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Fats are one of the three main macronutrient groups in human diet along with carbohydrates and proteins [1][3] and the main components of common food products like milk butter tallow lard salt pork and cooking oils Dec 2 2025
A fat is any substance of plant or animal origin that is nonvolatile insoluble in water and oily or greasy to the touch

Together with 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 polyunsaturated fats and there is evidence that eating more polyunsaturated fat up to 15 percent of daily calories in place of saturated fat can lower heart disease risk Dec 9 2024
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The fats you 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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