

Lipid Notes

Lipids: fats, oils & steroids

Carbon, Hydrogen, Oxygen

Store long term energy. (Phosphorus)

Hydrocarbon Chain: line of hydrogens & carbons, + some Oxygen

Labels	Saturated	Unsaturated
molecular structure	<p>C_5H_{12}</p> <p>Saturated (filled) w/ hydrogen</p>	<p>C_5H_{10}</p> <p>unsaturated (not filled) w/ hydrogen</p>
stack		
State at room temp 65-75°F	Solid	Liquid
melting point	higher: melts above 65-75°F	below 65-75°F
type of life	animal fats (coconut oil)	Plants
examples	white part of bacon/steak Butter, lard	olive oil, grape seed, canola, vegetable...

Solid: no = mean 5 stacks, takes more energy to melt

higher: melts above 65-75°F

animal fats (coconut oil)

white part of bacon/steak
Butter, lard

Liquid: = mean doesn't stack, less energy to melt

below 65-75°F

Lower

Plants

olive oil, grape seed,
canola, vegetable...