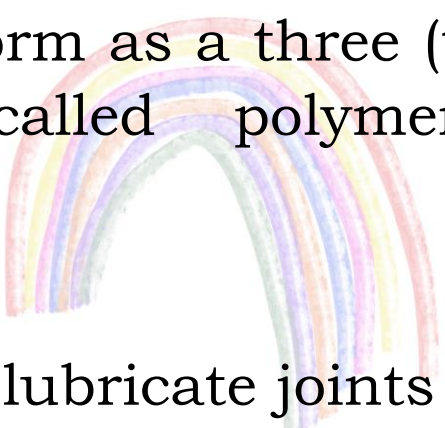


Fats (Energy source of 9kcal per gram)

Fats are formed from 3 molecules of fatty acids, called Triglycerides, which combine with glycerol.

Individually these molecules are known as monomers (simple compounds)

When they form as a three (triglycerides), they are called polymers (complex compounds)

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- Fats help lubricate joints
 - Help organs to produce hormones
 - Aid in absorption of certain vitamins
 - Reduce inflammation
 - Preserve brain health



Good sources of fat include

Almonds, walnuts, pumpkin seeds, chia seeds, olives and avocados



The Good Food, Good Mood
Ambassador