5.E: Lipids (Exercises)

It's Your Turn

1. Provide examples of three foods that are rich in unsaturated fats.
2. Assume you are reluctant to eat fish. Name three other sources of omega-3 fats.
3. Your friend tends to feel cold a lot of the time, is often tired, and has developed sores on her skin. Based on the content in this chapter, identify a nutritional reason for this condition.
4. Explain the role of lipids in your overall health.

Apply It

1. Make a chart of the three main types of lipids, their specific functions in the body, and where they are found.
2. Diagram the steps in lipid digestion and absorption.
3. Create a blood lipid profile with healthy ranges.

Expand Your Knowledge

1. You’re making a concerted effort to begin eating more foods that will promote good health. Turn your attention to omega-3 fatty acids. What will you incorporate into your diet?
2. Obesity rates in the United States have more than tripled since 1980. At the same time, "low fat" advertising is all over the news. How would you explain this?
3. Review and analyze the Cholesterol Risk Chart on the following site: [http://heartriskonline.com/CholesterolChart.htm](http://heartriskonline.com/CholesterolChart.htm). Check with three members of your family or close friends. Where do they “fit” into this chart?