

OBJECTIVE

The term lipid is applied to a group of natural substances characterised by their insolubility in water and their solubility in such “fat solvents” as ether, chloroform, boiling alcohol and benzene. The word ‘Lipid’ is used when discussing the metabolism of fats in the body whereas the term ‘Fats’ is used the fatty component of foods and diets. Fats like carbohydrates are composed of three elements carbon, hydrogen and oxygen. Lipids are wide spread in nature among all vegetable and animal matter. Chemically lipids are all esters of glycerol with higher fatty acids.

From this episode you will be learning about the following objectives

Importance of fats and oils in Indian foods and cookery

Classification of fats based on structure

The principal lipids present in the foodstuff, which we take in normal diet

Digestion of dietary lipids in GI tract

Absorption of lipids