

# Fats in Your Food Word Match

Match the terms in the left hand column with the definitions in the right hand column.  
Need Help? See article titled The Facts About Fats in Your Food on our website.

1) Trans Fats	a) This is a strategy to reduce cancer and cardiovascular disease risk
2) Omega 3 fats	b) This type of fat is created when liquid oils are turned into solids
3) Unsaturated fats	c) Foods with added fats and high-fat animal foods
4) Remove visible fat and skin from meats	d) This type of fat is found in cold water fatty fish, like salmon, and in some plant foods
5) Polyunsaturated fats	e) This type of fat may help you lower your bad cholesterol or LDL
6) Limit these types of foods	f) Choose these types of dairy products
7) Low fat or fat free	g) Canola, flaxseed and walnuts contain this type of fat
8) Saturated fats	h) This oil is a saturated fat
9) Coconut oil	i) This type of fat is linked to cardiovascular disease



ANSWERS: 1 b; 2 d; 3 e; 4 a; 5 g; 6 c; 7 f; 8 i; 9 h