



TYPES OF FATTY ACIDS

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



Key:



Animal fats and the tropical oils of coconut and palm contain mostly saturated fatty acids.



Some vegetable oils, such as olive and canola, are rich in monounsaturated fatty acids.



Many vegetable oils are rich in polyunsaturated fatty acids.



GOOD RULE OF THUMB

1. Fats that are solid at room temperature are made up mainly of saturated fatty acids.
2. Fats that are liquid at room temperature are made up mainly of unsaturated fatty acids.



HYDROGENATION

1. When hydrogen atoms are added to an unsaturated fat to make it firmer 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 trans-fatty acid or “man-made” fat.
3. Trans-fatty acid have many of the same properties as saturated 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.

