

Fat

¹ Fats are like our bodies' warehouses. They store energy. Although both carbohydrates and proteins are also energy generators, they are not as effective as fats. While carbohydrates and proteins each produce four calories of energy per gram, fats can manufacture nine calories of energy per gram.



² Since fats make more than two times the amount of energy per gram as the other two essential nutrients, our bodies do not need to consume a lot of fats. If a large proportion of our daily diet consists of fatty foods, we run the risk of becoming overweight and having health problems such as heart attacks, strokes, and cancers. Abolishing fats from our daily diet, however, does not shield us from getting sick. In addition to getting us energized, fats help our bodies transport vitamins and manufacture hormones. They are also responsible for keeping us warm and protecting vital organs. Therefore, despite the fact that fats have a bad reputation, they are something that we cannot live without. As a result, eating the right type of fats and having an adequate intake of fats are two things we must know.

³ Scientists group fats into two types -- saturated and unsaturated. We can get saturated fats from a variety of sources. Meats, eggs, butter, lard, coconut oil, donuts, ice creams, and French fries all have saturated fats. Saturated fats come hand-in-hand with cholesterol. As scientists have already established the link between high cholesterol and the likelihood of developing heart diseases or other illnesses, we need to be mindful of not consuming an excessive amount of saturated fats. While saturated fats raise the blood cholesterol level in our bodies, unsaturated fats -- available in olive oil, canola oil, avocados, peanuts, and fish -- manage to reduce it. Hence, unsaturated fats are less harmful than saturated ones.

⁴ In the United States, about 40% of the calories in a grown person's daily diet come from fats. This percentage, however, is higher than the level of 30%, recommended by scientists. Aside from adhering to this 30% guideline, we should also limit the consumption of saturated fats to less than 10% of our total daily calorie intake. As long as we keep an eye out on how much and what type of fatty foods we eat a day, we can help ourselves stay healthy!

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<p>1. Which of the following nutrients gives us the highest amount of energy per gram?</p> <p><input type="radio"/> A Cholesterol</p> <p><input type="radio"/> B Fat</p> <p><input type="radio"/> C Water</p> <p><input type="radio"/> D Protein</p>	<p>2. Fats can be divided into two types -- monounsaturated fats and polyunsaturated fats.</p> <p><input type="radio"/> A False</p> <p><input type="radio"/> B True</p>
<p>3. How many more calories do four grams of fats provide than a combination of one gram of protein and two grams of carbohydrates?</p> <p><input type="radio"/> A 12 calories</p> <p><input type="radio"/> B 54 calories</p> <p><input type="radio"/> C 42 calories</p> <p><input type="radio"/> D 24 calories</p>	<p>4. Which of the following about fats is not correct?</p> <p><input type="radio"/> A They are like our bodies' energy warehouse.</p> <p><input type="radio"/> B They help our bodies produce hormones.</p> <p><input type="radio"/> C They keep us warm.</p> <p><input type="radio"/> D They help our bodies fight off infection and transport oxygen.</p>
<p>7. Why is saturated fat bad for our health?</p> <p><input type="radio"/> A Low saturated fat leads to low cholesterol, and low cholesterol links to the development of heart diseases and other ailments.</p> <p><input type="radio"/> B Low saturated fat leads to high cholesterol, and high cholesterol links to the development of heart diseases and other ailments.</p> <p><input type="radio"/> C High saturated fat leads to high cholesterol, and high cholesterol links to the development of heart diseases and other ailments.</p> <p><input type="radio"/> D High saturated fat leads to low cholesterol, and low cholesterol links to the development of heart diseases and other ailments.</p>	<p>8. Which of the following food items is high in unsaturated fats?</p> <p><input type="radio"/> A Donut</p> <p><input type="radio"/> B French fries</p> <p><input type="radio"/> C Avocado</p> <p><input type="radio"/> D Lard</p>
<p>9. If Timothy consumes 2,000 calories a day, how many of the calories he intakes a day should come from saturated fats?</p> <p><input type="radio"/> A 200</p> <p><input type="radio"/> B 800</p> <p><input type="radio"/> C 100</p> <p><input type="radio"/> D 600</p>	