

Cholesterol Syllacrostic



Fill in the answers to the clues using the syllables below.
All the syllables will be used – each only once.

The number of syllables in each answer is in parentheses after the clue. All information can be found in this month's LivingRight® bulletin and bonus article.

a	ar	ber	cer	en	fi	gly	high	hor
ides	li	life	mones	po	pro	sa	sed	style
tar	ted	tein	ter	tri	tur	y	y	yolks

1. Cholesterol helps make _____ and vitamin D. (2)
2. Cholesterol can build up in _____ walls (3).
3. Low-density _____ is often called “bad” cholesterol. (4)
4. _____ -density lipoprotein is often called “good” cholesterol. (1)
5. Eating _____ and trans fats may contribute to high cholesterol. (4)
6. A _____ lifestyle has a negative impact on your cholesterol level. (4)
7. A diet that's high in _____ can help you lower your cholesterol level. (2)
8. Changes in _____, such as exercising regularly and eating a healthy diet, may help you improve your cholesterol numbers. (2)
9. A blood test for cholesterol often measures _____, a type of fat found in the blood. (4)
10. Egg _____ contain cholesterol, but don't necessarily increase the amount of cholesterol in the blood. (1)