

## **Summary:**

Lipids are a broad group of chemically diverse compounds that are soluble in organic solvents. Food lipids are generally referred to as fats or oils. Fats are solid at room temperature and oils are liquids at room temperature. Food lipids play an important role in food quality. They contribute to attributes such as texture, flavor, nutrition and caloric density. Fats and oils are triglycerides, the major constituent of lipids. Lipids are classified as simple, compound and derived lipids. Based on degree of saturation, fatty acids are classified into Saturated Fatty Acids & Unsaturated Fatty Acids. Essential Fatty Acids viz, alpha linolenic acid and linoleic acid cannot be synthesized in the body; therefore, they must be supplied through the diet. Minor components of fats and oils include tocopherols and pigments. Fatty acid chains of even number may exist as geometric or positional isomers. Nomenclature may be according to a common name, systemic or Geneva name, or omega system.