

Ch. 2 - Chemistry - Lipids

- Storage of energy for later use

- long term

- doesn't dissolve in water/fat

- 3 types

- fats - insulation

- sterols - growth & development

- phospholipids - make cell membrane

- smooth ER - makes membranes

fat vs. oil

- State at room temp

- fat = solid

- oil = liquid

- most animal lipids are solid

- most plants lipids are liquid

- fat molecules contain more energy than carb molecules

- 2-3x more energy

- taste preference for fatty foods - evolutionarily

- saturated vs. unsaturated

↳ heavy bonds of Hydrogen

- cholesterol -> arteries

- unsaturated

↳ more liquid

- better for your body

- partially hydrogenate = veg oil

- transfat

- pumped hydrogen to make it more like fat than oil

- better taste

- longer preservation

