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10 jun 2025 unsaturated fats are liquid at room temperature not solid like saturated fats structurally unsaturated fats don t have as many hydrogen atoms bonded to carbon
atoms i e the carbon chain

foods contain 2 main types of fat unsaturated fat most foods contain a mixture of both fats in different proportions if a food contains more saturated fat than unsaturated fat it
would be described as high

unsaturated fats are healthier fats that are usually from plant sources and in liquid form as oil for example vegetable oil rapeseed oil and olive oil swapping to unsaturated fats
will help to reduce

there is good evidence that replacing saturated fats with some unsaturated fats can help to lower your cholesterol level mostly found in oils from plants and fish unsaturated fats can be either

unsaturated fats are more heart healthy there are different types of unsaturated fat known as monounsaturated and polyunsaturated fats and they do different jobs in the body

14 dec 2025 what are unsaturated fats there are three major types of fat unsaturated saturated and trans fats 1 their differences which determine their effect on your health are defined by each

25 may 2025 unsaturated fatty acids feature double bonds often highlighted in red causing a bend that prevents tight packing and keeps them liquid the number of double bonds determines the

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