

Phospholipids

Phospholipids are modified triglycerides with a phosphorous-containing group and two fatty acid chains. The phosphorous containing group gives phospholipids their distinctive chemical properties.

They form the cell membrane and have a hydrophilic head and a hydrophobic tail.

Steroids

Steroids are flat molecules made of four interlocking hydrocarbon rings. Like neutral fats, steroids are fat-soluble and contain little oxygen.

- The most important molecule in our steroid chemistry is cholesterol.
- There are several other steroids
- Oestrogen
 - o Found in women – sex hormone – gives feminine characteristics – menstrual cycle.
- Progesterone
 - o Found in women – promotes gestation
- Testosterone
 - o Found in men – anabolic steroid – build up muscle and bone mass
- Aldosterone
 - o Produced by the adrenal gland – regulates sodium and potassium in the blood.
- Cortisone
 - o Produced by adrenal glands – stress hormones – released when stressed.
- Cortisol
 - o Same as cortisone.
 - o Released when physically injured/deprived of food
 - o Has anti-inflammatory chemicals
 - o Promotes the breakdown of fat.

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