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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.

Your body only stores fat if you take in more calories from protein, carbs, or fat than your body needs to burn for energy Dec 2 2025. Fat is any substance of plant or animal origin that is non-volatile, 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 abdominal fat that's linked to a higher risk of heart disease.

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

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

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