Summary:

The term lipid is applied to a group of natural substances characterised by their insolubility in water and their solubility in such “fat solvents”. Chemically, the lipids are either esters of fatty acids or substances capable of forming such esters. Fats are composed of three elements carbon, hydrogen and oxygen. The amount of oxygen is lower in relation to the other two elements which makes fats a concentrated source of energy. Lipids are wide spread in nature among all vegetable and animal matter. Some compounds of this group, such as phosphatide and sterols are found in all living cells. Lipids, with the proteins and carbohydrates form an essential part of the colloidal complex of protoplasm. Complex lipids are also found in large quantities in brain and nervous tissue. Fats and oils are important components of Indian foods. They have many functional role in bakery products, like shortening and leavening agents. The digestion lipids poses a special problem because of insolubility in water. The solubility can be solved by emulsification of fats by bile salts and phospholipids. Digestive enzymes involved in breaking down dietary lipids in the gastrointestinal tract are esterases, phospholipases, and cholesterol esterase. Micelles helps in the absorption of digested lipid contents which include FFA, 2-monoacylglycerols, cholesterol, cholesterol esters, and lysolecithin. Lipids are transported in blood by lipoproteins.