What you eat - good and bad fats

Saturated fats (butter, dairy products, meat) are fats which are evenly filled out with hydrogen, which remains solid at room temperature. The introduction of double bonds in the hydrocarbon chain results in the formation of the unsaturated fatty acids (vegetable oils). The fatty acid with a single double bond is called mono unsaturated fatty acid (e.g. oleic acid), and if it has multiple double bonds, it's polyunsaturated (e.g. linoleic acid). By virtue of their tightly packed structure, the saturated fatty acids increase the levels of bad cholesterol (LDL) and clog the arteries. On the other hand, the unsaturated fatty acids increase the levels of good cholesterol (HDL) by taking the LDL to the liver to be broken down and removed from the body.

Poly unsaturated fatty acids (corn, soybean and sunflower oil) remain liquid at room temp. If it needs to be solidified, it has to be hydrogenated, or saturated with hydrogen by breaking the carbon double bonds and attaching hydrogen – making it a trans-fat (hydrogenated vegetable oil, margarine, fast food, baking, chocolate, deep fried food). The mono unsaturated fats (olive, canola, peanut, sesame, avocado and nuts) are considered good fats because of the lower cholesterol content.

Essential fatty acids are poly unsaturated fatty acids that your body can't manufacture and, therefore, has to be provided through your diet. It is divided into two groups – omega 3 and omega 6. Omega 6 is found in corn oil, sunflower oil, and soybean oil, while omega 3 is present in salmon, trout and tuna. For a healthy diet, concentrate on mono unsaturated fats like olive oil and essential fatty acids.

http://www.fitday.com/fitness-articles/nutrition/fats/saturated-vs-unsaturated-fatty-acids.html

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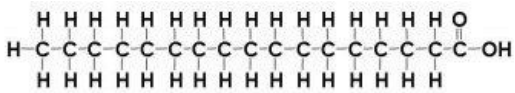
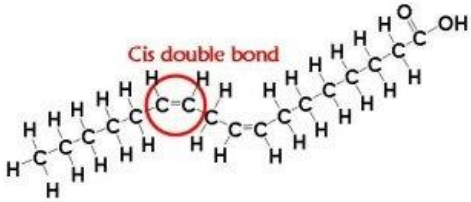
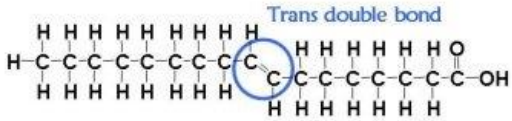
SATURATED
Stearic acid
(found in butter)



UNSATURATED
Linoleic acid
(found in vegetable oil)

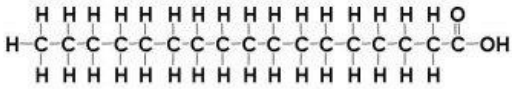


TRANS
***trans*-Linoleic acid**
(found in some margarine)

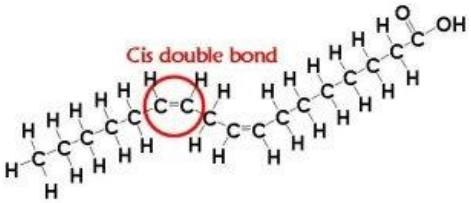


GOOD FATS
VS.
BAD FATS

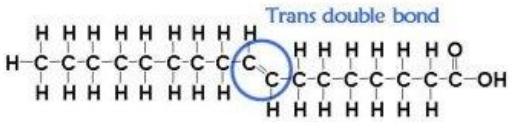
SATURATED
Stearic acid
(found in butter)



UNSATURATED
Linoleic acid
(found in vegetable oil)



TRANS
***trans*-Linoleic acid**
(found in some margarine)



GOOD FATS
VS.
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