

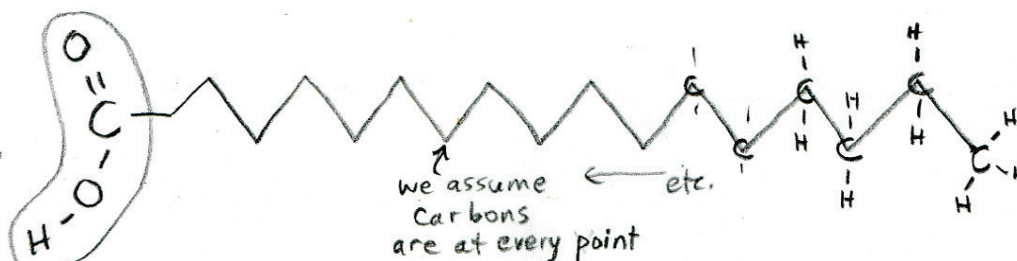
LIPIDS (part 1: triglycerides)

3

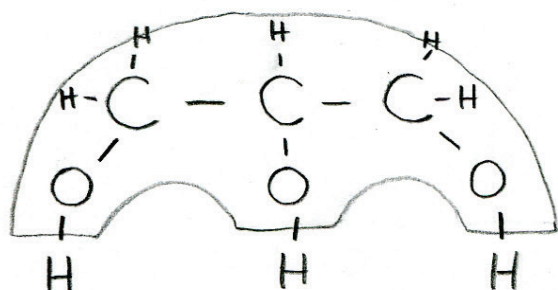
FATTY ACID

This is the acid part of the molecule.

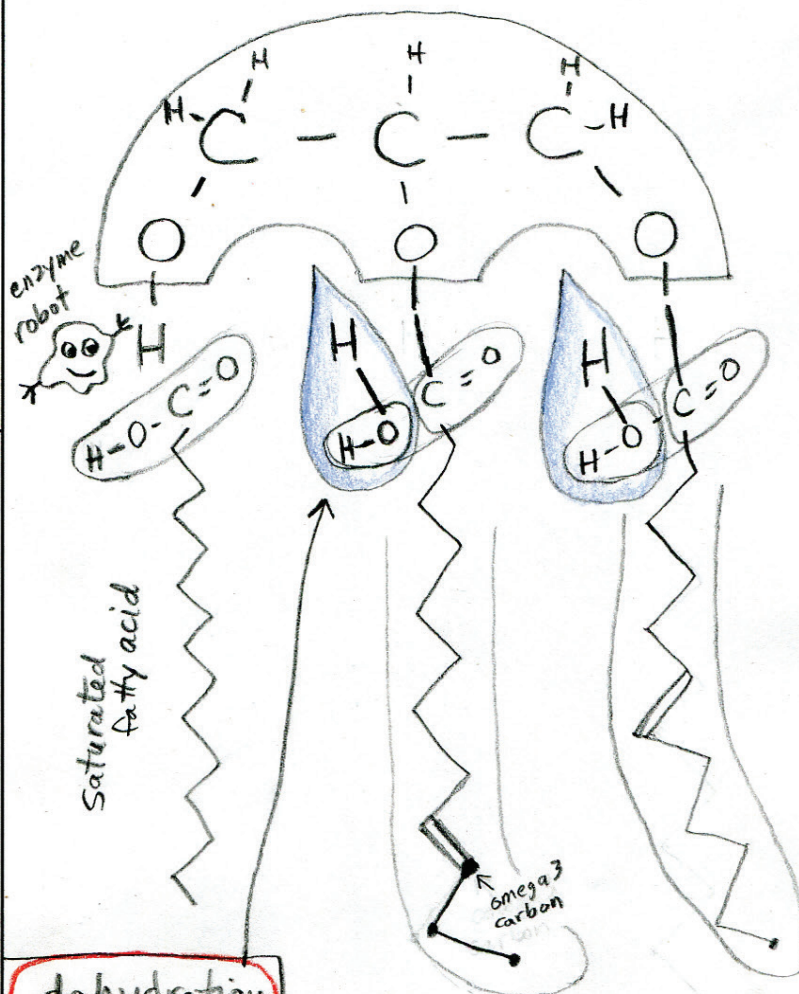
carboxyl group →



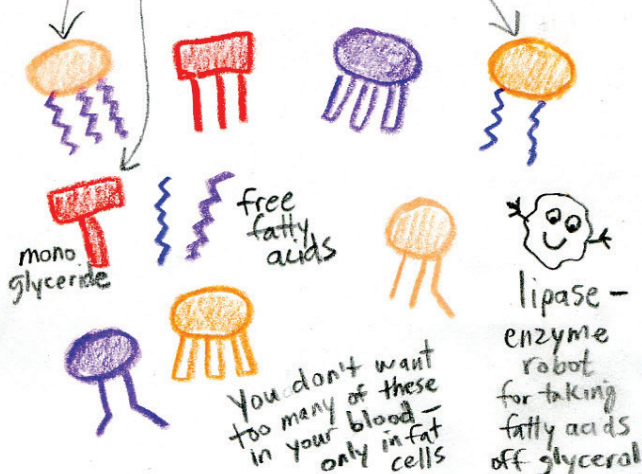
GLYCEROL (glycerin)



TRIGLYCERIDE



TRIGLYCERIDES DIGLYCERIDES MONOGLYCERIDES



dehydration synthesis

omega 3 fatty acid

omega 6 fatty acid

What kind of fatty acids might be attached to glycerol?

Lauric acid has only 12 carbon atoms. It is found in coconuts and palms. Palmitic acid has 16 carbon atoms. Commonly found in our body fats

These fatty acids all have 18 carbons:

- 1) Stearic acid has 0 double bonds and is found in abundance in animal fats (esp. marrow)
- 2) Oleic acid has 1 double bond and is found in abundance in olive oil
- 3) Linoleic acid has 2 double bonds and is found in abundance in flax and olive oil
- 4) α-linolenic (ALA) has 3 double bonds and is found in seeds and nuts

Our bodies can make some fatty acids. Others must come from our diet and are called essential fatty acids