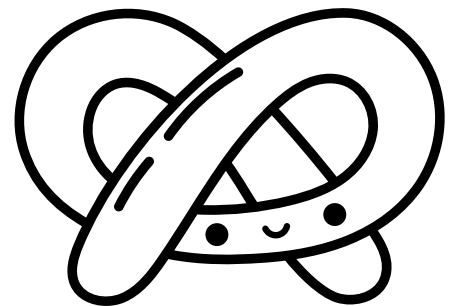
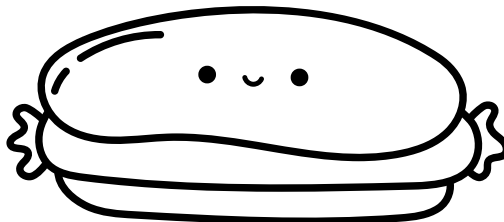
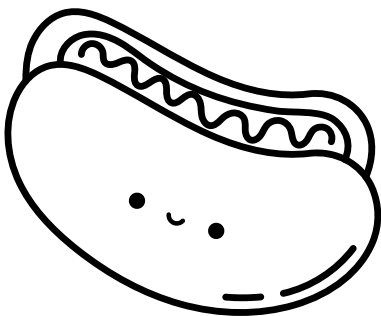
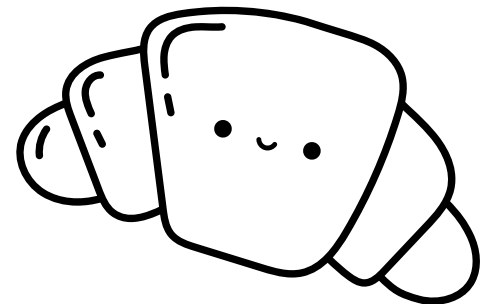
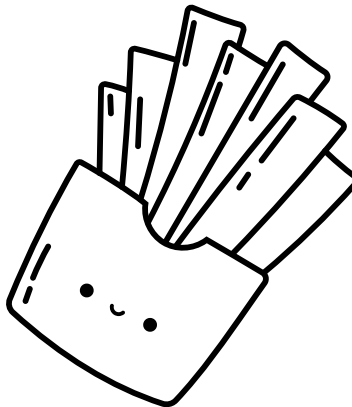
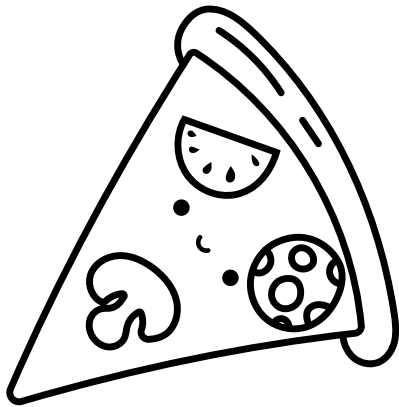
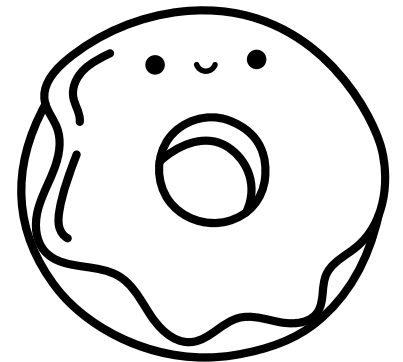
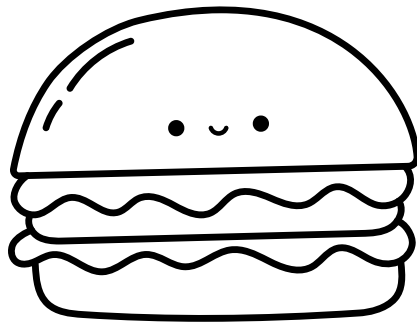
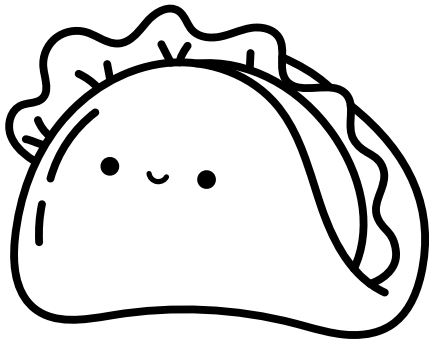


Butter Believe It, We're Better Together!



Print These Pages & Enjoy More Activities at bit.ly/RmccfActivityguide



Riverside Medical Clinic

CHARITABLE

foundation

RMCcharity.org | 951-682-2753



Tips For Families

- Lipids, also known as fats, are essential parts of our dietary health and well-being.
- Fats play a role in temperature regulation, tissue protection, cellular membrane health, and hormone creation.
- There are three main categories of dietary fat: Saturated Fats, Unsaturated Fats, and Trans Fats. Although all of them are fats, due to their different chemical compositions they affect our health in various different ways.
- Saturated fats, found predominantly in animal products and certain processed foods, have been associated with an increased risk of heart disease and other cardiovascular ailments. Consuming high levels of saturated fats can elevate levels of LDL cholesterol, often referred to as "bad" cholesterol, in the bloodstream, contributing to the buildup of plaque in the arteries and raising the likelihood of heart-related complications.
- Unlike saturated fats, which have been linked to increased risk of heart disease, unsaturated fats, found in foods such as avocados, nuts, seeds, and olive oil, offer a multitude of cardiovascular benefits. Incorporating unsaturated fats into your diet can help lower levels of LDL cholesterol, reduce inflammation, and improve overall heart function. These healthy fats are also known to increase levels of HDL cholesterol, often referred to as "good" cholesterol, which helps to clear LDL cholesterol from the bloodstream, thus further supporting heart health.
- Trans fats, often found in partially hydrogenated oils used in processed and fried foods, have been strongly linked to an increased risk of heart disease and other cardiovascular complications. Consumption of trans fats raises levels of LDL cholesterol while simultaneously lowering levels of HDL cholesterol, leading to the accumulation of plaque in the arteries and an elevated risk of heart attacks and strokes. Recognizing the harmful effects of trans fats underscores the importance of avoiding or minimizing their intake and opting instead for healthier fat sources to support heart health and overall well-being.
- When cooking, use unsaturated plant-based oils (olive oil, avocado oil, canola oil, vegetable oil...etc.) instead of bacon fat, lard, or shortening.
- Limit your consumption of trans fats. If an ingredient list contains any "hydrogenated/partially hydrogenated" oils, it contains trans fats and it is best to choose another option.
- Choose leaner animal proteins like chicken, fish, turkey, lean ground beef...etc. and trim visible fat off cuts of meat.
- Try to limit your consumption of prepackaged/processed "low-fat/reduced fat" snacks and sweets. These items will usually contain higher amounts of added sugar to make up for the loss in flavor from the reduced fat. Instead, consume the full fat version of the item in moderation! Instead of having low-fat ice cream every day, eat a full fat ice cream once a week!
- Instead of frying foods, try roasting, baking, air frying, sautéing, braising, or grilling!

FREE Kindness and Bullying Prevention Information Available

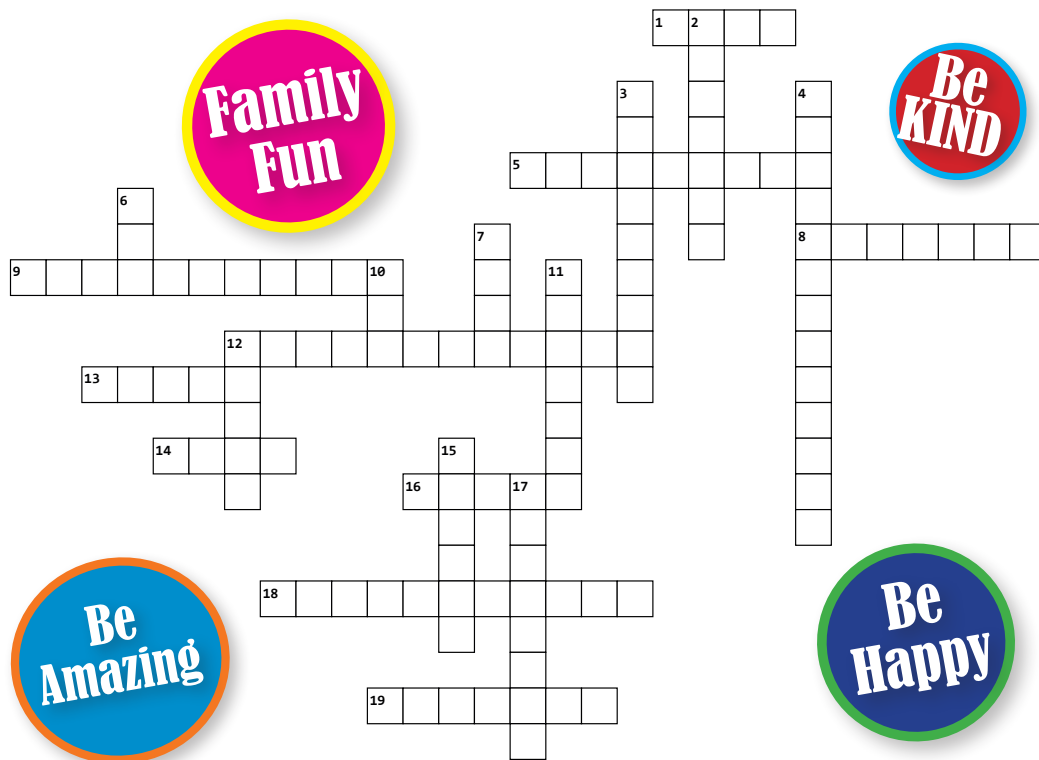


ANTI-BULLYING INSTITUTE
RIVERSIDE MEDICAL CLINIC CHARITABLE FOUNDATION
RMCcharity.org

All About Liquids Crossword Puzzle

Family Fun

Be KIND



Be Amazing

Be Happy

Across

1. the type of unsaturated fat that is found in fatty fish like tuna and salmon.
5. The building block for all the fats in our food and body.
8. A type of unsaturated fat that is vital for brain health.
9. A waxy substance found in our blood that plays a role in hormone and cellular development
12. A type of lipid that is formed when excess dietary fat needs to be stored.
13. A substance found in foods (whole grains, fruits, vegetables) that can decrease the amount of cholesterol in your blood.
14. The type of unsaturated fat that is found in foods like peanut butter and avocados.
16. A type of oil that is unsaturated and great for cooking.
18. The type of fat that is found in foods like avocados and almonds.
19. One of the few saturated fats that is naturally found in plants is found in this cooking oil.

Down

2. A type of unsaturated fat that is found in fatty fish like salmon.
3. The type of fat that is found in foods like butter and cheese.
4. Process of combining unsaturated fats with hydrogen to make them more solid.
6. The type of cholesterol that can decrease your risk of heart disease and stroke.
7. The number of calories that are found in one gram of fat.
10. The type of cholesterol that can increase your risk of heart disease and stroke.
11. A type of fatty tissue that is important for insulation and energy storage.
12. The type of fat that is found in processed foods like prepackaged brownies and cakes.
15. A fatty substance found in the blood that can build up in arteries.
17. A fat soluble vitamin that plays an important role in blood clotting.

Health Apps

Helping you with your journey.



Whether you hike, bike, run, or walk, AllTrails is your companion and guide to the outdoors. Find detailed reviews and inspiration from a community of trail-goers like you. We'll help you plan, live, and share your outdoor adventures. AllTrails offers more than a running app or fitness activity tracker. It's built on the idea that the outside isn't a place to seek, but rather a part of us all. Custom route planning helps you search for dog-friendly, kid-friendly, stroller-friendly, or wheelchair-friendly trails, and more.



Explore the simplicity and safety of chair yoga, perfect for those looking to enjoy the rewards of yoga with minimal exertion. Our user-friendly yoga app enables you to effortlessly integrate relaxed yoga into your everyday life. Achieve increased flexibility and improved equilibrium at your

own pace. Install Daily Yoga today and begin your path to a more serene and revitalized you!



Skip the gym and realize your true potential. 8fit workouts take 15-20 minutes and can be done at home without special equipment. In addition to custom workout plans, 8fit provides delicious, wholesome nutrition plans based on your dietary needs and preferences.



Stay active, reduce stress, and feel good with unlimited access to free workouts and meditations. Get your sweat on with celebrity trainers and read articles on how to take care of yourself both mentally and physically. Achieve your health and fitness goals with unlimited access to the best workout classes - from cardio to strength training to HIIT, yoga, Pilates, and much more. With FitOn you're guaranteed to find a class you love. Plus, you'll get to work out with top celebrity trainers like Cassey Ho (of Blogilates), Jeanette Jenkins, Kenta Seki, Breann Mitchell, Danielle Pascente, Kenny Ferrer, and many more.

X G I N P J O L I P I D S C E R C Y K M
D X H Y S T M K Z L N V A H Y J X K W P
Q I Y J A I E E X O A Y T O V D D G P J
C Q D X T B G S T T K K U L W P O C I O
O Y R H I E A D R C M X R E H S X A P V
Z N O L E N A T I Q O T A S B L I L N U
X T G P T L N P G C G P T T T Q D O Z N
M S E Y Y E I V L L F L E E W A A R A S
T T N H S U M V Y P S A D R K B T I P A
Y O A K D W A P C K E N A O Y N I E F T
Z R T P H V L K E F B T D L Y E O S Z U
X A I R Y M E E R R Z H F M P R N T O R
B G O O L X K K I I A E O P O Z Y P I A
D E N T C Z G G D U N T N R J F V N L T
A S K E Y Q P Y E J O T U E M P A H S E
K C I C U H G O S P O G E R R O H W I D
M F A T S A L W M U C L W H E G N K U A
V P O I I O A M N E E H F P D L Y E Z Q
A B X O O T S M P V G R Q R E K I D S J
O B X N C E G M G Y S A U F V V U X H C

FATTY ACID CHAIN Word Search

Lipids	Triglycerides	Temperature
Saturated	Cholesterol	Energy
Unsaturated	Animal	Calories
Hydrogenation	Plant	Storage
Oxidation	Hormones	Omega3
Fats	Satiety	Omega6
Oils	Protection	

Created by Puzzlemaker at DiscoveryEducation.com



Make Your Own Lip Balm

Just like the oils and butters used in the lip balm, lipids in our bodies help keep our skin and lips moisturized by forming a protective barrier that prevents moisture loss.

Materials Needed: Beeswax pellets or grated beeswax, Coconut oil, Shea butter or cocoa butter, Small containers (lip balm tubes or small jars), Essential oils (optional, for fragrance), Double boiler or microwave-safe bowl, Spoon or stirring stick, Labels or stickers (optional)

Instructions:

Melt the Ingredients:

In a double boiler or microwave-safe bowl, melt together equal parts of beeswax, coconut oil, and shea butter or cocoa butter. You can start with around 1 tablespoon of each ingredient for a small batch.

Heat the mixture gently until all the ingredients are melted and well combined. Stir occasionally to ensure even melting.

Add Essential Oils (Optional):

If desired, add a few drops of your favorite essential oils to the melted mixture for fragrance. Popular choices include lavender, peppermint, or citrus oils. Stir the essential oils into the mixture until evenly distributed.

Pour Into Containers:

Carefully pour the melted lip balm mixture into small containers, such as lip balm tubes or jars. Be cautious as the mixture may still be hot.

Fill the containers almost to the top, leaving a little space for the lip balm to solidify.

Cool and Solidify:

Allow the lip balm to cool and solidify at room temperature or in the refrigerator for faster results. This may take about 30 minutes to an hour, depending on the temperature of your environment.

Use and Enjoy:

Your DIY lip balms are now ready to use! Apply them to your lips whenever they feel dry or chapped for moisturization and protection.

Make Your Own Milk Paint

Explore the fascinating world of lipids while having loads of fun with food coloring and soap. Get ready to mix, swirl, and paint as you learn how the unique properties of milk and soap come together to create vibrant artwork. Dive in and unleash your inner artist while discovering the science behind the magic!

Materials Needed: Whole Milk, Food Coloring, Dish Soap, Small Bowls or Cups, Small Paint Brushes or, Cotton Swabs, Paper

Instructions:

Prepare the Milk:

Pour some whole milk into small bowls or cups, filling them about halfway.

Add Food Coloring:

Add a few drops of different-colored food coloring to each bowl of milk. You can use multiple colors to make a vibrant palette for painting.

Mix in Dish Soap:

Dip a paintbrush or cotton swab into the dish soap, then dip it into one of the bowls of colored milk. Watch as the colors swirl and mix together!

Painting:

Use the soapy milk mixture to paint on paper or cardstock. Experiment with different brush strokes and color combinations to create unique artwork.

Types of Lipids

Color the saturated fats red, the unsaturated fats green, and the trans fats blue.



Let's Look At a Fast Food Meal

Find and look at the Nutrition Facts for a cheeseburger (about 4 ounces), medium French Fries, and a small soda from your favorite fast food restaurant. For each food item, complete the chart below. Use their website to complete the chart.

	Cheeseburger	French Fries	Soda	Meal Total
Calories				
Total Fat				
Trans Fat				
Saturated Fat				

Sort The Fats!

Sort the fats found in these food items into either saturated or unsaturated fats. Remember that saturated fats are mostly found in animal products and are solid at room temperature, while unsaturated fats are mainly found in plants!

Peanut Butter, Whole Milk, Cheese, Butter, Olive Oil, Lard, Palm Oil, Grapeseed Oil, Pizza, Hamburgers, Hot Dogs, Chili Cheese Fries, Avocado, Steak, Salmon, Almonds, Chia Seeds, Walnuts, Sunflower Seeds, Soybeans, Tuna, Flaxseeds, Coconut Oil, Ice Cream, Donuts

Unsaturated Fats

Saturated Fats

How To Make Your Own Energy Ball!

Follow the steps below to make your own protein & healthy fat packed Energy Balls! These make for a great breakfast on-the-go or for a wholesome snack!



1/2 Cup Peanut Butter or Almond Butter

1/2 Cup Dark Chocolate Chips

1 Cup Rolled Oats



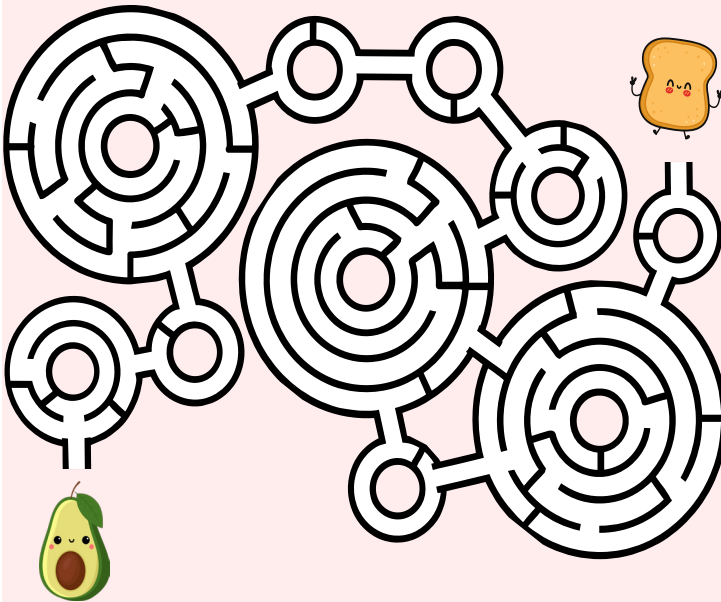
1/4 Cup Shelled Pumpkin Seeds

1/4 Cup Ground Flax Seeds

Sweetener of your choice (if desired)

Roll into balls and store in the refrigerator

Help The Toast Find The Avocado!



Make Your Own Homemade Butter

Butter is made by shaking cream really hard in a jar or agitating it by hand until the tiny lipid molecules inside the cream stick together, forming clumps of butter. This shaking action is like a fun dance party for the lipids and after a while they all hangout together! After shaking, we get delicious butter and leftover buttermilk.

Materials Needed: Heavy Cream, Mason Jar, Salt

Instructions:

Pour the Heavy Cream: Pour the heavy cream into the mason jar, filling it halfway.

Secure the Lid: Tightly seal the lid on the mason jar.

Shake, Shake, Shake: Start shaking the jar vigorously. You can pass the jar around so everyone gets a turn. This process can take anywhere from 5 to 15 minutes, depending on how vigorously you shake and how much cream you're using.

Keep Shaking: As you shake, the cream will first turn into whipped cream. Keep shaking past this stage, and you'll notice the mixture start to separate into butter and buttermilk. You'll hear the sound change as the butter forms.

Drain the Buttermilk: Once the butter has formed, pour off the buttermilk into a separate container. You can save this buttermilk for baking or discard it.

Rinse the Butter: Add some ice water to the jar and swirl it around to rinse the butter. Pour off the water and repeat until the water runs clear. This helps remove any remaining buttermilk, which can cause the butter to spoil faster.

Salt the Butter (Optional): If desired, you can add a pinch of salt to the butter and mix it in for salted butter.

Shape and Store: You can shape the butter into a block or place it in a small container. Store it in the refrigerator for later use.

eat healthy fat

