Trans Fat
Questions

1. Saturated fat, trans fat and cholesterol raise low-density lipoprotein, or “bad” cholesterol, levels causing the risks for CHD to increase.
   True
   False

2. What is Trans Fat?
   A. solid fats turned into liquid oils by removing hydrogen
   B. liquid oils made into solid fats by adding oxygen
   C. liquid oils made into solid fats by adding hydrogen

3. All fats should be eliminated from the diet and are unnecessary to the body.
   True
   False

4. A food product might contain trans fat even though the food label says zero grams trans fat.
   True
   False

5. When choosing foods lower in saturated fat, trans fat and cholesterol, select ________ more often.
   A. fried foods
   B. fish and lean meat
   C. solid shortening and butter
1. Saturated fat, trans fat and cholesterol raise low-density lipoprotein, or “bad” cholesterol, levels causing the risks for CHD to increase.  
   True

2. What is Trans Fat?  
   C. liquid oils made into solid fats by adding hydrogen

3. All fats should be eliminated from the diet and are unnecessary to the body.  
   False

4. A food product might contain trans fat even though the food label says zero grams trans fat.  
   True

5. When choosing foods lower in saturated fat, trans fat and cholesterol, select __________ more often.  
   B. fish and lean meat