

Lipids- Zebra Book: 169, 221, 1025-1027

What are the functions?

What are lipids composed of?

What is a triglyceride?

What does a triglyceride look like?

Saturated Fats

What are saturated fats?

What are some sources of saturated fats?

What does a saturated fat look like?

Why is a diet of saturated fats unhealthy?

Unsaturated Fats

What are unsaturated fats?

What are some sources of unsaturated fats?

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Polyunsaturated Fats

What are polyunsaturated fats?

What are some sources of polyunsaturated fats?

Steroids

What are the functions of steroids?

What are some examples of steroids and their functions?

Cholesterol

What is cholesterol?

What is the difference between HDL and LDL?

What are the dangers of a diet high in LDL?

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