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Why You Need Fats Cleveland Clinic Fat.

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In nutrition biology and chemistry fatusually 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 polyunsaturatedfats and there is evidence that eating more polyunsaturatedfatup to 15 percent of daily caloriesin place of saturatedfatcan lower heart disease risk Dec 9 2024 Thefatsin your food dont automatically turn into bodyfat adipose tissue

Your body only storesfatif you take in more calories from protein carbs orfatsthan your body needs to burn for energy 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 A combination of exercise and the right diet will help you lose the abdominalfatthats linked to a higher risk of heart disease

Johns Hopkins researchers explain how to shape up Aug 23 2024 Fatgets a bad rap even though it is a nutrient that we need in our diet just not too much. Learn all about dietaryfatsand how getting too much or too little affects our health Feb 15 2023 Not allfats is created equal

Find out which type offatto choose and which to avoid for good health.

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