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an unsaturated fat is a fat or fatty acid in which there is at least 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 unsaturated not saturated having the power to dissolve still more of a substance chemistry of an organic compound having a double or triple bond and capable of taking on elements or unsaturated compounds generally carry 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 unsaturated ʌn'sætʃə,reitɪd 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 dec 11 2019 unsaturated fats are 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 nov 14 2022 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 oct 10 2019 an unsaturated solution 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 $\text{h}_2\text{c o}$ in this context being saturated can be thought of as being saturated with hydrogen atoms unsaturated adjective $\text{un sat u rat ed 'sach ə ,rāt əd}$ not saturated as a capable of absorbing or dissolving more of something an unsaturated solution b able to form products apr 8 2021 there are two main types of 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 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 health and certain fats even fight inflammation

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