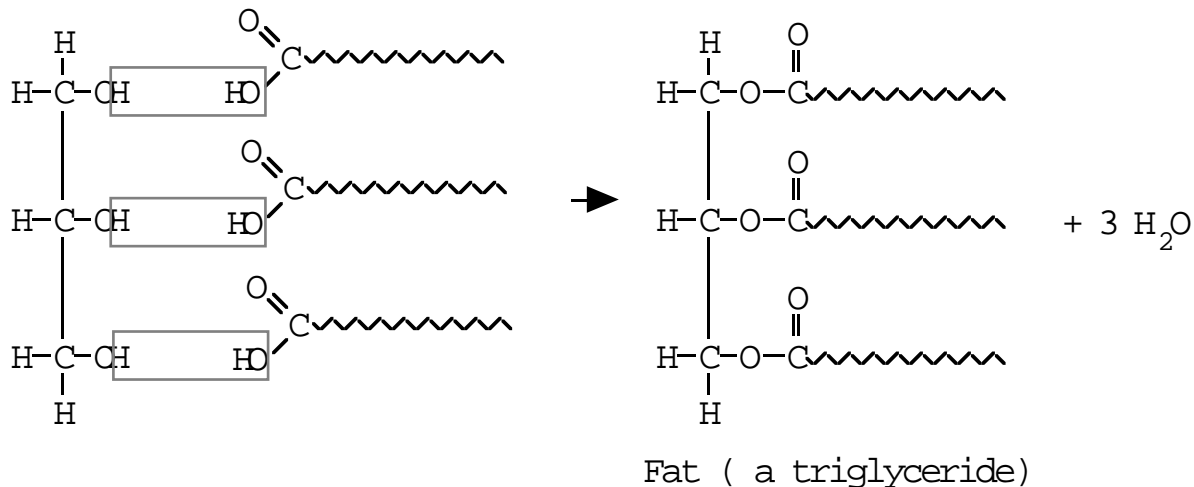
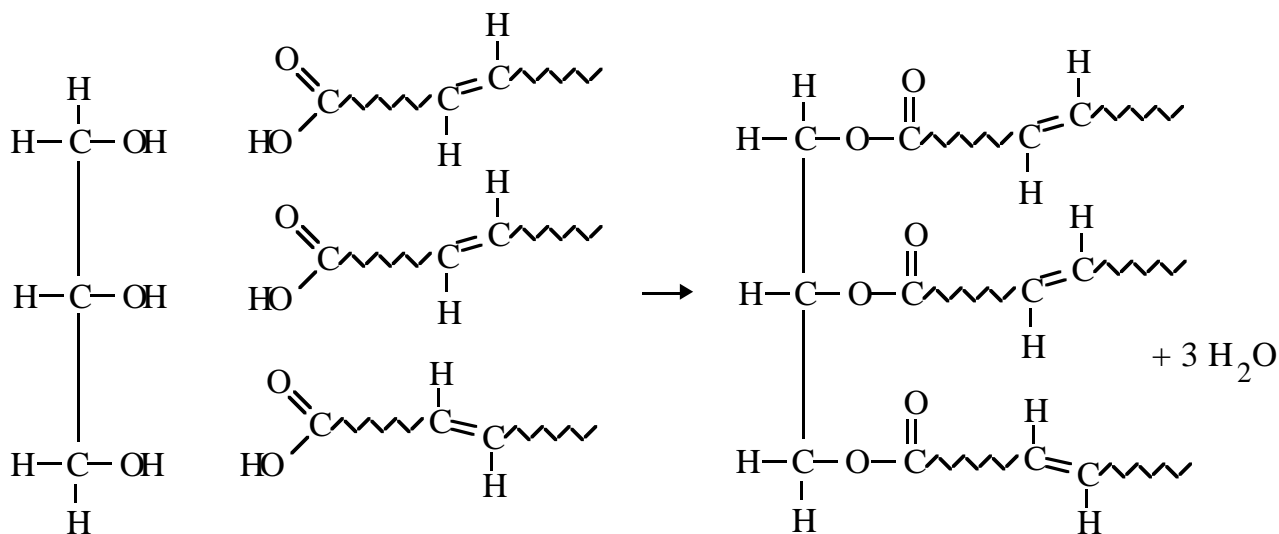


Fats and oils are formed by the condensation reaction of Glycerol with fatty acids in the ratio of 1 mole of Glycerol to 3 moles of fatty acids :



If any of the fatty acids is unsaturated, the resulting fat is unsaturated :



The distortion in shape produced by the double bonds makes close packing more difficult. Unsaturated fats thus have lower melting points than saturated fats and are usually liquids (oils) at room temperature.

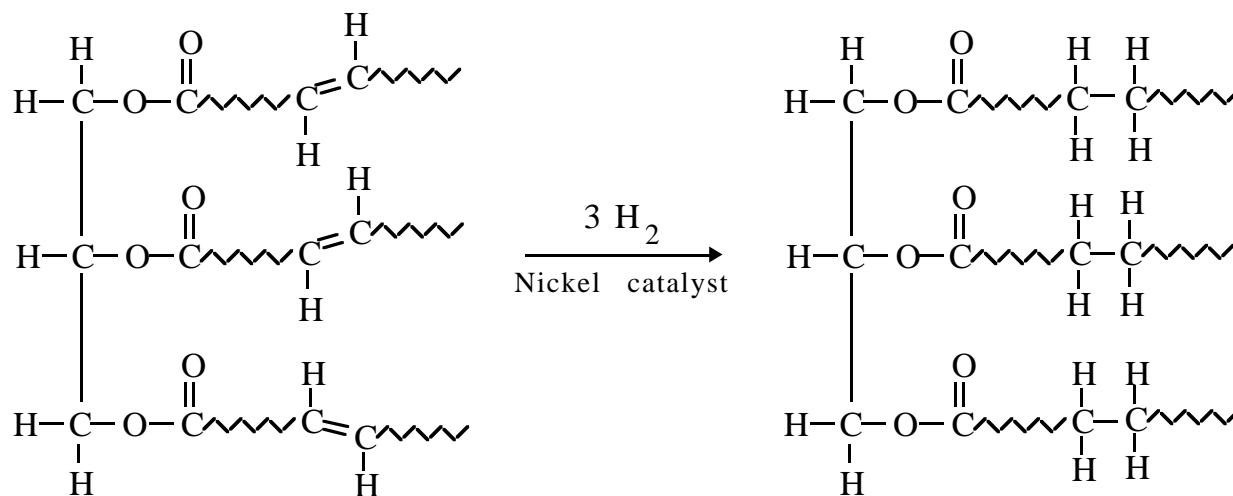
Fats and oils in the diet supply the body with energy and are a more concentrated source of energy than carbohydrates.

Most animal fats are saturated.

There is a link between saturated fat in the diet and heart disease. Fish oils (halibut, cod liver etc) and vegetable oils (olive, castor etc) are unsaturated and less likely to cause heart disease.

Manufacture of Margarine

Margarine is produced by reaction of vegetable oils with Hydrogen to partially remove some of the unsaturation :



Thus liquid oils are converted into solids more suitable for spreading.