

# monounsaturated *(mon-o-un-sat-u-rat-ed)*

## Definition

adj. having one double bond in the fatty acid chain.

## Example Sentence

Eating foods with **monounsaturated** fats improves blood cholesterol levels.

## More Example Sentences

Many nuts are high in **monounsaturated** fats.

## Synonyms

healthy fat; omega-9

## Antonyms

saturated; trans fat

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