

## CHAPTER 5

### LIPIDS

#### REAL LIFE SCENARIO

Jackie is a 21-year-old health-conscious individual, majoring in business. She recently learned that a diet high in saturated fat can contribute to high blood cholesterol and that exercise is beneficial for the heart. Jackie now takes a brisk 30-minute walk each morning before going to class, and she has started to cut as much fat out of her diet as she can, replacing it mostly with carbohydrates. A typical daily intake for Jackie now might begin with a breakfast of a bowl of Fruity Pebbles with 1 cup of skim milk and  $\frac{1}{2}$  cup of apple juice. For lunch, she might pack a turkey sandwich on white bread with lettuce, tomato, and mustard; a small package of fat-free pretzels; and a handful a fat-reduced vanilla wafers. Dinner could be a large portion of pasta with some olive oil and garlic mixed in, and a small iceberg lettuce salad with lemon juice squeezed over it. Her snacks usually are baked chips, low-fat cookies, fat-free frozen yogurt, or the fat-free pretzels. She drinks diet soft drinks throughout the day as her main beverage.

Do you think this is a healthy way for Jackie to reduce fat in her diet? Point out some positive practices. What would you suggest changing in her diet to make it more heart healthy?