Lipids

- Organic, heterogenous substances in plants & animal
- Insoluble in water (hydrophobic) but soluble in non-polar solvents
- Building blocks - fatty acids, glycerol, sphingosine & sterols

Classification of Lipids

A] Simple Lipids: consist of following subgroups:

- **Fats (**Esters of fatty acids with glycerol)
- **Waxes (**Esters of fatty acids with alcohols other than glycerol (high mol.wt. monohydric alcohols)

B] Compound or Complex Lipids

Esters of fatty acids containing groups in addition to an alcohol & a fatty acid

- **Phospholipids:** contain an alcohol, fatty acid (s) & a phosphoric acid residue
- **Glycolipids**: contain sphingosine, a fatty acid & carbohydrate
- **Sulpholipids**: contain sphingosine; a fatty acid, a sugar & a sulfate group
- **Lipoproteins:** These are complexes of lipids with proteins.

C] Derived, Precursor or Associated Lipids

- Hydrolytic products of **above-mentioned** compounds
- include diglycerides, fatty acids, alcohols including glycerol, sterols, vitamins D, E, K

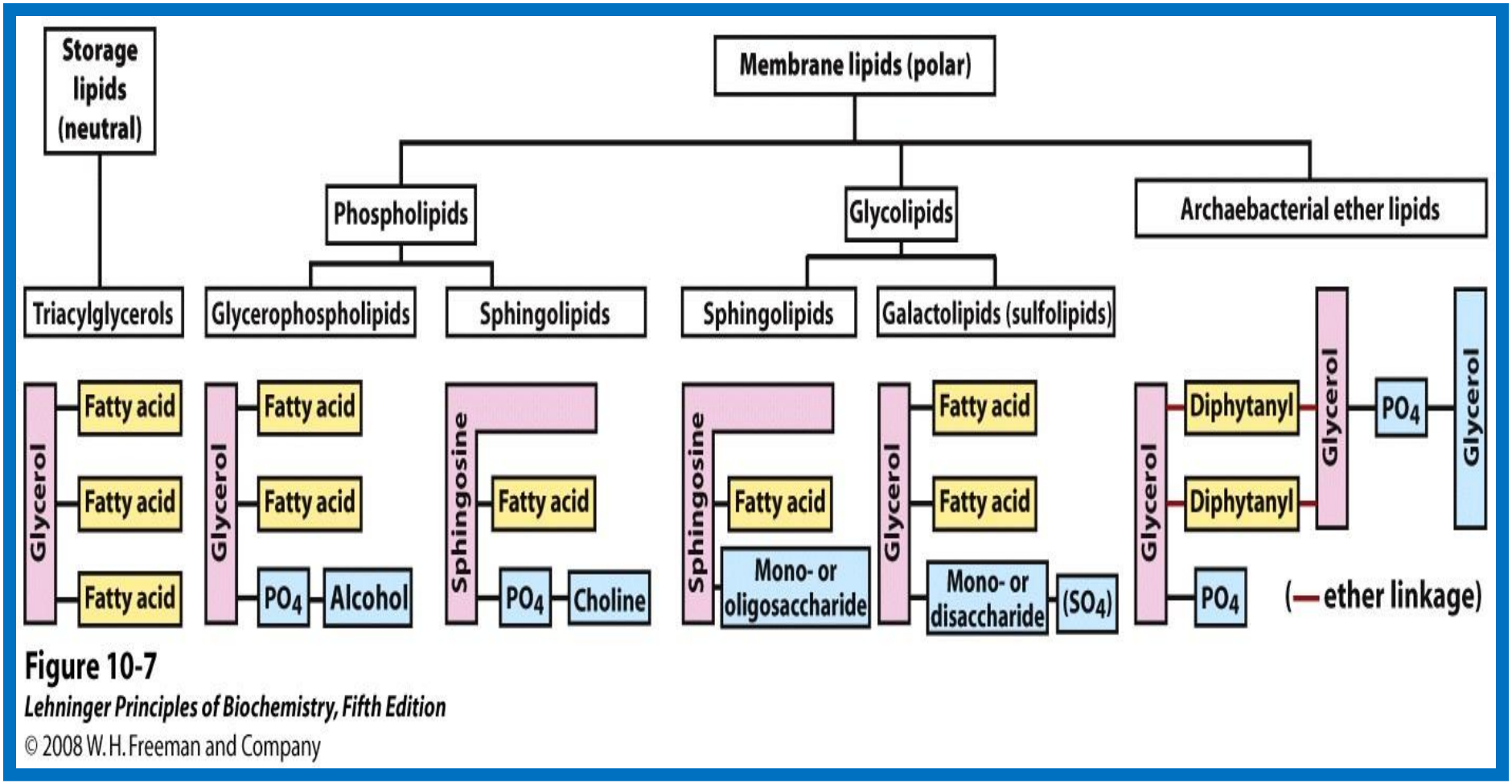

Figure 10-7

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FATTY ACIDS (FA)

- Acids occurring in natural triglycerides (FATs)
- Monocarboxylic acids, (a single carboxylic group at the end of a hydrocarbon chain which makes them acids)
- Most contain even number of C atoms, 4 to 24 carbon atoms, Majority of FA have 16 & 18 C atoms
- Naturally occurring saturated FA < 8 C - liquid at room temperature
- Waxes, FA have 34 C atoms, Some bacterial waxes - complex fatty acids that may contain as many as 90 C atoms

Nutritionally Essential Fatty Acids

Certain FA must be taken in food by man because these FA cannot be synthesized in the body (example: Polyunsaturated FA)

Saturated Fatty Acids (SFA)

Symbols of SFA have two numbers;

1. First no. represents no. of C atoms
2. Second no. denotes no. of double bonds which is zero in SFA

Common name	Systemic name	Formula	Symbol
Butyric acid	(butanoic acid):	$CH_3(CH_2)_2COOH$	C4:0
Palmitic acid	(hexadecanoic acid):	$CH_3(CH_2)_{14}COOH$	C16:0
Stearic acid	(octadecanoic acid):	$CH_3(CH_2)_{16}COOH$	C18:0
Arachidic acid	(icosanoic acid):	$CH_3(CH_2)_{18}COOH$	C20:0

Palmitic acid & Stearic acid are the most abundant SFA in humans

Unsaturated Fatty Acids (USFA)

More reactive than SFA

- 1 double bond = monounsaturated (or monoenoic) fatty acids (MUFA)
- > than 1 double bond= Polyunsaturated, i.e. polyenoic fatty acids (PUFA)

Common name	Formula	Symbol
Palmitoleic acid	$C_{15}H_{29}COOH$	$16{:}1\Delta^{9}$
Oleic acid	$C_{17}H_{33}COOH$	$18{:}1\Delta^{9}$
Linoleic acid	$C_{17}H_{33}COOH$	$18{:}2\Delta^{9,12}$
Linolenic acid	$C_{17}H_{29}COOH$	$18{:}3\Delta^{9,12,15}$
Arachidonic acid	$C_{19}H_{31}COOH$	$20{:}4\Delta^{5,8,11,14}$

Oleic acid & palmitoleic acid are the most abundant MUFA in humans

Unsaturated Fatty Acids (USFA)

Symbol of **USFA**

- First no. represents no. of *C* atoms
- Second no. represents no. of double bonds
- Δ is Greek letter, delta; it signifies double bond
- No. following delta is the no. of the first carbon atom of the double bonds, counting carbon atoms from carboxyl-containing terminal side

For example, the symbol of arachidonic acid means that it has 20 carbon atoms and 4 double bonds which are present at carbon atoms No. 5, 8, 11 and 14.

The packing of fatty acids into stable aggregates

The extent of packing depends on the degree of saturation.

(c) Fully saturated fatty acids in the extended form pack into nearly crystalline arrays, stabilized by many hydrophobic interactions.

(d) The presence of one or more fatty acids with cis double bonds interferes with this tight packing and results in less stable aggregates

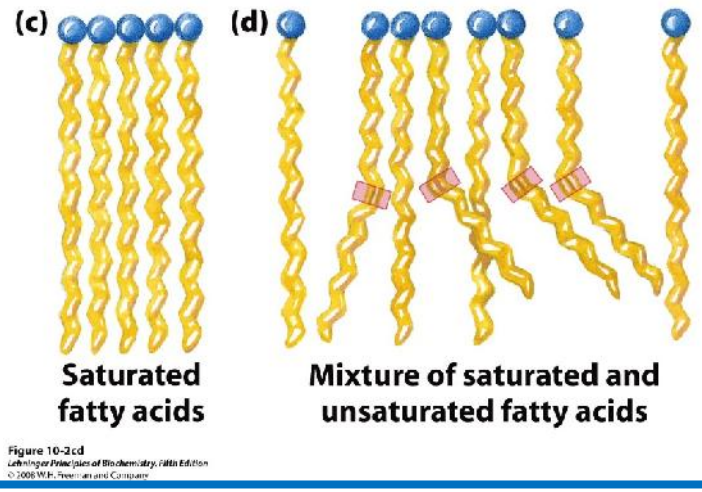

Figure 10-2cd
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The packing of fatty acids into stable aggregates

The extent of packing depends on the degree of saturation.

(a) Two representations of the fully saturated acid stearic acid, 18:0.

(b) The cis double bond (shaded) in oleic acid, 18:1(Δ^9), restricts rotation and introduces a rigid bend in the hydrocarbon tail. All other bonds in the chain are free to rotate

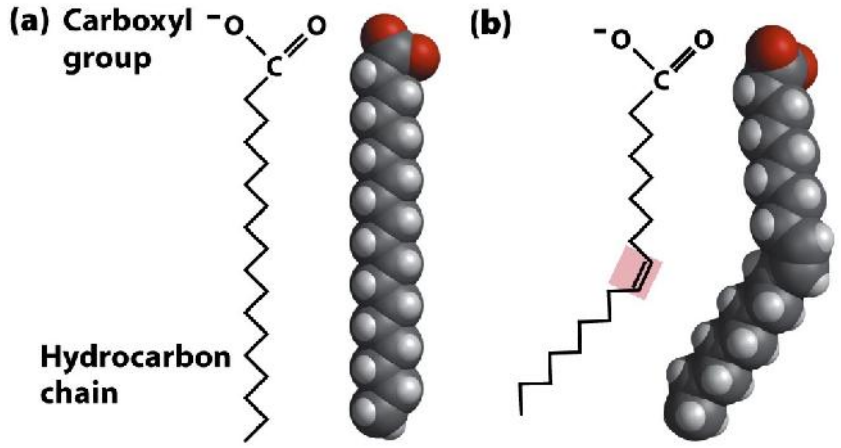

Figure 10-2ab
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Properties of Fatty Acids (FA)

1. Melting point

- M.P. of SFA- increase with an increase in their chain length

Example: M.P. is 8°C for butyric acid (4C), 62°C for palmitic acid (16C) and 70°C for stearic acid (18C)

- M.P. of USFA decrease with increasing unsaturation
- Higher the saturation & higher chain length, higher will be M.P.
- Vegetable oils like cottonseed oil, corn oil, soyabean oil, etc. have an excess of unsaturated fatty acids & are liquid at room temperature

Fatty acid	No. of double bonds	Melting point
Oleic	1	14 °C
Linoleic	2	- 5 °C
Linolenic	3	- 10 °C
Arachidonic	4	- 50 °C

2. Solubility

- Terminal carboxyl group provides hydrophilic property to FA making them water soluble
- Non-polar hydrocarbon chain being hydrophobic tends to make FA hydrophobic, i.e. water insoluble
- **Thus** the water solubility of FA is determined in part by the ratio of the polar hydrophilic carboxyl group to the non-polar hydrophobic residues

Example:

FA	CH_3:COOH ratio
Butyric acid	3:1
Palimitic acid	15:1
Stearic acid	17:1
Acetic acid	1:1

Acetic acid is completely miscible with water because it contains only one hydrophobic, i.e. methyl group CH_3COOH

- As the chain length increases, the solubility of FA decreases due to the increased number of methylene groups
- With the same chain length, the presence of double bonds increases the solubility;
- **Thus** palmito-oleic acid is more soluble than palmitic acid

Special Reactions of Unsaturated Fatty Acids

Hydrogenation

This result in the production of SFA by adding H at double bond

Halogenation

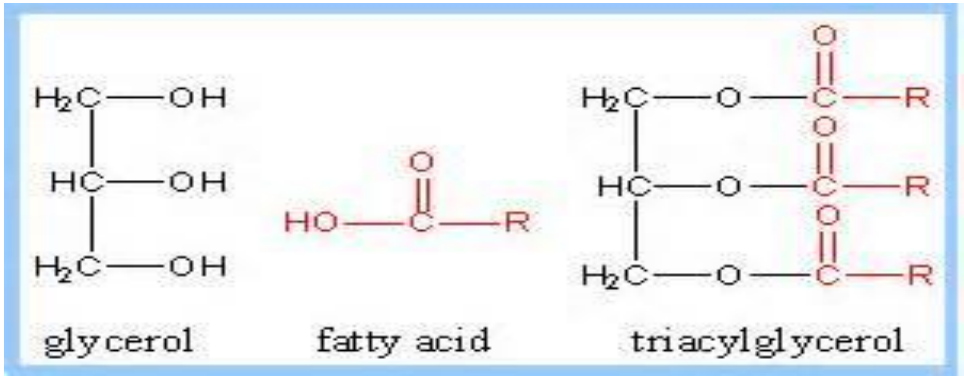
Halogens are added to double bonds & degree of halogenation is a good index of the degree of unsaturation of FA.

Oxidation

It is a complicated process & the products of oxidation are manifold

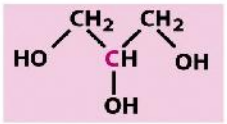
Neutral Fats or Triglycerides or Triacylglycerols

- Neutral fats (fats) are FA esters of glycerol, i.e. triglycerides (triacylglycerols; TAGs)
- .Most common & widespread class of lipids in nature being specially abundant in nuts, seeds, fat depots of animals
- Triglycerides (TAGs) represent the storage form of lipids

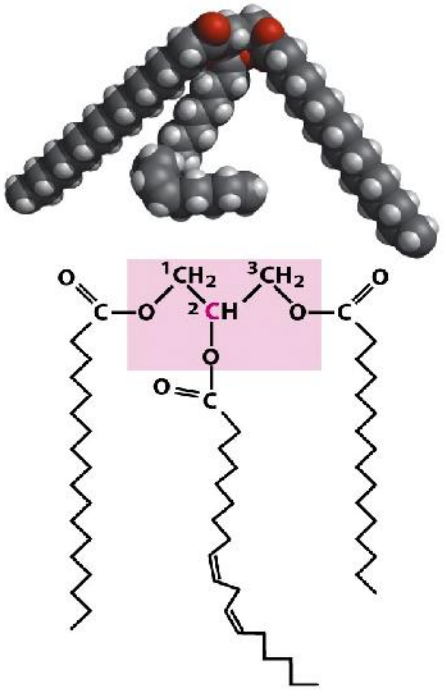


TAGs - Classification

- **Simple Fats**: If three fatty acids present are same, e.g. palmitic acid (tripalmitin)
- **Mixed Fats**: If three fatty acids present are different, e.g. palmitic acid, stearic acid, oleic acid



Glycerol



1-Stearoyl, 2-linoleoyl, 3-palmitoyl glycerol, a mixed triacylglycerol

Figure 10-3
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TAGs

Physical properties

1. m. p.
2. Sp. gravity
3. Taste, color, odor

Chemical properties

1.Hydrolysis
2. Saponification/ Saponification no.
3. Iodination/ Iodination no.
4. Rancidity (hydrolytic, oxidative)