**Sodium**
- Maintain fluid balance.
- Table salt
- Packaged foods.
- Muscle cramps
- High blood pressure

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**Fats and Oils:**
- Fat is the most concentrated source of food energy.
- A person should have 66g of fat (30%) in a 2000 calorie diet.
- 44g (20%) should be made up of unsaturated fats.
- 22g (10%) should be made up of saturated fats.
- Omega 6 and Omega 3 fatty acids help to repair cells and fight cancer.
- Invisible Fat Ex. Nuts, yolk and some cheese
- Visible Fat Ex. Layer on the outside of steak.

<table>
<thead>
<tr>
<th>Trans Fat</th>
<th>Saturated Fat</th>
<th>Monounsaturated Fat</th>
<th>Polyunsaturated Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Very Bad</td>
<td>Mostly Bad</td>
<td>Good fat</td>
<td>Good fat</td>
</tr>
<tr>
<td>Raises LDL cholesterol</td>
<td>Sources: Baked Goods, Margarine and fried foods.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Cholesterol:**
- Cholesterol contributes to the digestion of fat and the skin production of vitamin D.
- Adults manufacture all of the cholesterol that they need.
- Other animals also produce cholesterol.
- Cholesterol is transported in packages called lipoproteins.
- Foods that are high in cholesterol are egg yolk, liver and organ meats.
- Low-density lipoproteins (LDL) (Bad) takes cholesterol from the liver to other parts of the body, an excess of this cholesterol will stick to the inside of your arteries and may cause stress on the heart. If a blockage takes place, strokes and/or heart attacks are likely.
- High-density Lipoproteins (HDL) (Good) This type of cholesterol will take bad LDL cholesterol back to the liver before it attaches to the arterial wall.

**Malnutrition:**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Marasmus</td>
<td>• Extreme Malnourishment.</td>
</tr>
<tr>
<td></td>
<td>• Long-term deprivation.</td>
</tr>
<tr>
<td></td>
<td>• Inadequate energy and protein intake.</td>
</tr>
</tbody>
</table>