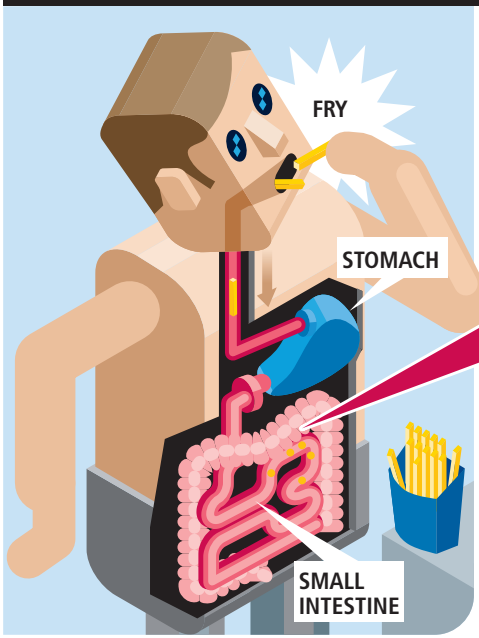
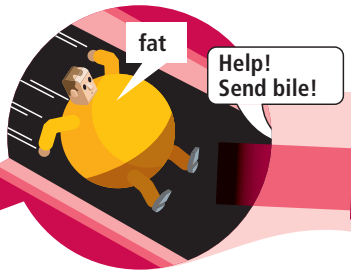
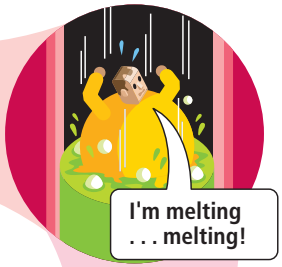
HOW A FRENCH FRY TRAVELS INTO YOUR BLOODSTREAM



1 In the small intestine, fat triggers the release of hormones signaling the gallbladder to send bile.

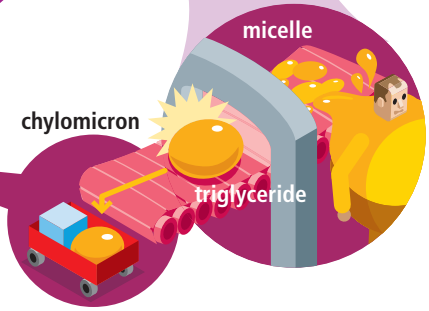


2 Bile emulsifies fats. Oils and fats mix in a watery solution.

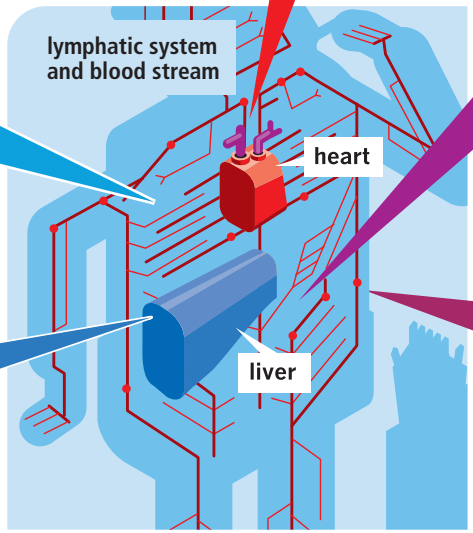


3 Small units of digested fats diffuse into the intestinal cells and are absorbed directly into the bloodstream. If there is enough fiber present, it traps some fat and produces feces, which the body releases.

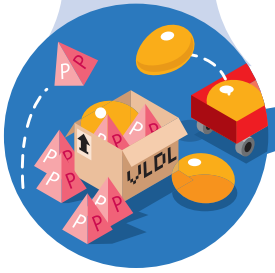
4 Large fat units merge into complexes called micelles. Micelles move into the intestinal cells and are made into triglycerides. In the intestinal cells, triglycerides and cholesterol are assembled into transport vehicles called chylomicrons. Chylomicrons are released into the lymphatic system.



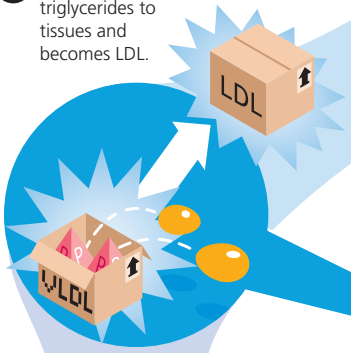
5 Chylomicrons glide through the lymphatic system until they reach a point of entry into the bloodstream. Chylomicrons enter the liver through the bloodstream. Liver cells pick up fatty acids in the blood and use them to make cholesterol.



6 The fatty acids (lipids) are packaged with proteins as very low density lipoproteins (VLDL).



7 VLDL delivers triglycerides to tissues and becomes LDL.



8 A build-up of LDL in the body can clog arteries, increasing risk of heart attack.