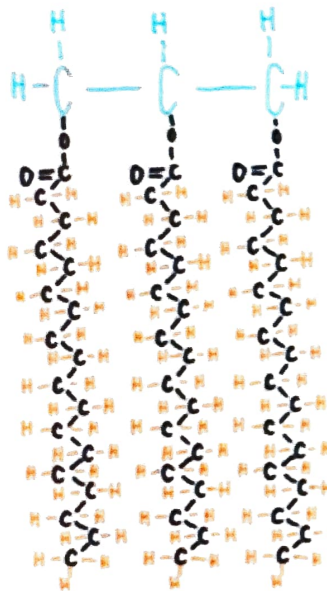


Contain (like Carbohydrates) but the ratios are different - LIPIDS are

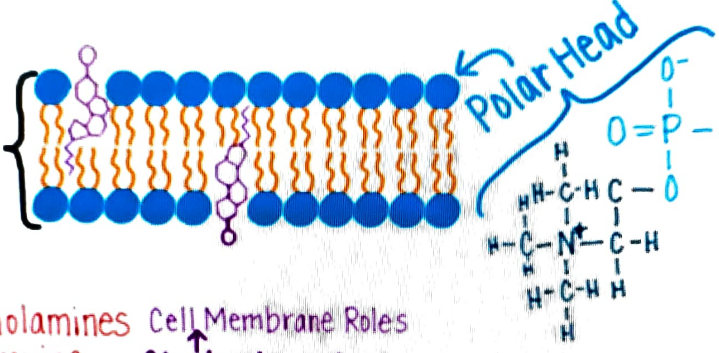
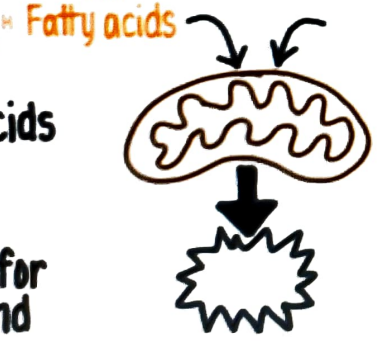
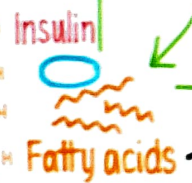
LIPIDS

molecules molecules Molecules
Lipids
 Protein



saturated fatty acids
 are safely for ATP production and long-term storage

Adipose Tissue



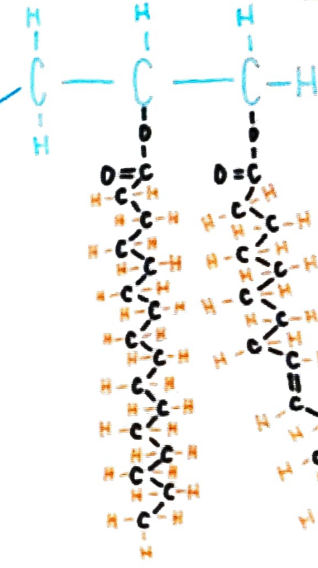
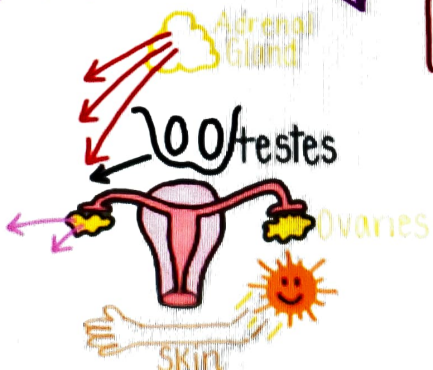
Catecholamines Thyroxine Cortisol
 Cell Membrane Roles

Cholesterol



Building Block

main ingredient



unsaturated fatty acids
 are unstable and easily (broken down and rancid).
 are important for and all kinds of complex (e.g.

Fatty Acids can be bond chains

bond (monounsaturated) - olives, avocados

bonds (polyunsaturated) - omega-3: DHA and EPA (Fish)