

OBJECTIVE

In continuation with the first part, in this unit you learnt about the functions, deficiency and excess of lipids. In earlier unit, you learnt about the definition of lipids, followed by classification. You also learnt about how lipids are digested and absorbed in the body through various transport systems. Fats are concentrated source of energy providing 9 Kcal/g, and are made up of fatty acids in different proportions.

This episode deals with the following objectives

- ☐ Functions of lipids
- ☐ Choice of Different fats for maintaining good health
- ☐ Deficiency caused by lipids
- ☐ Abnormalities caused by excess consumption of fats