

Fats Word Find

T K I Q N X T V B U Z P K H F Y L
C E P O L Y U N S A T U R A T E D
F D X H E A R T H P I C T B L Y Q
M E N O I T A M M A L F N I O N O
U T S B U T T E R M G H O Y R C N
L A D G C I E L O U J P Y R E I U
A R P R B H T Q I S C O W A T E T
I U L H N E C D F S P U C T S L R
T T A X V A E X W Q S A J E E O I
N A N F S L Y X X V L G M I L N T
E S T B I T D I E O V A O D O I I
S Y I N R H H F R K A A U E H L O
S M E X N Y H I L A M I N A C P N
E S R U M R E D I M A R Y P C U C
M D Q K U S K F C O G B F N P G R
K S D E E S M M Z H S T A E M Y G
V S V Y S K Z X W N A Z A D O I B

1. ANIMAL
2. BUTTER
3. CALORIES
4. CHOLESTEROL
5. DIETARY
6. ESSENTIAL
7. FAT
8. GUIDELINES
9. HEALTHY
10. HEART
11. INFLAMMATION
12. LINOLEIC
13. MEAT
14. NUTRITION
15. OLEIC
16. PLANT
17. POLYUNSATURATED
18. PYRAMID
19. SATURATED
20. SEEDS