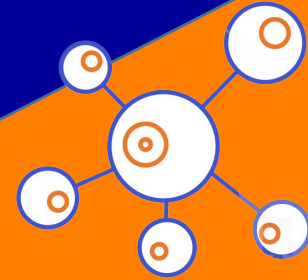


Macronutrients - all about Fats 1.4.21



Quick breakdown

Fats

- oils or
- solid lards and butters

at room temperature.

They supply **9** calories per gram.

“So, let’s say I wanna **reduce** the amount of calories in my **eating** the **first** thing I can do is **remove all the fat.**”



If you removed all the fat off of your plate –

the refined beans, the thick salad dressing, the compound butter, exchanging steak or sole picatta and butter for no-butter -

you're already cutting the calories **by more than half**.

Just twenty grams (about 25 almonds) is close to 180 calories, a fully nutrient dense snack.

Fat are comprised of a glycerol backbone and some fatty acid chains made of repeating carbon and hydrogen links.

One chain is called a monoglyceride, two a diglyceride. Three, a triglyceride, the most abundant form.

Depending on the structure of said chains, they're either going to be **saturated** with hydrogen molecules or just a few.

This yields either **saturated** or **unsaturated** fatty triglycerols or fatty acids.

Complex Compounds | Protein



FAT



Complex Compounds | Fat

Saturated

- Meat, butter, cheese

Unsaturated – oils

- Monounsaturated
 - Nuts, avocado, sesame oil
- Polyunsaturated
 - Walnuts, seeds, flax, canola
- Trans
 - Hydrogenated
- MCT



all about fats

Saturated and Unsaturated, Medium Chains

Saturated fatty acids are hard and solid like a piece of lard at room temperature. Fat inside of meats and butter is hard.

Unsaturated fats are liquid, oils, at room temp. Monounsaturated and unsaturated oils are shorter chains of fatty acids. That is, they're structurally shorter than long chain fatty acids which are more solid.

These exist on a gradient of how long/solid the fatty acid is – lard – versus short and liquid they are – grapeseed oil.

Oils exist in avocados, and polyunsaturated fatty acids exist in canola oil.

Trans fats are oils that have hydrogens bubbled into them to turn them from oils into a hard, solid fat which extends foods' shelf life cheaply.

People detest trans fats inside their food.

And, if there is less than half of a gram worth of trans fat inside a serving, it most likely is not listed on the label.

MCTs, medium chain triglycerides, which are a little bit longer in length than oils. These are most readily metabolized fats inside of your body because of its structure and location inside the body.

**Search for codified trans fats as
“partially or partly hydrogenated” vegetable oil
on the food label.**

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