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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 9 2024. The fats in your food don't automatically turn into body fat adipose tissue.

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