



NATIONAL EXTENSION WORKING GROUP



University of Kentucky
College of Agriculture,
Food and Environment
Cooperative Extension Service

Matching game

Fats and sodium

Choose the best answer on the right that matches the word on the left.

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|------------------------------------|--|
| A. Trans fats or Trans Fatty Acids | 1. _____ is a word that refers to the chemical structure of some fats. They are usually firm or hold their shape. We should limit their use. |
| B. Saturated | 2. These substances lower your rates of cardiovascular mortality. They lower bad cholesterol and triglycerides. |
| C. Heart Healthy Fats | 3. _____ are formed when vegetable oils are made into margarine or shortening. They are found in foods with partially hydrogenated vegetable oils. They increase your risk of heart disease and raise bad cholesterol. |
| D. Poly/Monounsaturated Fats | 4. Olive oil, canola oil, certain nuts. Should be chosen whenever possible for cooking and food preparation. They are still fats and are high in calories. |

Answers: 1-b; 2-c; 3-a; 4-d

Complete the sentences

Healthy substitutions when cooking

Use these words to complete the following sentences.

- a. labels b. lower c. spices d. herbs e. full f. oil g. applesauce
1. Use _____ or fruit purees in place of fat in a recipe. Up to half the total fat may be substituted.
 2. Choose a healthier fat; _____ instead of butter.
 3. Substitute _____ fat products for _____ fat products.
 4. Use _____ and _____ to season recipes. Remember to triple the amount if using dried.
 5. Read _____ when buying and using seasoning mixtures. Make sure the blend does not include added salt.

Answers. 1-g, 2-f, 3-b & e, 4-d & c, 5-a

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