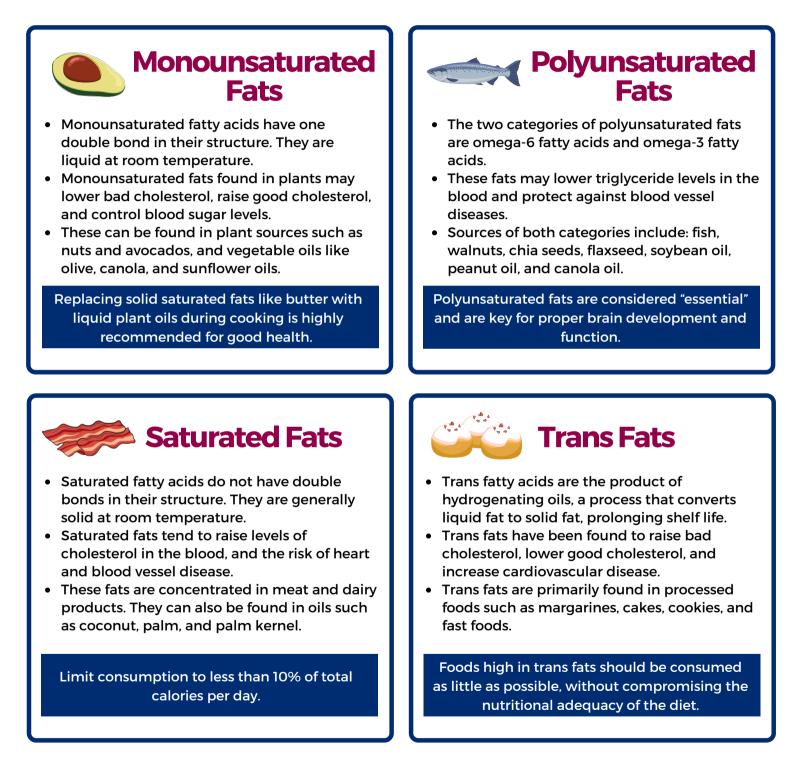
Types of Fats

Read this fact sheet to learn about 4 different types of fats, how they affect the body, and sources of each!





This institution is an equal opportunity provider.