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In nutrition biology and chemistry fat usually means any ester of fatty acids or a mixture of such compounds most commonly those that occur in living beings or in food

[1] 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 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 Dec 9 2024 The fats in your food don't automatically turn into body fat adipose tissue

Your body only stores fat if you take in more calories from protein carbs or fat than your body needs to burn for energy Feb 20 2025 Get to know the different types of fat what they do which ones are healthy fats and which foods are good sources of healthy fats Feb 15 2023 Not all fats are created equal

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This article looks at the sources and types of fat their effects on the body and how much to add to the diet Dec 12 2025 This complete guide to fatty acids describes all the different types of dietary fat their potential health effects and where to find them Jul 24 2024 Fats are a type of nutrient that you get from your diet

It is essential to eat some fats though it is also harmful to eat too much. 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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