

# Understanding Nutrition 13th Edition Whitney Solutions Manual

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## Chapter 5 – The Lipids: Triglycerides, Phospholipids, and Sterols

### Learning Objectives

After completing Chapter 5, the student will be able to:

- 5.1 Recognize the chemistry of fatty acids and triglycerides and differences between saturated and unsaturated fats.
  - a. Describe the structure of a fatty acid and the effects of chain length and saturation on the properties of the fat.
  - b. Describe the triglyceride.
  - c. List and describe the three types of fatty acids found in foods.
  - d. Explain the structure of the omega-3 and -6 fatty acids.
- 5.2 Describe the chemistry, food sources, and roles of phospholipids and sterols.
- 5.3 Summarize fat digestion, absorption, and transport.
  - a. Trace the digestion of lipids including identification of enzymes needed and the role of bile.
  - b. Describe the absorption of lipids into the intestine and the formation of the chylomicron.
  - c. Describe the role of the liver in the production of lipoproteins.
  - d. Explain the health implications of LDL and HDL and the factors that raise or lower levels of these lipoproteins.
- 5.4 Outline the major roles of fats in the body, including a discussion of essential fatty acids and the omega fatty acids.
  - a. Identify the uses of triglyceride in the body.
  - b. Identify the essential fatty acids and their role in the formation of eicosanoids.
- 5.5 Explain the relationships among saturated fat, *trans* fat, and cholesterol and chronic diseases, noting recommendations.
- 5.6 Explain the relationships between monounsaturated and polyunsaturated fats and health, noting recommendations.
- 5.7 Identify which fats support health and which impair it.
  - a. Name practical suggestions for food selections to replace saturated and *trans* fats with monounsaturated and polyunsaturated fats.

### Assignments and Other Instructional Materials

The following ready-to-use assignments are available in this chapter of the instructor's manual:

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**Michael Brown**



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