Chapter 5  Fat
Based on information found in Chapter 5 of the Reference Manual

1.) All fats are unhealthy for you:
- True
- False

2.) Oil, lard, hydrogenated shortening, butter, margarine bacon and salad dressings are the most concentrated sources of fat:
- True
- False

3.) Sources of “invisible fat” include:
- Butter, Lard, Motor Oil
- Meats, Poultry, Fish, Eggs and Baked Products
- Water, Soft Drinks, Cotton Candy

4.) Fats also are known as:
- Lipids
- Linoleum
- Loopholes

5.) In your body, fat digests:
- Slowly
- The same as all other nutrients
- Quickly

6.) The body can only do one of two things with fats:
- It either stores fat or converts fat to energy
- It either converts fat into muscle or stores fat in the sweat glands
- It either stores fat or converts fat to protein

7.) The two dominant forms of fat in the body are known as:
- Cellulite and Love Handles
- Cis and Trans
- Sweat and Cholesterol
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8.) A prime place for your body to store fat is:
   □ The Liver
   □ The Kidneys
   □ The Stomach

9.) Lipotropic literally means:
   □ “To create the sweat”
   □ “To move the fat”
   □ “To build lean mass”

10.) A steady increase of fatty substances in the blood has been shown to:
    □ Increase cardiovascular disease
    □ Increase protein synthesis
    □ Increase joint stiffness

Notes:
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