

FATS IN PERSPECTIVE

“Type 2 diabetes is known as a _____, sustained by a culture that promotes inactivity and unhealthy food choices, all leading to _____ and _____, the leading cause of type 2 diabetes! Indeed, 80 percent of the _____ will develop diabetes!”

The process that changes a liquid oil into a solid fat is known as _____.

Factors that contribute to the obesity epidemic include the following:

We are doing work that requires less _____ labor.

We have increased _____ at home.

_____ has steadily increased since 1950

We consume approximately _____ more calories per person, per day than we did in 1970.

Most of the increased caloric intake is related to increased consumption of _____.

Our increased use of _____ (HFCS) correlates strongly with the increase in diabetes.

Any type of fat consumed in _____ quantity increases insulin resistance.

“Bad fats” are _____ fats and _____ fats.

Countries with higher levels of fat intake per person also had higher rates of _____.

How do we break the insulin resistance cycle?

Exercise routines should include _____ minutes of _____ exercise after each meal and _____ 3-6 times a week.

The single most important factor driving the diabetes epidemic is

_____.

Complete the formula:

Your Future Health = $\frac{\text{_____}}{\text{Calories}}$

The most important components of nutrition are _____.