

Chapter 5: Lipids

1. Understand the difference between:
 - monounsaturated fat
 - polyunsaturated fat
 - saturated fat
2. Know food sources of each type of fat—(table on pg 132, figure on pg 134)
 - monounsaturated fat
 - polyunsaturated fat
 - saturated fat
3. Know where an ***omega-3 and omega 6 fatty*** acids have their first double bond
4. What is a triglyceride composed of?
5. Know what factor determines the firmness or hardness of a fat at a given temperature
6. Know which fats are considered the tropical oils; what category of fat are they in?
7. What is hydrogenation?
8. How is a ***trans-*** fatty acid formed?
9. Know what a phospholipid is and its unique feature regarding its solubility
10. What role do phospholipids have in our body?
11. Know what compounds are synthesized from cholesterol
12. Know what foods contain cholesterol
13. Know what does bile does, where it is made, where it is stored
14. Know how soluble fiber helps lower blood cholesterol levels
15. Know which lipoprotein in **high levels** correlates with **low** cardiovascular risk
16. Know which lipoprotein in **high levels** correlates with a **high risk** of heart disease
17. Know which lipoprotein contains the highest amount of cholesterol

18. Know which lipoprotein removes cholesterol from the cells and transports it back to the liver for recycling or disposal
19. What factors lower LDL (see margin page 144)
20. Know the major functions of fat in the body (see Review it on page 147)
21. Know the two essential fatty acids.
22. What food sources are essential fatty acids found in?
23. Know good sources of *omega-3 fatty acids*
24. What is the function of lipoprotein lipase?
25. What percentage of the body's energy needs at rest is supplied by fat?
26. How many kcalories are in 1 pound of fat?
27. What diseases have been linked to high intakes of fat?
28. Review food sources of fats in the margin on page 151-152
29. What is the DRI and/or Dietary Guidelines for total fat, saturated fat, trans fat and cholesterol?
30. What are the potential health benefits of omega-3 fatty acids?