**FAT AS FUEL - Triglycerides**

- **70 Kg Adult = 11 Kg Fat**
- **150 g Glycogen**
- **10 g Glucose**

**Components of Cell Membrane**
- Precursor of Hormones (Cholesterol)

**Fat Droplets → Fat Cells → Adipose Tissue**
- **1 g Fat = 38 KJ**
- **1 g Protein = 21 KJ**
- **1 g Carbohydrate = 17 KJ**

**Common Fatty Acids**
- Palmitic Acid
- Stearic Acid
- Oleic Acid
- Linoleic Acid
- Linolenic Acid

**Adrenaline & Glucagon**

**B-Oxidation Pathway**

- Mitochondrial Matrix (Transports Across Membranes)
- CoA Thioesters = Intermediates
- CoA Forms Thioester Bonds with Carboxylic Acids

**Carnitine Shuttle System**

1. **Fatty Acid + CoA (ATP) → Fatty-Acyl-CoA (AMP + PPi)**
2. **Fatty Acid + CoASH → Fatty Acyl - S - CoA? + H2O**

**Regulation of Fat Metabolism:**
1. Release from adipose tissue (Adr & Glucagon...)
2. Carnitine Shuttle Rate
3. Reoxidation of cofactors by cytochrome chain.

**Prevent from Notesale.co.uk**