CHAPTER FIVE

Triglycerides

In the body:

In food:

The composition of Triglycerides and fatty acids

TG:

Nature of fatty acids:
Chain length:

Saturated vs. unsaturated:

Health implications of fatty acids:
Which is best & why?

Essential fatty acids:
1.
2.

Processed fats in foods:

Phospholipids & sterols
Phospholipids:

Sterols:
Digestion, absorption, & transport of lipids

Digestion:
  Mouth:

  Stomach:

  Small intestine:

  Large intestine:

Absorption:
  Small units:

  Larger units:

  Within the cells of the small intestine:

Transport:
  Chylomicrons:

  VLDL

  LDL

  HDL

Lipids in the body
  Metabolism
  Storing fat as fat:

  Making fat from CHO & protein:

  Energy from fat:

  Focus more on fat than cholesterol in food WHY?

Recommendations for fat intake
CHAPTER 5 QUESTIONS