

TOPIC: WHY DO WE NEED LIPIDS?

Lipids Are Required in Our Diet

- ◆ It's recommended that fats make up _____ - _____ % of your total *daily* energy intake.
- ◆ Why are fats/lipids required? There are several reasons including that they can:

Provide/store Energy

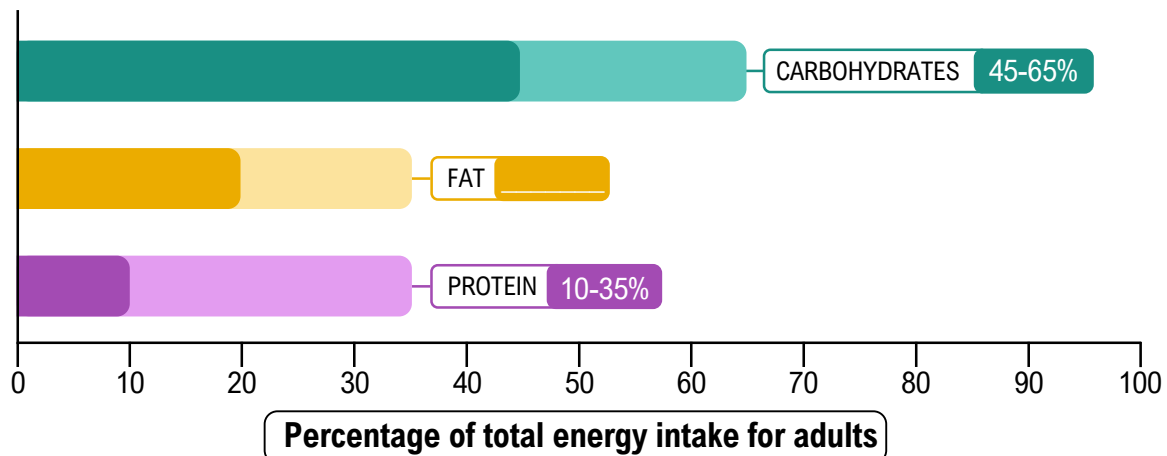
Insulate & Protect

Form Membranes

Aid Digestion



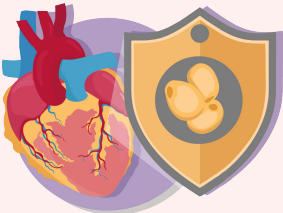
Allow Vitamin Transport

AMDR



Fats Provide/Store Energy, Insulate & Protect

- ◆ Fat plays many vital roles in the body:

Provide/Store Energy	_____	Protect
		
<ul style="list-style-type: none">-Fats provide ____ Kcal per gram.-Heart & liver prefer fat as fuel.-Stored in adipose tissue for later use.	<ul style="list-style-type: none">-Adipose tissue under the skin insulates the body.	<ul style="list-style-type: none">-Adipose tissue around organs (visceral fat) protects/cushions them from damage.

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EXAMPLE

Adrian says he's going to remove all lipids from his diet because he wants to lose weight & reduce his body fat percentage. Is this a healthful strategy? If not, explain why.

- a) Yes, this is an effective & healthful strategy.
- b) No, because lipids are an important part of our diet & should make up 20-35% of our total Calories.
- c) No, because in order to lose weight he needs to exercise every day.
- d) No, because he should focus on cutting out carbohydrates from his diet if he wants to lose weight.

PRACTICE

Brianna consumed 180 Kcal of lipids in a day. How many grams of lipid did she consume?

- | | |
|--------------|----------------|
| a) 90 grams. | c) 1620 grams. |
| b) 20 grams. | d) 180 grams. |

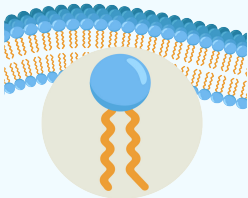
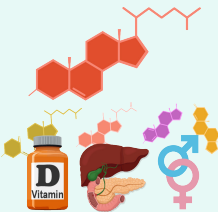
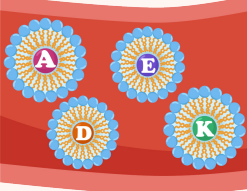
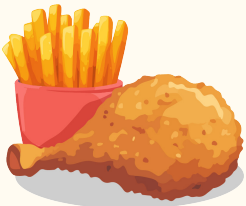
PRACTICE

Fat is mostly stored in _____ for later energy use.

- | | |
|--------------------|--------------------|
| a) Internal organs | c) The torso. |
| b) Adipose tissue. | d) Nervous tissue. |

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Lipids Perform Several Other Vital Functions

			
Phospholipids form cell membranes.	Cholesterol is a precursor to vitamin D, bile, & sex hormones	Lipids facilitate digestion, absorption, & transport of other lipids & _____-soluble vitamins (A, D, E, K) in the blood.	Fats contribute to the flavor, texture, & satiety of foods.

EXAMPLE

If someone doesn't consume enough lipids in their diet, they may struggle with:

- a) Building & repairing muscle tissue.
- b) Constipation & other issues with their GI tract.
- c) Elevated blood cholesterol & risk of heart disease.
- d) Insulating their body & protecting vital organs.

PRACTICE

Which of the following is NOT a reason that we need to consume lipids as part of a healthful diet?

- a) To allow the transportation and absorption of fat-soluble vitamins.
- b) To synthesize bile, vitamin D, & sex hormones.
- c) To make DNA.
- d) To provide energy when we are in a calorie deficit.

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PRACTICE

Which of the following statements is true?

- a) Fats contain more energy per gram than carbohydrates.
- b) Fats can act as the building blocks for new muscle tissue when the body lacks protein.
- c) Especially when at rest, fats provide less than 25% of the total energy we use.
- d) All of the above are true.