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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

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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Thefatsyou eat give your body energy that it needs to work properly

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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