

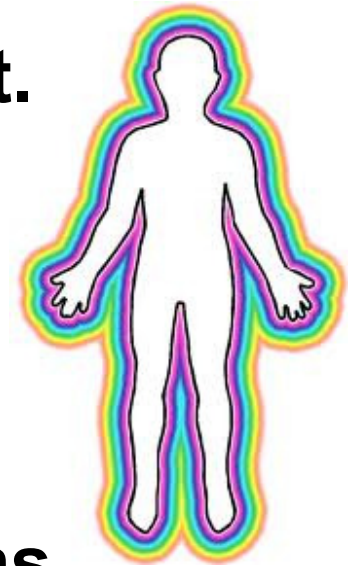


Fats



Fats are an important nutrient.

Fats help absorb vitamins **A, D, E** and **K**.



They protect the body's organs.



Some fats are not healthy.



Here are some **HEALTHY** fats.

