

1. Lipids (Fats)

- ✓ Lipids are also known as fats or oils. Fats are solid at room temperature, while oils are liquid.



Why are lipids important?

Lipids help the body to function by providing;

- ✓ Source of energy
- ✓ Warmth, as most fat is found under the skin
- ✓ Protection from injury for bones and other organs
- ✓ Provide fatty acids, which are used to help form the walls of body cells

Food Sources of Lipids

Lipids are found in fats and oils. They are also found in foods such as; lean meat, nuts, poultry and eggs.

Types of Lipids

- 1. Saturated Fats:** These are in animal products such as; cream, full-cream milk, eggs, butter and also many snack foods. These are considered BAD fats because they are linked to levels of bad cholesterol, which can increase the risk of heart attack.
- 2. Monounsaturated Fats:** These are in olive oil, canola oil, olives, peanuts and avocados. These are less likely to raise blood cholesterol levels.
- 3. Polyunsaturated Fats:** These are in vegetable oil, margarine and fish oils. They are GOOD fats and some of these foods contain Omega 3 Fatty Acids, which mean they can reduce blood cholesterol levels.

How much lipids do we need?

1-2 serves of lipids are needed a day. It is better to obtain lipids from good sources of fats.

BAD THING ABOUT FATS: WHEN MORE LIPIDS ARE CONSUMED THAT THE BODY NEEDS, IT LEADS TO WEIGHT GAIN.