



NUTRIENTS: FATS

MODULE 4



FAT

- FAT IS ESSENTIAL TO KEEP THE BODY HEALTHY.

FAT PROVIDES:

- Energy
- Protection
- Taste
- Vitamins

FAT

➤ Energy:

- Fat is stored in the body as energy, and fat is converted into energy when the body needs it.
- Fats and oils provide a larger amount of energy than carbohydrates or proteins.



FAT

➤ Protection

- Fat surrounds and protects many of the body's vital organs (Kidneys).
- Fat under our skin keeps us warm.



FAT

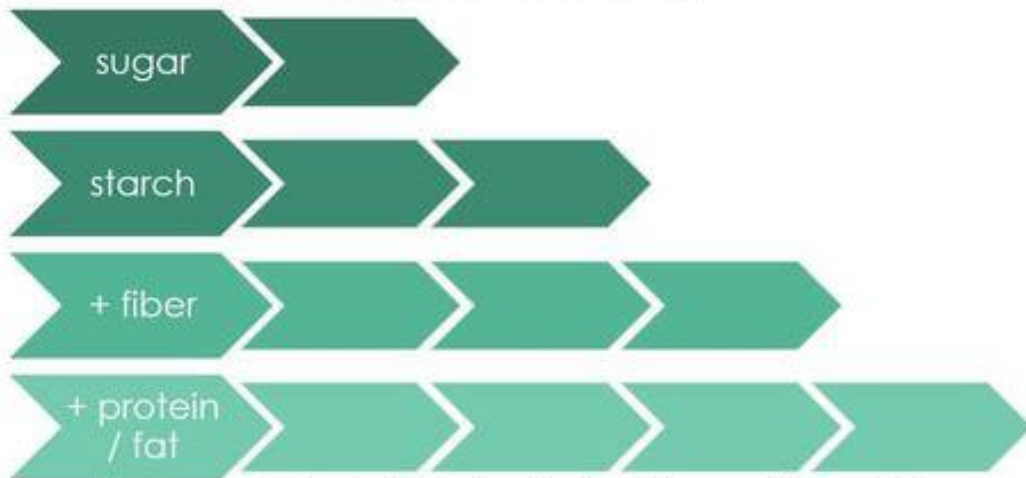
➤ Taste

- Fat adds flavor, texture and colour to food
- Fat also helps us feel full. This is because fat is slow to digest, so it stays in our stomach for longer.



FAT

Duration of fullness



*The more complicated the chemistry (eg. the more fiber, protein, and/or fat) the longer the body feels full – upwards of 3-4 hours!
"Simpler" chemistries leave us hungry sooner.*

FAT

➤ Vitamins

- Fat provides us with fat soluble nutrients such as vitamin A, D, E and K.





FAT

- TYPES OF FAT

- VEGETABLE FATS:

- Seed oils (grape oil and sunflower oil)
- Olives and olive oil
- Soya beans
- Nuts (walnuts, brazil nuts and hazelnuts)



FAT

- TYPES OF FAT

- ANIMAL FATS:

- Cream
- Eggs
- Cheese
- Meat fat
- Drippings (Lard and ghee)
- Butter
- Suet
- Oily fish (tuna, salmon and mackerel)



FAT

Functions of fat

- Frying
- Enriching
- Shortening
- Emulsifying
- Moistening
- Colouring
- Creaming

Example

- Chips
- Sauces
- Pastry
- Mayonnaise
- Butter for bread
- Butter in pastry
 - Cakes



FAT

SATURATED FAT

- Found in animal fat
- Found in some veg fats (palm and coconut oils)
- Can increase cholesterol, which can lead to heart disease and problems

POLYUNSATURATED FAT

- Found in veg oils
- Sunflower oil, grape seed and soya oils
- Is preferred for ones diet as it helps in the prevention of heart disease and cholesterol.