

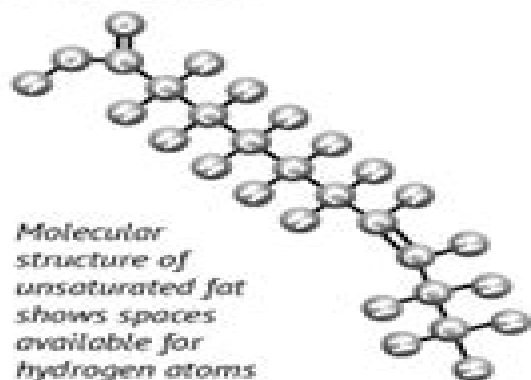
Different Kinds of Fat

Fatty acids, which are the building blocks of fat, are long chains of carbon and hydrogen atoms. Essential fatty acids are those needed by the human body that can only be obtained through food. Some fats are harmful, however.



UNSATURATED FATS

The so-called "good" fats can be found in nuts, avocados and other vegetables. The molecular structure of unsaturated fat causes it to be lower in calories than other fats.

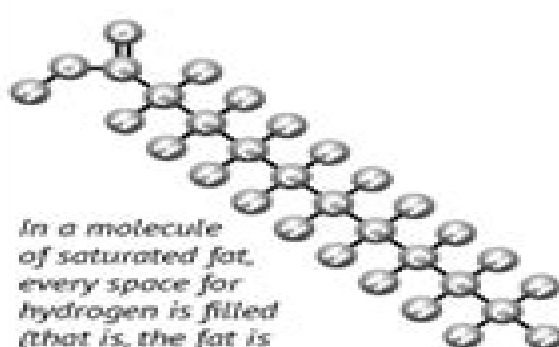


Molecular structure of unsaturated fat shows spaces available for hydrogen atoms to bond



SATURATED FATS

These fats are found mostly in animal products. It is recommended that people reduce their consumption of saturated fats in order to stay healthy.

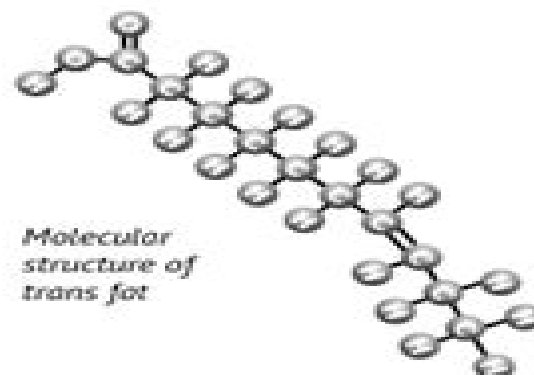


In a molecule of saturated fat, every space for hydrogen is filled (that is, the fat is "saturated" with hydrogen)



TRANS FATS

Trans fats are unsaturated (good) fats which have been partially saturated with hydrogen to extend their shelf life. Unfortunately, these trans fats are found to elevate "bad" cholesterol and should be avoided.



Molecular structure of trans fat

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Ian Pickup



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