

FATTY ACIDS

1. Organic acid units that make up fat. There are 3 types.

FATTY ACIDS & CHOLESTEROL LEVELS

2. Each type of fatty acid has a different effect on cholesterol levels.

Saturated

Raises HDL's Raises LDL's

- Food Sources:
 - Meat / Animal Sources
 - Poultry Skin
 - Whole Milk & Dairy Products
 - Butter
 - Shortening



Polyunsaturated

Lowers HDL's Lowers LDL's

- Food Sources:
 - Most Vegetable Oils
 - Corn Oil
 - Soybean Oil
 - Safflower Oil

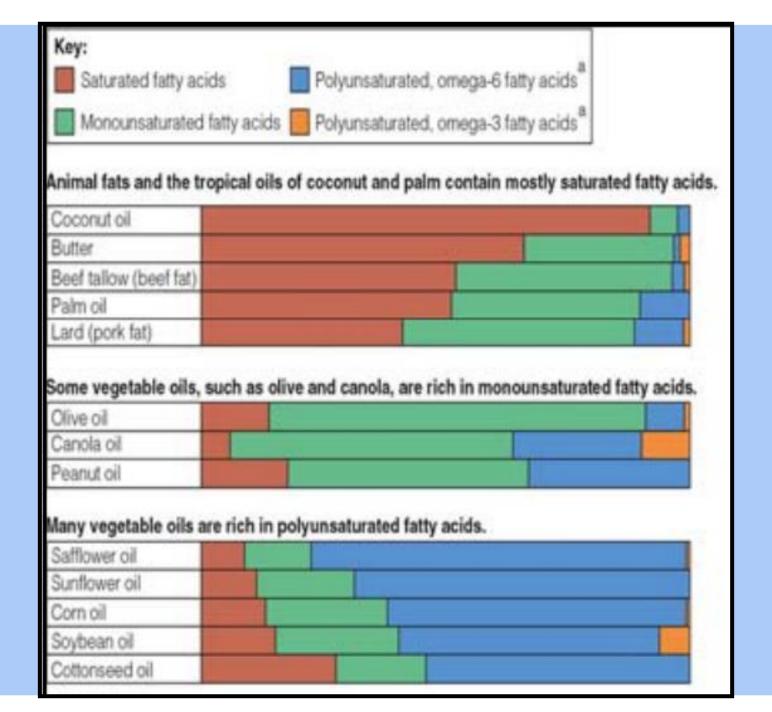


Monounsaturated

Raises HDL's ↑ Lowers LDL's ↓

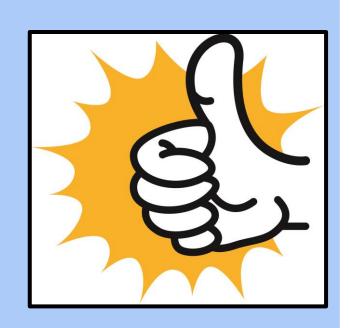
- Food Sources:
 - Olives / Olive Oil
 - Avocados
 - Peanuts / Peanut Oil
 - Canola Oil





GOOD RULE OF THUMB

- 1. Fats that are <u>solid</u> at room temperature are made up mainly of <u>saturated</u> fatty acids.
- 2. Fats that are <u>liquid</u> at room temperature are made up mainly of <u>unsaturated</u> fatty acids.



HYDROGENATION

 When hydrogen atoms are added to an unsaturated fat to make it <u>firmer</u> in texture.

(It turns liquid oil into solid fat like shortening or margarine.)



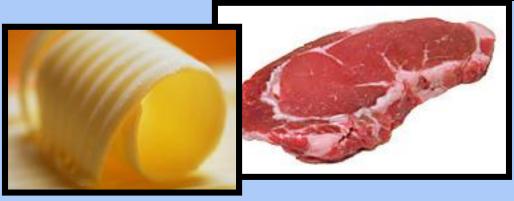


TRANS-FATTY ACID

- 2. Hydrogenation creates a new type of fatty acid called <u>trans-fatty</u> acid or "man-made" fat.
- 3. Trans-fatty acid have many of the same properties as <u>saturated</u> fats.

VISIBLE FAT Fat that is easily seen

Examples: Butter on a baked potato, layer of fat around a pork chop, etc.



INVISIBLE FAT Fat that cannot be seen

Examples: whole milk, some cheese, egg yolks, nuts, avocados, etc.

