

Lipids (1)

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- **Lipids** include fats, oils, waxes, phospholipids, cholesterol, bile salts, steroid hormones, sphingolipids, eicosanoids, fat-soluble vitamins (vitamins A, D, E, and K) and others.
- **Lipids** are defined by low solubility in water and high solubility in nonpolar solvents.
- Lipids are largely hydrocarbon in nature and they represent highly reduced forms of carbon and, upon oxidation in metabolism, yield large amounts of energy.
- The lipids found in biological systems are either **hydrophobic** [containing only nonpolar groups example triacylglycerols] or **amphipathic** (amphiphilic), which means they possess both polar and nonpolar groups example fatty acids.

Biological Importance of Lipids:

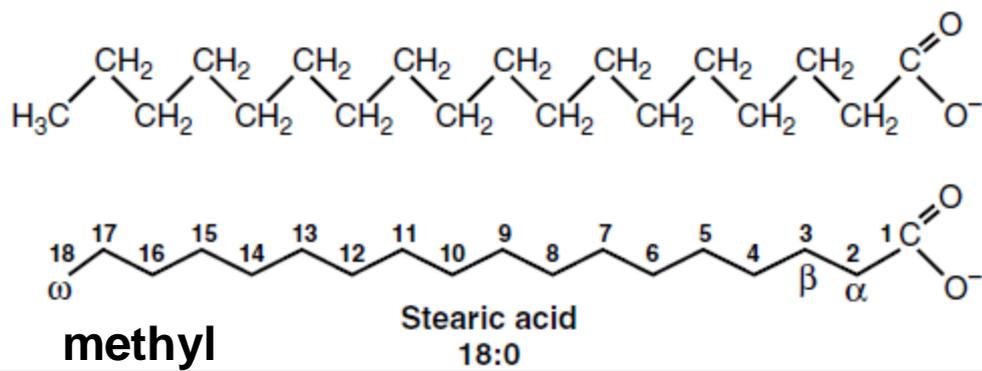
1. Source of energy, they provide more energy per gram than carbohydrates and proteins.
2. They are important constituents of the nervous system.
3. Tissue fat is an essential constituent of cell membrane
4. Stored lipids act as:
 - A store of energy.
 - A pad for the internal organs to protect them from outside shocks
 - A subcutaneous thermal insulator against loss of body heat.
5. Cholesterol is used for synthesis of steroid hormones, vitamin D and bile acids and bile salts.
6. Supply the body with essential fatty acids that cannot be synthesized and fat-soluble vitamins (A, D, E and K).

Fats and Fatty Acids

- A **fatty acid (FA)** is composed of
 - (a) long straight hydrophobic hydrocarbon chain
 - (b) a methyl group at one end (called the ω -carbon 'omega carbon')
 - (c) a carboxyl group at the other end. The carboxyl group (COOH) pKa is 4.8 thus is normally ionized (COO-) under physiological conditions which give the fatty acid its amphipathic nature.

For long-chain fatty acids (LCFA), the hydrophobic portion is predominant thus is water-insoluble. In general, fatty acids made up of ten or more carbon atoms are nearly insoluble in water.

- The carbon to which the carboxyl group is attached (carbon 2) is also called the α -carbon, while carbon 3 is the β -carbon, and carbon 4 is the γ -carbon.
- The carbon of the terminal methyl group is called the ω -carbon regardless of the chain length.
- Most of the fatty acids found in nature have an even number of carbon atoms (usually 14 to 24) while in humans between 16-20. This is because they are biosynthesized from C2 building blocks. Certain marine organisms, however, contain substantial amounts of fatty acids with odd numbers of carbon atoms



carboxyl

Even number of carbon

- Fatty acids structure

- Stearic acid is a saturated fatty acid all the atoms are shown at the top figure. A more common way of depicting the same structure is shown below.
- Fatty acids are made by repeatedly joining together the two-carbon fragments found in acetyl-CoA (acetyl group (CH₃-CO-) and then reducing the (-CO-) part of the molecule to (-CH₂-). In this way, the hydrocarbon chain, which will become the hydrophobic, energy storing part of the fatty acid, grows two-carbons at a time as the cycle of joining reactions is repeated over and over again.

Fatty acids are generally classified as

- 1- Very-long-chain fatty acids (greater than C20)
 - 2- Long-chain fatty acids (C12–C20),
 - 3- Medium-chain fatty acids (C6–C12), and
 - 4- Short-chain fatty acids less than C6 for example acetic acid (two carbon), propionic acid (three carbon), and butyric acid (four carbon).
- The fatty acids oxidized as fuels are principally long-chain fatty acids.
 - Medium-chain-length fatty acids are present principally in dairy fat (e.g., milk and butter), maternal milk, and vegetable oils.

Saturated and unsaturated Fatty acids

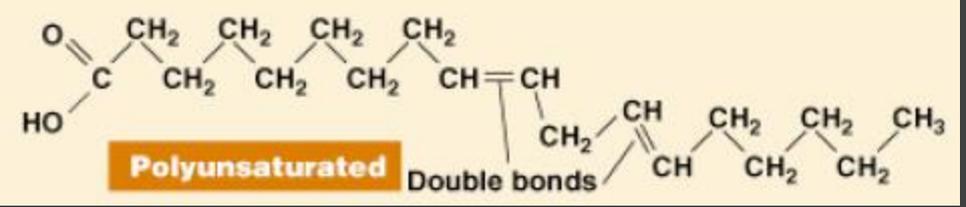
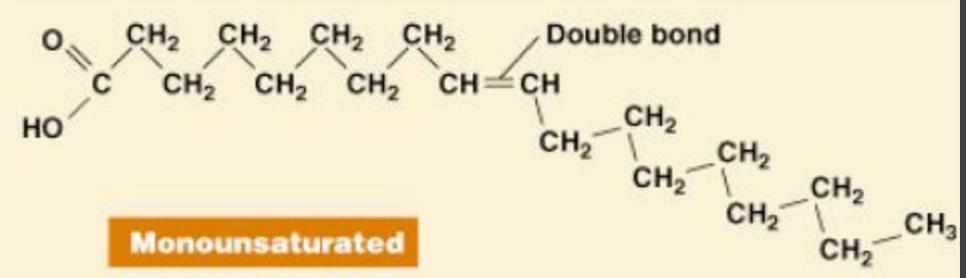
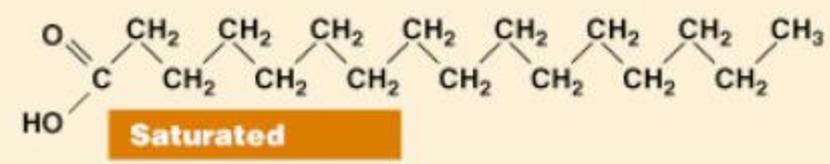
- Saturated fatty acids has no double bonds and all carbon–carbon bonds are single bonds
- Unsaturated fatty acids are of two types:
 - 1- **Monounsaturated** if a fatty acid has a single double bond (Examples include olive oil).
 - 2- **Polyunsaturated** if it has more than one double bond (Examples include fish, sunflower, and corn oils).

The number of double bonds in an unsaturated fatty acid varies typically from one to four.

Unsaturated fat has less energy than saturated fat.

- If the fatty acid has two or more double bonds they are always spaced at three carbon intervals.
- Free rotation around each of the carbon–carbon bonds makes saturated fatty acids extremely flexible molecules.
- Unsaturated fatty acids are slightly more abundant in nature than saturated fatty acids, especially in higher plants. Rotation around a double bond is restricted.
- The most common saturated fatty acids present in the cell are palmitic acid (C16) and stearic acid (C18). The most common unsaturated fatty acid is **oleic acid 18:1(9)**.
- Animal fat contains principally saturated and monounsaturated long-chain fatty acids, whereas vegetable oils contain polyunsaturated fatty acids.

Fatty acid



spaced at three carbon intervals

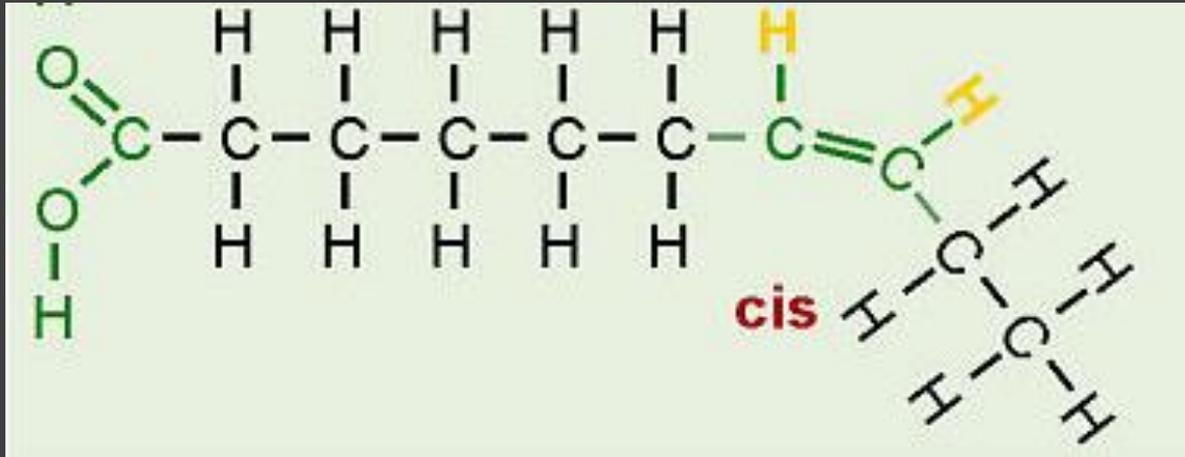
Common Biological Fatty Acids

Number of Carbons	Common Name	Systematic Name	Symbol	Structure
Saturated fatty acids				
12	Lauric acid	Dodecanoic acid	12:0	$\text{CH}_3(\text{CH}_2)_{10}\text{COOH}$
14	Myristic acid	Tetradecanoic acid	14:0	$\text{CH}_3(\text{CH}_2)_{12}\text{COOH}$
16	Palmitic acid	Hexadecanoic acid	16:0	$\text{CH}_3(\text{CH}_2)_{14}\text{COOH}$
18	Stearic acid	Octadecanoic acid	18:0	$\text{CH}_3(\text{CH}_2)_{16}\text{COOH}$
20	Arachidic acid	Eicosanoic acid	20:0	$\text{CH}_3(\text{CH}_2)_{18}\text{COOH}$
22	Behenic acid	Docosanoic acid	22:0	$\text{CH}_3(\text{CH}_2)_{20}\text{COOH}$
24	Lignoceric acid	Tetracosanoic acid	24:0	$\text{CH}_3(\text{CH}_2)_{22}\text{COOH}$
Unsaturated fatty acids (all double bonds are <i>cis</i>)				
16	Palmitoleic acid	9-Hexadecenoic acid	16:1	$\text{CH}_3(\text{CH}_2)_5\text{CH}=\text{CH}(\text{CH}_2)_7\text{COOH}$
18	Oleic acid	9-Octadecenoic acid	18:1	$\text{CH}_3(\text{CH}_2)_7\text{CH}=\text{CH}(\text{CH}_2)_7\text{COOH}$
18	Linoleic acid	9,12-Octadecadienoic acid	18:2	$\text{CH}_3(\text{CH}_2)_4(\text{CH}=\text{CHCH}_2)_2(\text{CH}_2)_2\text{COOH}$
18	α -Linolenic acid	9,12,15-Octadecatrienoic acid	18:3	$\text{CH}_3\text{CH}_2(\text{CH}=\text{CHCH}_2)_3(\text{CH}_2)_6\text{COOH}$
18	γ -Linolenic acid	6,9,12-Octadecatrienoic acid	18:3	$\text{CH}_3(\text{CH}_2)_4(\text{CH}=\text{CHCH}_2)_3(\text{CH}_2)_2\text{COOH}$
20	Arachidonic acid	5,8,11,14-Eicosatetraenoic acid	20:4	$\text{CH}_3(\text{CH}_2)_4(\text{CH}=\text{CHCH}_2)_4(\text{CH}_2)_2\text{COOH}$
24	Nervonic acid	15-Tetracosenoic acid	24:1	$\text{CH}_3(\text{CH}_2)_7\text{CH}=\text{CH}(\text{CH}_2)_{13}\text{COOH}$

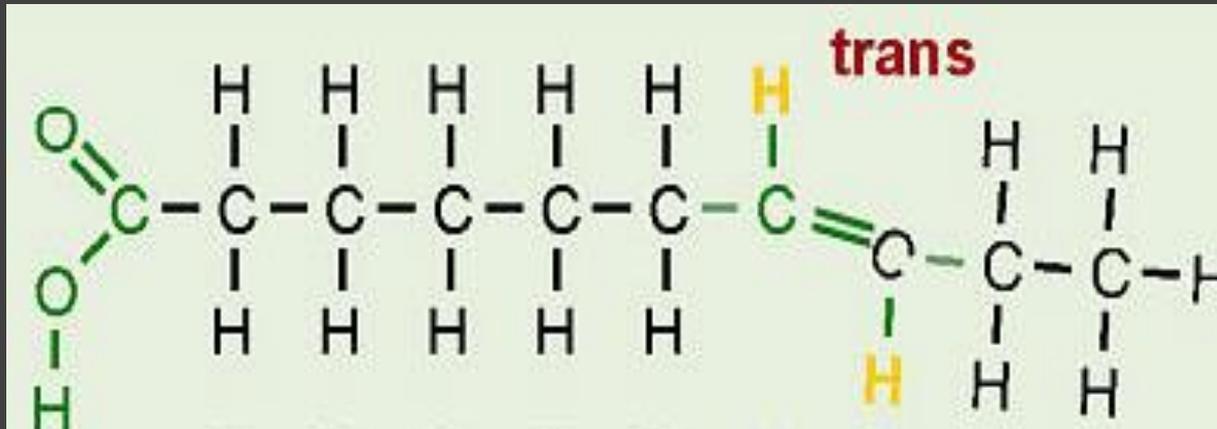
Cis & trans fatty acids

- **Cis fatty acids**: cis double bond causes the fatty acid to bend or "kink" at that position which prevents the fatty acids from packing tightly, keeping them liquid at room temperature.
- The double bonds in most naturally occurring fatty acids are in the cis configuration.
- **Trans-fatty acids**: most trans-fatty acids are not natural and are manufactured by a process known as hydrogenation.
- Trans fat raise LDL (bad cholesterol) levels and are linked to heart disease.
- Trans configuration involves the arrangement of hydrogen atoms in a more linear way, which changes the properties of the fat including the melting point, shelf life, flavor and stability. These properties are favorable for the commercial food industry and are used in many products such as margarine and baked goods.
- **Natural trans-fatty acids** are found in very small amount in animals meat and dairy products

Cis & Trans Fatty acids

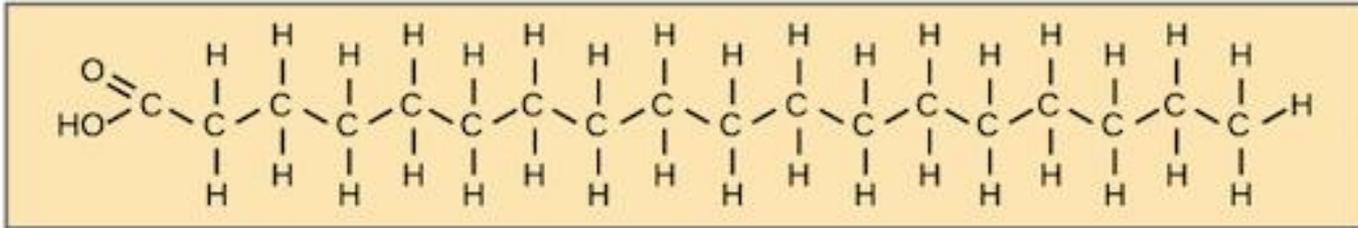


Cis double bond:
hydrogen atoms are
positioned on same
side of double bond

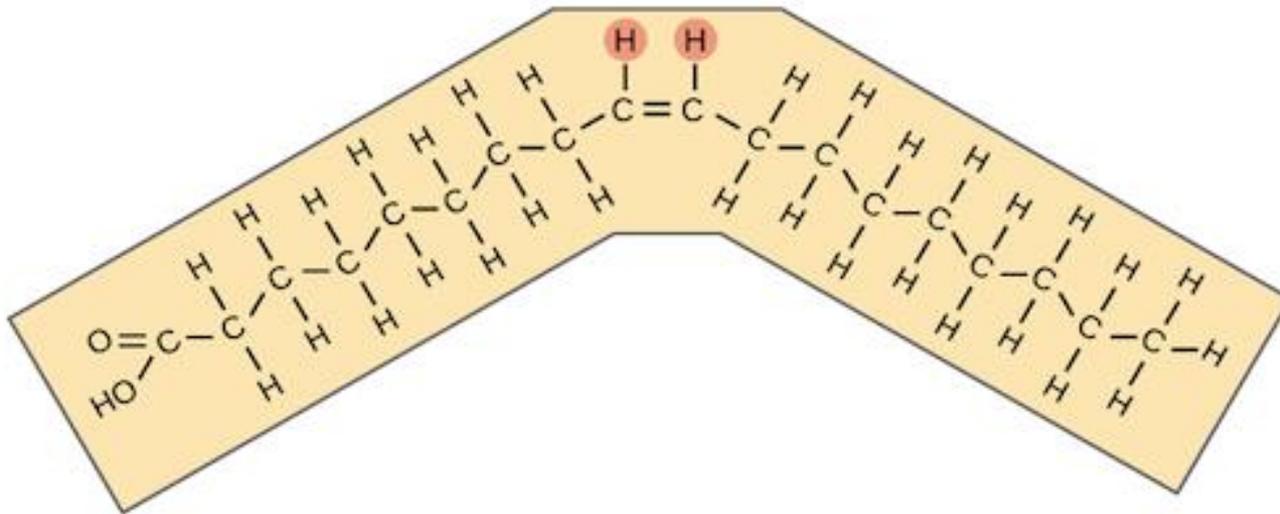


Trans double bond:
hydrogen atoms are
positioned on
opposite side of
double bond

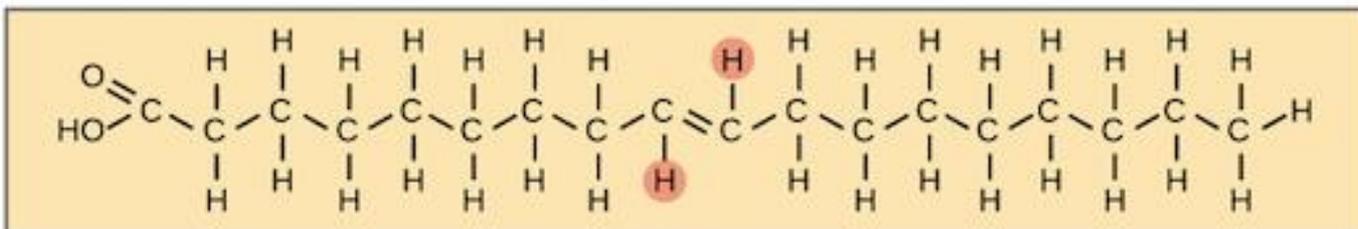
Saturated fatty acid



Cis-Unsaturated fatty acids



Trans-Unsaturated fatty acids



Fat and Health

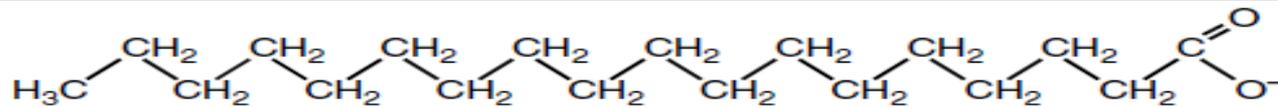
- A diet high in saturated fat causes cholesterol to build up in the arteries.
- Eating too much saturated fat is one of the major risk factors for heart disease.
- Fat consumption also increases the chance of becoming obese (another risk factor for heart disease and some types of cancer).
- Reducing daily fat intake help reduce the risk factors against developing cancer or heart disease.

Numbering carbon atoms in fatty acids

There are two system for numbering carbon atoms in fatty acids:

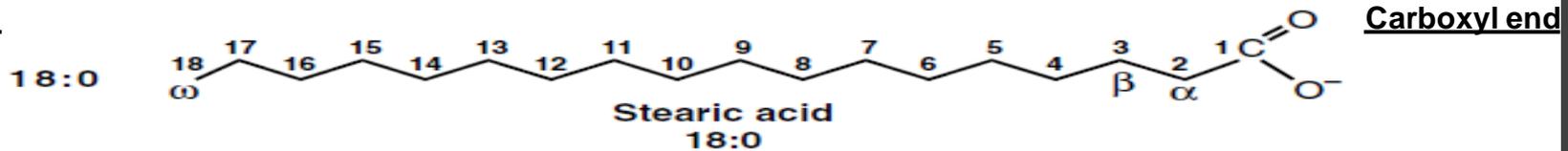
- 1- Delta Δ numbering system: Start numbering carbon atoms beginning with the carboxyl carbon as carbon number one.
 - For example: arachidonic acid 20:4 $\Delta^{5,8,11,14}$ this means that arachidonic acid has 20 carbon atoms and has 4 double bonds between carbons 5-6, 8-9, 11-12 and 14-15.
- 2- Omega ω system: The carbons in a fatty acid can also be counted beginning at the methyl-terminal end of the chain. Arachidonic acid is referred to as an ω 6 (also called an n-6) **fatty acid** because the closest double bond to the ω end begins six carbons from that end. Another ω -6 fatty acid is the essential **linoleic acid**. In contrast, **linolenic acid** is an ω -3 **fatty acid**.

Numbering carbon atoms in fatty acids

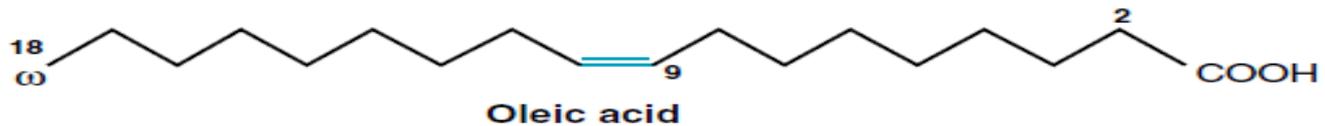


Methyl end

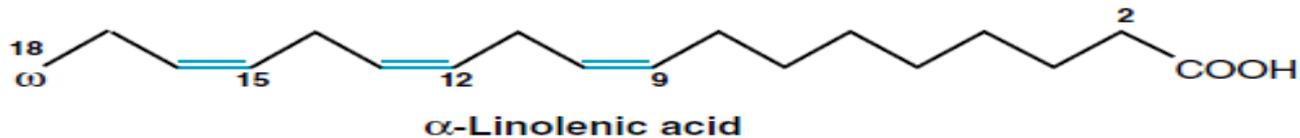
Carboxyl end



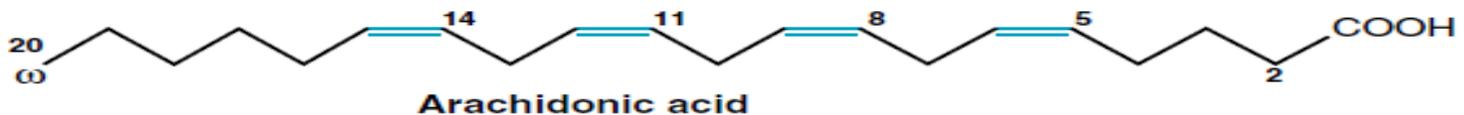
18:1 Δ^9
(ω 9)



18:3 $\Delta^{9,12,15}$
(ω 3)



20:4 $\Delta^{5,8,11,14}$
(ω 6)



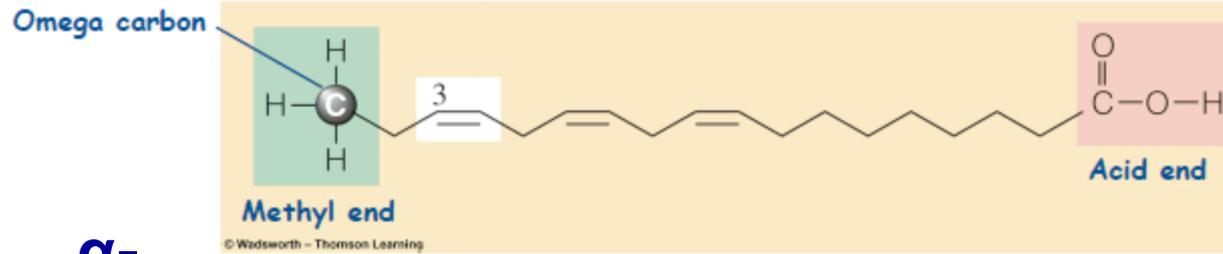
The carbons are either numbered starting with the carboxyl group or given Greek letters starting with the carbon next to the carboxyl group.

The methyl (or ω) carbon at the end of the chain is always called the ω -carbon regardless of the chain length. 18:0 refers to the number of carbon atoms which is (18) and the number of double bonds which is (0).

In the unsaturated fatty acids shown, not all of the carbons are numbered, but note that the double bonds are *cis* and spaced at three-carbon intervals. Both 3 and 6 fatty acids are required in the diet.

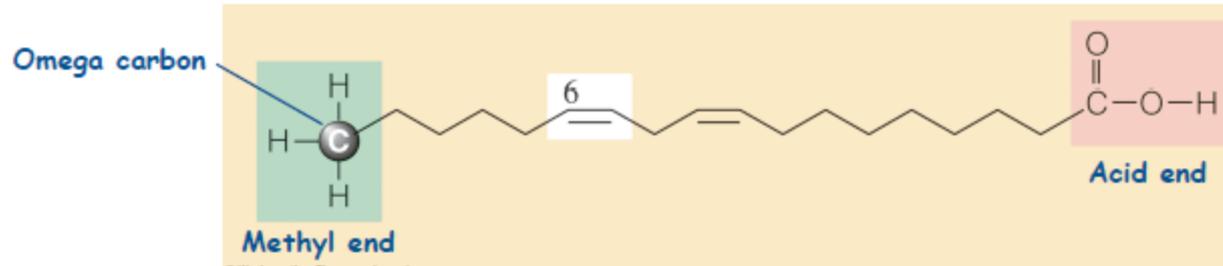
- **Essential fatty acids**
- Our body cant synthesize essential fatty acids
- Thus we get essential fatty acids from our diet.
- **The essential fatty acids to humans include:**
- **1- linoleic acid:** is the precursor of arachidonic acid.
- Arachidonic acid is a polyunsaturated fatty acid present in the phospholipids of cell membrane and is the substrate for prostaglandin synthesis. Prostaglandin is important mediator in pain and inflammatory responses
- Prostaglandins mediate inflammation, produce pain, and induce sleep as well as being involved in the regulation of blood coagulation and reproduction.
- Nonsteroidal anti-inflammatory drugs such as aspirin act by inhibiting prostaglandin synthesis.
- **2- α -linolenic acids** the precursor of some ω -3 fatty acids important for growth and development.
- A deficiency of linolenic acid results decreased vision and altered learning behaviours.

Linolenic acid, an omega-3 fatty acid



α -

18C Linoleic acid, an omega-6 fatty acid



18C

acids

Melting Points of Saturated vs. Unsaturated Fatty Acids:

The unsaturated fatty acids have lower melting points than the saturated fatty acids.

The saturated fatty acids are relatively linear which allows fatty acid molecules to be closely packed together. As a result, close intermolecular interactions result in relatively high melting points.

On the other hand, the introduction of one or more double bonds in the hydrocarbon chain in unsaturated fatty acids results in one or more "bends" or "kink" in the molecule thus preventing these molecules to pack very closely. Thus the intermolecular interactions are much weaker than saturated molecules as a result, the melting points are much lower for unsaturated fatty acids

The addition of double bonds decreases the melting temperature (T_m) of a fatty acid (thus saturated FA are more solid at room temperature than unsaturated FA), whereas increasing the chain length increases the T_m .

