

THOUGHT QUESTIONS LIPIDS

1. Which other macronutrients shares a common purpose? Explain.
2. How many functions are associated with lipids?
3. What is the biggest part of the basic lipid molecule?
4. What is the basic molecular difference of saturated fats from poly- and monounsaturated lipids?
5. Why should we keep an intake of saturated fat as low as possible?
6. Why would using monounsaturated fats be more desirable than polyunsaturated fats?
7. If stick margarine is polyunsaturated fat, why is eating this substance almost as bad as saturated fat?
8. Why should we be concerned about the ingredient 'partially hydrogenated' on packages of foods?