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unsaturated fat monounsaturated fat this is found in olive canola peanut sunflower and safflower oils and in
avocados peanut butter and most nuts it s also are part of most animal fats such as fats from chicken pork
and beef polyunsaturated fat this is found in sunflower corn soybean and cottonseed oils

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ed 'sach ə ,rāt əd not saturated as a capable of absorbing or dissolving more of something an unsaturated
solution b able to form

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ʌn'sætʃə ,reɪtɪd adj 1 not saturated 2 chemistry of a chemical compound esp an organic compound
containing one or more double or triple bonds and thus capable of undergoing addition reactions 3
chemistry of a fat esp a vegetable fat containing a high proportion of fatty acids having double bonds 4
unsaturated fats why you need them in your diet Dec 26 2022 web aug 24 2022 unsaturated fats can help
boost good cholesterol and lower bad cholesterol in your blood which can lower your risk of heart disease
or stroke explains taylor they also work to maintain your body s cells and brain

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power to dissolve still more of a substance chemistry of an organic compound having a double or triple

bond and capable of

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out typical addition reactions that are not possible with saturated compounds such as alkanes a saturated
organic compound has only single bonds between carbon atoms an important class of saturated compounds
are the alkanes many saturated compounds have functional groups e g alcohols

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loosely packed they tend to be liquid at room temperature there are two main types of unsaturated fat
monounsaturated fats research shows that consumption of plant based

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one double bond within the fatty acid chain a fatty acid chain is monounsaturated if it contains one double
bond and polyunsaturated if it contains more than one double bond where double bonds are formed
hydrogen atoms are subtracted from the carbon chain

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is more dilute than a saturated solution when referring to organic compounds unsaturated means a
molecule contains double or triple carbon carbon bonds examples of unsaturated organic molecules include
hc ch and h 2 c o in this context being saturated can be thought of as being saturated with hydrogen

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unsaturated fats are part of a heart healthy diet foods to eat include avocados olives nuts seeds fatty fish
dark chocolate and oils such as olive canola and soybean saturated and trans fats may raise your risk of
heart disease and stroke

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