

↑ TAGs (↑ CM/VLDL) → ↑ pancreatitis risk

# FATS

## Derived Lipids

### Simple Lipids

~ 95% TAGs



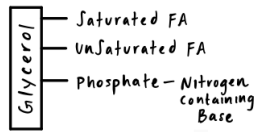
### Complex Lipids

#### Phospholipids

contains an Alcohol & A phosphate

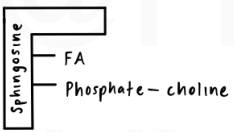
##### Glycerophospholipids

glycerol is the alcohol



##### Sphingophospholipids

Sphingosine is the alcohol



#### Glycolipids

Abundant in nerve tissue - it contributes to myelin sheath  
Glycolipid & Glycoprotein form the Glycocalyx

##### Cerebrosides

Monosaccharide

##### Sulfatides

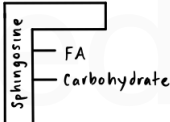
Monosaccharide & Sulfate

##### Globosides

Oligosaccharide

##### Gangliosides

oligosaccharide w/ NANA



### Saturated

Saturated w/ H's, so no double bonds  
- solid at room temp

#### Short chain

< 6 C atoms

#### Medium chain

6-10 C atoms

#### Long chain

12-20 C atoms

↑ chain length → ↑ Melting Temp  
↑ chain length → closer packing & less mobility  
Palmitic Acid (16C) is the most abundant Saturated FA

↑ cholesterol (↑ LDL) → premature atherosclerosis

### Unsaturated

Liquid at room temp  
- has double bonds

↑ # double bonds → ↓ Melting Temp  
↑ # double bonds → ↑ membrane fluidity

#### MUFA

1 double bonded C  
ex) oleic Acid (olive oil ω-7)

Monounsaturated FA (oleic acid - olive oil) → ↑ HDL

#### PUFA

> 1 double bonded C

ω3 Linolenic Acid (ALA), EPA, DHA

ω6 Linoleic Acid, Arachidonic

