

Worksheet: Fats and Heart Health

Multiple Choice:

1. Which of the following is considered a "good" unsaturated fat?
 - a. Butter
 - b. Coconut oil
 - c. Olive oil
 - d. Bacon fat

2. Where are monounsaturated fats found in high concentrations?
 - a. Sunflower oil
 - b. Avocados
 - c. Walnuts
 - d. Flax seeds

3. Which type of fats are associated with lower risk of premature death among older adults?
 - a. Saturated fats
 - b. Monounsaturated fats
 - c. Polyunsaturated fats
 - d. Trans fats

4. How can one get omega-3 fats?
 - a. Eating fish regularly
 - b. Consuming more saturated fats
 - c. Avoiding nuts and seeds
 - d. Cooking with palm oil

5. According to the American Heart Association, what percentage of daily calories should come from polyunsaturated fats?
 - a. 5-7%
 - b. 8-10%
 - c. 12-15%
 - d. 20-25%

Fill in the Blank:

1. Unsaturated fats are predominantly found in foods from _____, _____ such as vegetable oils, nuts, and seeds.
2. Omega-3 fats must come from _____ because the body can't produce them.
3. The Dietary Guidelines for Americans recommend getting less than _____ percent of calories each day from saturated fat.
4. The biggest sources of saturated fat in the U.S. diet include pizza and _____.
5. _____ fatty acids, also known as trans fats, are made by heating liquid vegetable oils in the presence of hydrogen gas and a catalyst.

True or False:

1. True/False: Eating refined carbohydrates in place of saturated fat can have a negative impact on heart health.
2. True/False: Unsaturated fats can help stabilize heart rhythms, according to the article.
3. True/False: Trans fats can withstand repeated heating without breaking down, making them ideal for frying fast foods.
4. True/False: The article suggests that cutting back on saturated fat can be beneficial for health, especially if replaced with good fats.
5. True/False: The body can produce omega-3 fats, eliminating the need to consume them through food.