



Diet and the Heart

To explain how diet affects the way the body functions.



Use the words below to complete the paragraph about diet and the effect of cholesterol on the heart and circulation.

narrow	sugar	animal	cholesterol
fat	block	circulatory	clean

Marie Maynard Daly studied how _____ and _____ affect the human body, particularly the heart and _____ system. She discovered that the arteries in the body can _____ from eating too many sugary or fatty foods.

Cholesterol is a type of _____ that can travel in the blood. Not all cholesterol is bad; in fact, some parts of our bodies need it to work. The good type is good for keeping blood vessels _____, but the bad type builds up in our blood vessels and can _____ them.

Cholesterol is only found in food which comes from _____ sources.

