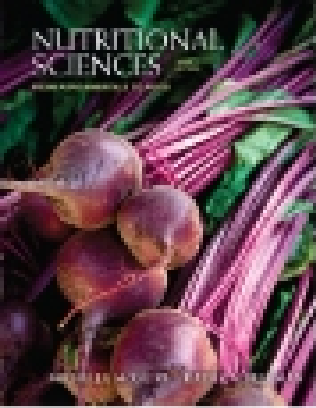


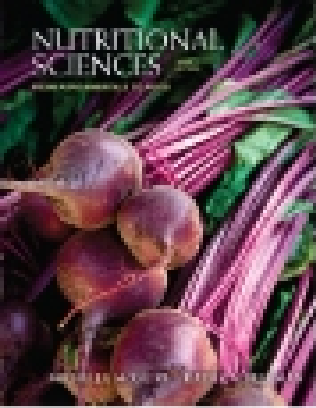
Lipids

Chapter 6



What Are Lipids?

- **Macronutrients**
 - Source of energy
 - Needed for optimal health
- **Water-insoluble, organic compounds**
 - Hydrophobic
- **Oils and fats**
- **Major lipids**
 - Fatty acids, triglycerides, phospholipids, sterols, and fat-soluble vitamins



What Are Lipids?

- Fatty acids
 - Most common type of lipid
 - Alpha end – carboxylic acid (-COOH)
 - Omega end – methyl group (-CH₃)
 - Chain length
 - Short-, medium-, and long-chain fatty acids
 - Affects chemical properties and functions
 - Affects water-solubility