Types of Lipids

Fatty Acid Structure

Categorizing Fatty Acids

- Short-chain: 2-4 carbons
- Medium-chain: 6-10 carbons
- Long-chain: 12+ carbons
Types of fatty acids

- Saturated
- (Mono)unsaturated
- (Poly)unsaturated

Cis vs. Trans Fatty Acids

Essential vs. Nonessential

After Fig. 6.4 in Insel, et al.
Triglycerides

Triglyceride functions

Phospholipid

Phosphate group

Glycerol group

Two fatty acids

Make the “tail”