

# FAT

## DIGESTION AND ABSORPTION

### 1 MOUTH

In the mouth, chewing and an enzyme called lingual lipase begins the breakdown of fats.

### 2 STOMACH

Minimal digestion of fat occurs in the stomach as compared to the small intestine.

### 3 SMALL INTESTINE

In the small intestine, triglycerides are broken down into monoglycerides and free fatty acids.

### 4 PORTAL VEIN/ LIVER / CIRCULATION

Monoglycerides and fatty free acids reassemble to form chylomicrons, leave the small intestine, and move through the lymphatic system before entering the bloodstream.

