When you eat a fatty food, it moves through the stomach and on to the intestines. In the intestines, a number of processes occur to transfer fat from the food to special fat cells in your body.

First, the gall bladder produces bile that breaks the food’s fat droplets into smaller droplets. Next, the pancreas secretes enzymes that attack the fat droplets and break them down into two parts: fatty acids and glycerol.

This happens because fat droplets are too big to pass through cell membranes. The broken down fat is absorbed by the cells lining the intestine, where it is reassembled into fat molecules and eventually shuttled into the bloodstream with the help of lipoprotein particles.

For the most part fat is stored in the fat cells that compose fatty tissue. Think of a fat cell as a tiny plastic bag filled with a drop of fat. Interestingly, fat cells do not multiply. The body contains a finite number of fat cells that expand as they absorb fat.

So how can you make those fat cells smaller? Eat well and exercise. When you work out, your body burns energy, primarily in the form of glucose. After breaking down stores of carbohydrates to produce glucose, the body goes after fat, which it breaks down into fatty acids that can also be used to make glucose.

当你吃一种脂肪类食物时，它会通过胃部进入肠道。在肠道中，会发生许多过程，将脂肪从食物转移到体内的特殊脂肪细胞。

首先，胆囊产生胆汁，将食物的脂肪水滴分解成更小的液滴。接下来，胰腺分泌的酶会攻击脂肪滴并将其分解成两部分：脂肪酸和甘油。

这是因为脂肪滴太大而无法通过细胞膜。分解的脂肪被肠道内的细胞吸收，在那里它被重新组装成脂肪分子，并最终在脂蛋白颗粒的帮助下穿梭进入血液。

在大多数情况下，脂肪储存在组成脂肪组织的脂肪细胞中。把脂肪细胞想象成一个装满一滴脂肪的小塑料袋。有趣的是，脂肪细胞不会繁殖。身体含有有限数量的脂肪细胞，当它们吸收脂肪时会膨胀。

那么如何让这些脂肪细胞变小？吃得好，运动。当你锻炼身体时，你的身体会以主要以葡萄糖的形式燃烧能量。在分解碳水化合物储存以产生葡萄糖后，身体追逐脂肪，它分解成脂肪酸，也可用于制造葡萄糖。