

NUTRIENTS

Lipids (fats)

- Lipids Provide a concentrated form of energy to the body.
- Fat pads in the body protect organs and bones from injury.
- Excess dietary fat is stored in the body's fat cells.
- Lipids act as a carrier of fat-soluble vitamins (A, D, E, K) and therefore assist with the digestion, absorption and transport of the fat-soluble vitamins.
- They Provide essential fatty acids (EFA) i.e. omega-3 and omega-6 fatty acids that cannot be produced by the body. EFAs are needed to prevent symptoms associated with EFA deficiency
- All naturally occurring fats are usually mixtures of polyunsaturated fatty acids (PUFAs), monounsaturated fatty acids (MFAs) and saturated fatty acids (SFAs).

	Characteristics
Saturated Fatty Acids	Usually solid at room temperature
Monounsaturated Fatty Acids	Liquid at room temperature
Polyunsaturated Fatty Acids	Liquid at room temperature

- SFAs are usually found in animal products.
- PUFAs are usually found in plant products (except coconut, cocoa and palm tree products which contain SFAs) and fish products.
- MFAs are usually found in olive oil, canola oil, peanut oil, peanuts, pecans, almonds and avocados.

For further, personalized and more detailed information, please contact a dietitian registered with the Health Professions Council of South Africa. References from the scientific literature used to compile this document are available on request.

Human Nutrition | Menslike Voeding

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