

Functions & Benefits of Dietary Fat



Helps insulate the body to keep it warm



Helps keep skin and hair healthy



Helps absorption of fat-soluble* vitamins (A, D, E, K)

*Requires dietary fat to be absorbed and used by the body



Provides physical energy (9 calories / gram)



Provides essential* fatty acids (ALA, EPA, & DHA)

*Can't be produced in the body so must be provided by food

References:

A.D.A.M. Medical Encyclopedia. Dietary Fats Explained. Medline Plus. Updated Jul 30, 2022. Accessed Oct 21, 2024. <https://medlineplus.gov/ency/patientinstructions/000104.html>

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