

Name _____

1. Looking at the following foods, decide which fatty acid the food predominately contains, and write the food in the appropriate column.

| | | | |
|----------------|--------------|----------------|-----------------|
| Fried Chicken | Avocado | Palm Oil | Olive Oil |
| Tofu | Flax seed | Shrimp | Soybean Oil |
| Rib eye steak | Butter | Cream | Almonds |
| Salmon | Coconut Milk | Cheddar Cheese | Sunflower seeds |
| Tortilla Chips | Margarine | Peanut butter | Canola oil |

| Saturated | Polyunsaturated | Monounsaturated |
|-----------|-----------------|-----------------|
| | | |

2. Do any of the above foods contain cholesterol or trans fatty acids? If so, write the food in the appropriate column.

| Trans Fatty Acids | Cholesterol |
|-------------------|-------------|
| | |

3. Which of the following food would be most likely to raise someone's blood cholesterol levels?

- Avocado
- Cheese
- Shrimp
- Olive oil & vinegar salad dressing

4. Which of the following are fats that can increase a person's risk of heart disease? (circle all that apply)

- Monounsaturated fat
- Saturated fat
- Polyunsaturated fat
- Trans fat

5. Which of the following food sources are the richest source of linolenic acid?
(circle all that apply)
- a. Grains
 - b. Canola oil
 - c. Salmon
 - d. Flax seed
6. Partially hydrogenating polyunsaturated fats creates what 2 types of fatty acids?
7. Which of the following food would contain trans fat?
- a. Avocados
 - b. Coconut milk
 - c. Popcorn popped in partially hydrogenated oil
 - d. Natural peanut butter