

Lipids

Triglycerides

~95% of all fats in food & in the body
(fats & oils)
(glycerol + 3 fatty acids)

Fatty Acids

released from fat stores,
broken down to release
energy

Glycerol

Saturated

in animal fats and
tropical oils

Unsaturated

in plant oils and
fatty fish

Monounsaturated

(1 double bond)
high in olive & canola oils

Polyunsaturated

(≥ 2 double bonds)

Omega-3 Fatty Acids

fatty fish high in EPA & DHA;
also in canola oil

Essential Fatty Acid

Linolenic acid

Omega-6 Fatty Acids

high in plant oils

Essential Fatty Acid

Linoleic acid

Phospholipids

in lipid bilayer in cell membranes;
some emulsifiers; also outer layer
of chylomicrons

Sterols

Cholesterol

Vitamin D

activated in skin
by uv radiation

Steroid

Hormones
eg. sex hormones

Bile

aids fat digestion