

HDLs and LDLs Fliptile

Name: _____

	Transports cholesterol	
High density lipoproteins		Fat combined with protein
	Associated with reducing blood cholesterol levels	
Low density lipoproteins		Taken up by cells that have the correct receptor sites
	Eating a low-fat diet will reduce the concentration	
Reduces fatty depositions in artery walls by atherosclerosis		Fatty depositions in artery walls
	Eating monounsaturated fats helps reduce concentrations in the blood	
Eating polyunsaturated fats helps to reduce concentrations in the blood		Unsaturated fats, cholesterol and protein
	From liver to body tissues	
From body tissue to the liver		Eating lots of animal fats will increase concentration
	Saturated fats, cholesterol and protein	
Eating plant oils increase the proportion in the blood		Released into the blood
	If too much cholesterol is consumed, levels will increase in the blood	