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In nutrition biology and chemistry fatusually means any ester of fatty acids or a mixture of such compounds most commonly those that occur in living beings or in food. [1] Dec 2 2025 fat any substance of plant or animal origin that is nonvolatile insoluble in water and oily or greasy to the touch

Together with animal and vegetable oils fats comprise one of the three principal classes of foodstuffs the others being proteins and carbohydrates The American Heart Association suggests that 8 10 percent of daily calories should come from polyunsaturatedfats and there is evidence that eating more polyunsaturatedfatup to 15 percent of daily caloriesin place of saturatedfatcan lower heart disease risk Aug 23 2024 Fatgets a bad rap even though it is a nutrient that we need in our diet just not too much

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Your body only storesfatif you take in more calories from protein carbs orfatsthan your body needs to burn for energy A combination of exercise and the right diet will help you lose the abdominalfatthats linked to a higher risk of heart disease

Johns Hopkins researchers explain how to shape up Learn what dietaryfatsdo for the body and how muchfatis recommended per day. Look up how muchfatis in popular foods like avocados and eggs Mar 17 2025 When it comes to health not allfatsare equal

This article looks at the sources and types offat their effects on the body and how much to add to the diet Jul 24 2024 Fatsare a type of nutrient that you get from your diet. It is essential to eat somefats though it is also harmful to eat too much

Thefatsyou eat give your body energy that it needs to work properly. During exercise your body uses calories from carbohydrates you have eaten.

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