

# DIET



Diets high in (1) \_\_\_\_\_ fats and cholesterol increase the **risk of heart disease**. These diets **raise the level** of cholesterol found in the **bloodstream**. This increases the chances that cholesterol and **other fatty deposits** will be deposited on (2) \_\_\_\_\_ **vessel walls**, reducing **blood flow**.

Some cholesterol in the body is **essential**. The amount of cholesterol in the blood is **determined by** how much your body produces and by the food you eat. Foods **high in** cholesterol include **egg yolks** and **organ meats** such as liver, shrimp, and lobster.

**A more significant contributor** to an (3) \_\_\_\_\_ blood-cholesterol level is saturated fat. **Saturated fats** raise the blood cholesterol level by (4) \_\_\_\_\_ with the body's ability to remove cholesterol from the blood. Saturated fats are found in *beef, lamb, veal, pork, ham, whole milk*, and whole-milk products.

Rather than (5) \_\_\_\_\_ saturated fats and cholesterol from your diet, **limit your intake**. **Moderation** is the key. Make changes whenever possible. **Substitute** low fat or (6) \_\_\_\_\_ milk for whole milk and margarine for butter. **Trim** (7) \_\_\_\_\_ fat from meat and **broil** or bake instead of frying.

**Substitute** fish for red meat occasionally. Eat fruit and vegetables for snacks instead of (8) \_\_\_\_\_ or fast food. Read **labels carefully**. A "cholesterol free" product may actually be high in saturated fat.



- 1) **Saturation**
- 2) **Bleeding**
- 3) **Health**
- 4) **Interference**
- 5) **Elimination**
- 6) **Skimming**
- 7) **Vision**
- 8) **Pack**