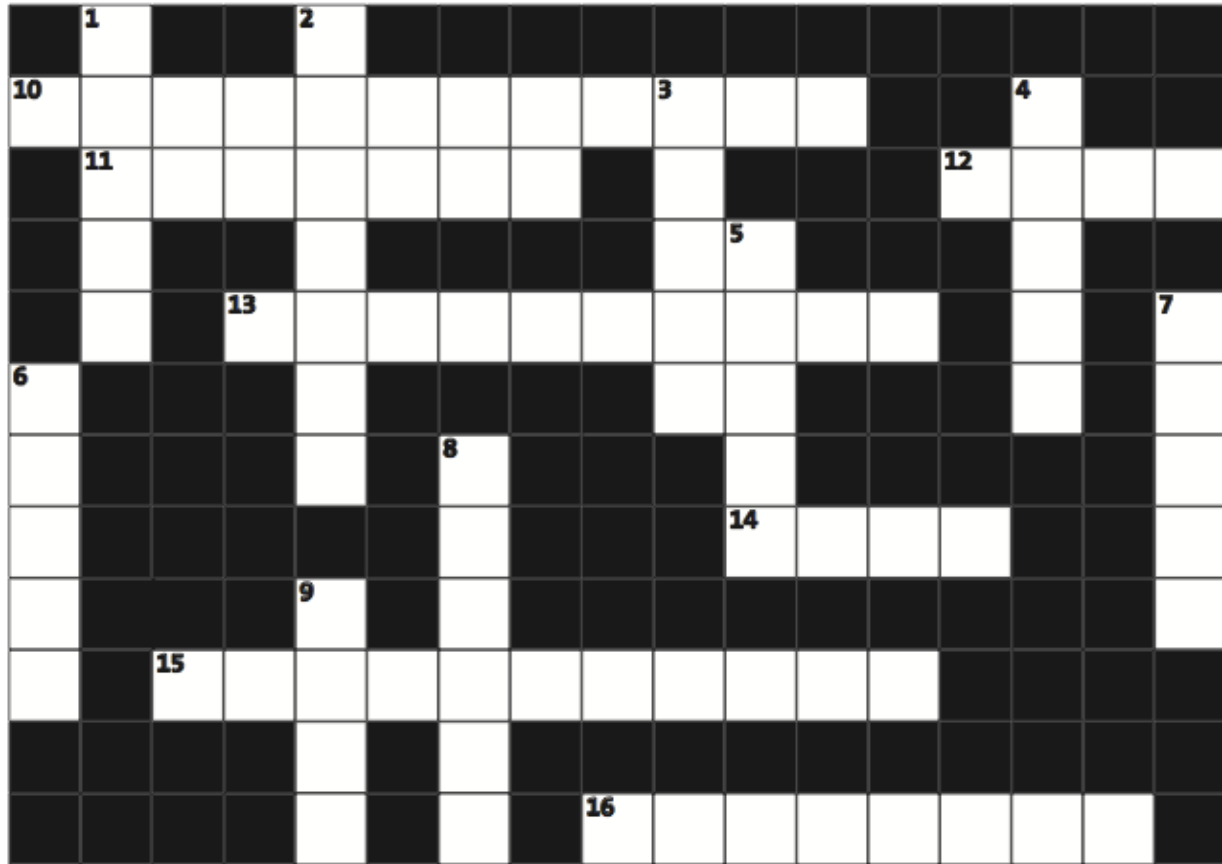


Cholesterol Puzzle



Down:

1. This is a common breakfast meat.
2. This treat is made with chocolate, butter, egg yolks, and sugar.
3. ___ food is cooked in oil. It may contain a lot of trans fat.
4. When possible, select fat free versions of these foods (like butter) to sidestep saturated fat.
5. A high fat dairy product that you whip or pour.
6. _____ fat forms when oil is hydrogenated. You can find this fat in chips, cookies, and fried foods.
7. This seafood is also called calamari. Order it sparingly, as it is a huge source of cholesterol.
8. This dairy product is an integral part of most pizzas.
9. The yellow part of the egg, also called the ___ is high in cholesterol. In fact, two of them contain over 400 mg of cholesterol!

Across:

10. This fat is solid at room temperature and raises your cholesterol at any temperature.
11. This tropical fruit contains 16 g of saturated fat per ounce.
12. This fat is rendered from pork.
13. Making coffee this way leaves the phytochemicals that raise cholesterol still in your beverage.
14. Fatty cuts of ___ are high in saturated fat.
15. This waxy substance is found in foods of animal origin.
16. This type of sugar raises cholesterol. You can find it in high fructose corn syrup and table sugar.

Answers:

Down: 1. bacon, 2. brownie, 3. fried, 4. dairy, 5. cream, 6. trans, 7. squid, 8. cheese, 9. yolk, Across: 10. saturated fat, 11. coconut, 12. lard, 13. unfiltered, 14. meat, 15. cholesterol, 16. fructose