

Name: Key

Period: _____

Fat Notes

- Fat is our most concentrated source of energy.
- How much fat is needed by our bodies?
≈ 30%
- What kinds of foods provide fat?
Butter, margarine, shortening, oil, meats, poultry skin, whole milk, cheese, ice cream, nuts, seeds, salad dressings, for some baked products.
- What are some functions of fat?
meal lasts in stomach longer, satiety/satisfaction, supplies heat, energy & storage material.
- Why can having too many fats cause weight gain?
fats have little more than double calories than carbs & protein
- What can eating excessive amounts of fat result in?
interfere w/ digestion & can result in obesity
- How much fat should you have daily?
75-100 grams / day
- Cholesterol is a fat-like substance made by the body, and it has some useful functions such as: ① Found in every body cell ② part of skin tissue ③ transports essential fatty acids ④ needed to produce hormones
- There are two types of cholesterol, HDL, and LDL. What is the body's response to each of these forms of cholesterol?
A. HDL - Healthy
B. LDL - Loser
too much LDL is a factor related to heart disease & obesity
- There are three types of fatty acids, name them, and circle the type which is the best for you.
A. Mono unsaturated
B. Polyunsaturated
C. Saturated

Food	Fat grams	Total Calories	% of calories from fat
<u>Small</u> Choc Malt w/ Cookie Dough	21g	780	24%
<u>Small</u> Cheeseburger	18g	400	40.5%
<u>Fresh</u> Sun Dinner Rolls	4g	105	34.3%
<u>Fresh</u> Pumpkin Pie	18g	407	40%
German Pancakes	14g	238	53%
Cucumber Salad	0	77	0%

ANSWER VARIES

11. To be more healthy, name some ways to reduce fat in the foods you make:

- A. replace mayo w/ plain non-fat yogurt
- B. use yogurt cheese instead of cream cheese
- C. trim fat off meats
- D. remove skins from poultry
- E. use low fat milk products
- F. substitute pureed fruit for fat
- G. substitute pureed beans (black, white, etc) for fat
- H. use less fat in preparation
- I. use low-fat cooking methods
- J. use egg substitutes for cooking
- K. use a stronger cheese flavor, but less cheese

12. Using the following recipe, make some changes that will lower the fat, and make the finished product healthier.

Pizza Rice Casserole

- 2 C. cooked rice
- 2T. Oil *reduce oil to 1T*
- 1 pound regular ground beef *use lower fat ground beef*
- 1 onion. Chopped
- (8 oz) Cans tomato sauce
- 1t. garlic salt
- 1 t. sugar
- Dash Pepper
- ½ t. Oregano leaves
- 1 t./ Parsely flakes
- 2 C. Shredded cheddar cheese *us sharp cheese & less cheese*
use low/no fat cheese

2 C.	120	2	120
2T.	30	1	30
1 pound	160	1	160
1 onion	20	1	20
(8 oz) Cans	160	1	160
1t.	5	1	5
1 t.	5	1	5
Dash	1	1	1
½ t.	2	1	2
1 t.	5	1	5
2 C.	120	2	120