-solid at room temperature.</p> <p>2 Look for words such as _____, baked, or steamed on a menu to indicate lower fat.</p> <p>5 A white, waxy substance made by the body.</p> <p>8 Remove the _____ from chicken to lower fat.</p> <p>9 The type of cholesterol found in animal products.</p> <p>11 Many _____ of cooking add little or no fat.</p> <p>14 Healthy people should _____ the overall amount of fat in their diet.</p> <p>17 _____ may have some effect in lowering blood cholesterol.</p> <p>18 White flecks of fat within the muscle tissue of meat is called _____.</p> <p>19 Fat helps transport _____ vitamins in the body.</p> <p>22 Read the _____ to find the amount of hidden fat.</p> <p>23 The type of cholesterol found in your blood stream is called _____ cholesterol.</p>	<p>1 Children aged 1–3 should get _____ to 40 percent of their total energy from fat.</p> <p>3 Read the label on yogurt, cheese, and milk to see how much _____ is in the product.</p> <p>4 _____ can be replaced by yogurt to reduce the amount of fat in dips.</p> <p>5 Foods that are _____ snack items are often high in fat.</p> <p>6 Fat provides the body with _____ and helps it perform vital functions.</p> <p>7 Some types of fat _____ levels of HDL.</p> <p>10 Saturated fat is _____ at room temperature.</p> <p>12 High intakes of fat have been linked to health problems such as cancer, _____, and heart disease.</p> <p>13 Some restaurants put _____ on their menus to indicate low-fat choices.</p> <p>15 _____ should be served on the side to help you control how much fat is added.</p> <p>16 Fat has _____ calories of energy per gram.</p> <p>20 Serve salad dressing on the _____ to reduce the amount of fat eaten.</p> <p>21 When choosing meats, look for “_____” or “extra lean” on the package label.</p>

