

Food lipids By Agrilearner App Team



LIPIDS:

- + Chemically esters of fatty acid and some alcohol
- + Heterogeneous group of compounds related to fatty acids.
- + Insoluble in water ; soluble in other solvents like ether, chloroform and benzene .
- + Lipid → term used for total fat component .
- + Fat → term used for selected anatomical
- + Deposits ,which are mostly triglycerides .
- + Lipid includes fat , oil ,wax and related compounds .

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Types of fats

In a broad sense ,2 types e.g. Saturated fats and Unsaturated fats .

+ Saturated fats

(solid at room temperature)

Example :- All animal fats (milk fat , tallow lard) , palm oil ,coconut oil , cocoa fat , hydrogenated vegetable oil .

+ Unsaturated fats

Example :- vegetable fats derived from olive ,peanut , corn , sunflower, rapeseed , soybean .

FATTY ACIDS:

+ Aliphatic monocarboxylic acids .

+ These are liberated by the hydrolysis of naturally occurring fats .

+ Natural fat → fatty acids

+ Fatty acids are of two types e.g. Saturated and Unsaturated fatty acids .

SATURATED FATTY ACIDS

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- ✚ A straight chain without double bond .
- ✚ These are named after the associated hydrocarbons but the methyl group ($-\text{CH}_3$) of one terminal is replaced by a Carboxylic group ($-\text{COOH}$) .
- ✚ These can be biosynthesized by then organism .
- ✚ Also ,can be absorbed freely from dietary fats .
- ✚ Examples:- Palmitic acid/ Hexadecanoic acid , Stearic acid / Octadecanoic acid , Myrstic acid / Tetradecanoic acid .
- ✚ Palmitic acid is the dominant one (10- 30%) .

UNSATURATED FATTY ACIDS

- ✚ These are known as good fats , except trans – fats .
- ✚ Two types ,e.g. Monounsaturated fatty acids(MUFA) & Polyunsaturated fatty acids (PUFA) .

MUFA

- ✚ Only one double bond ,hence known as monoenoids .
- ✚ Helps reducing blood cholesterol level.
- ✚ Can occur in several isomers .
- ✚ Ex:- Oleic acid (omega9) ,Palmitoleic acid .

Sources :- Nuts ,avocado , pears ,rapeseed, herring oil .

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PUFA

- + These are having more than one double bond .
- + Actively reducing blood cholesterol level or do alter the consistency of blood (as in case of oily fish) .
- + Human body can't synthesize these but very essential for normal growth . Hence ,must be supplied through proper diet .
- + Ex:- Linolenic acid (omega -3) , Linoleic acid (omega -6) ,EPA ,DHA .
- + Sources :- Sunflower oil and seeds , green leafy vegetables , oily fishes such as sardines and mackerel .

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