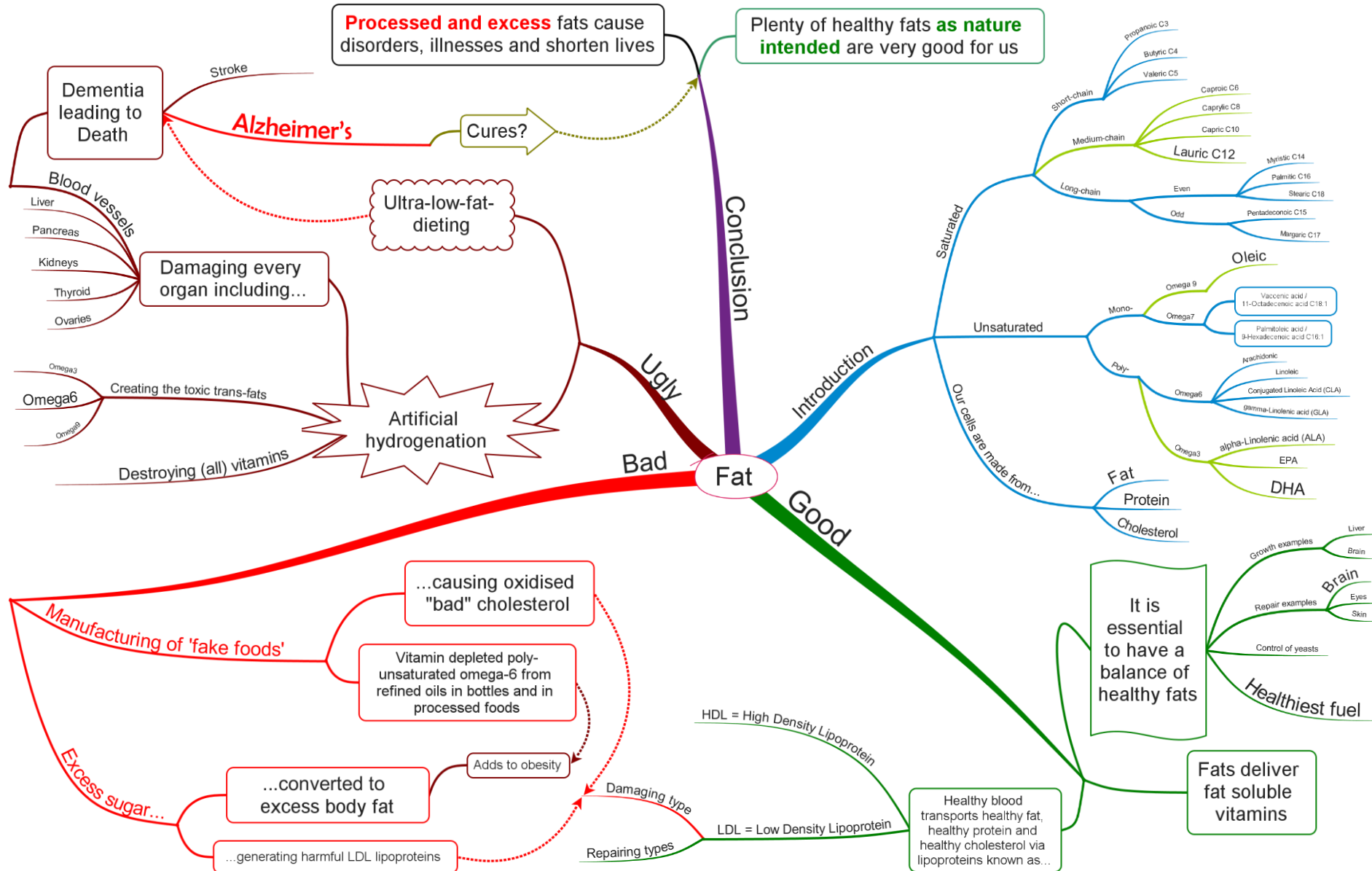


# An outline for explaining most of we need to know about dietary fats



Plenty of healthy fats as nature intended are very good for us

Processed and excess fats cause disorders, illnesses and shorten lives

Conclusion

Introduction

Good

Bad

Ugly

- Our cells are made from...
- Saturated**
    - short-chain
      - Propionic C3
      - Butyric C4
      - Valeric C5
    - Medium-chain
      - Caproic C6
      - Caprylic C8
      - Capric C10
      - Lauric C12
    - Long-chain
      - Even
        - Myristic C14
        - Palmitic C16
        - Stearic C18
      - Odd
        - Pentadecanoic C15
        - Margaric C17
  - Unsaturated**
    - Mono-
      - Omega 9
        - Oleic
      - Omega 7
        - Vaccenic acid / 11-Octadecenoic acid C18:1
        - Palmitoleic acid / 9-Hexadecenoic acid C16:1
    - Poly-
      - Omega 6
        - Arachidonic
        - Linoleic
        - Conjugated Linoleic Acid (CLA)
        - Dihomo-Linolenic acid (DLA)
      - Omega 3
        - alpha-Linolenic acid (ALA)
        - EPA
        - DHA