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Fatsare 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

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During exercise your body uses calories from carbohydrates you have eaten Fatsare 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 Afatis any substance of plant or animal origin that is nonvolatile insoluble in water and oily or greasy to the touch

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