# Good fats and bad fats research paper example

Health & Medicine, Body

## Good and Bad Fats

Fats can be classified as saturated fats and unsaturated fats. Unsaturated fats can be classified further as cis and trans unsaturated fats. Saturated fats are considered as bad fats. They consist of a long chained linear structure, high melting point and contain higher energy than unsaturated fats. These characteristics make them tightly bound to the body. Unsaturated cis fats have similar structures to saturated fats and are easy to deposit in the body. Unsaturated trans fats are good fats. They have a lower melting point, bent structure that allows for efficient packing, and can be broken down more easily than saturated fats. Unsaturated fats reduce the total cholesterol and LDL cholesterol and increase HDL cholesterol. Saturated fats raise the total blood cholesterol and LDL cholesterol.

Sources of monounsaturated fats include canola oil, peanut oil, olives, olive oil and avocado. Sources of polyunsaturated fats include walnut, flax seed oil, fish oil supplements, and fish such as salmon and sardines. Saturated fats can be found in meat, dairy, eggs, seafood coconut oil, and palm oil.

Body fats consist of fatty acids and glycerol. Fatty acids are classified as essential and non-essential fatty acids. Omega-3s are essential fatty acids. They include eicosapentaenoic acid (EPA), alpha-linoleic acid (ALA) and docosahexaenoic acid (DHA). Cold water fish are a source of EPA and DHA, while ALA is found in walnuts and canola oil. Omega-6s are also essential fatty acids and include gamma-linoleic acid (GLA) and linoleic acid (LA). Their sources are unsaturated vegetable oil like sunflower and soybeans. Omega-9 fatty acids such as oleic acid are non-essential fatty acids. Omega-3, 6 and 9

fatty acids lower serum cholesterol and help in reducing blood pressure. They allow for smooth blood for by preventing platelets from clotting or adhering on artery walls.

Poly unsaturated fats occur in liquid form at room temperature. Hydrogenation solidifies unsaturated fatty acids. It breaks the carbon double bonds and attaches hydrogen, saturating the fatty acid. Therefore, saturated fats are solid at room temperature. Therefore, the effect of hydrogenation would determine good or bad fats. Saturated fats are bad fats, and they become so due to hydrogenation.

## References

Blakeman, D. (2010). Good fats/Bad fats: How to know the difference. Health Bulletin, 9.

Petrie, K. (2011). Food Buzz: Nutrition in the News. Minneapolis: ABDO.

Whitney, E., & Rolfes, S. (2011). Understanding Nutrition. Belmont, CA: Wadsworth.