Bio-Chemistry REVIEW

Fatty Acids

Fatty acids are either saturated (having no double bonds) or unsaturated (having double bonds)

 In a saturated fatty acid the carbons carry all the hydrogen atoms possible. Every carbon in the chain is "saturated" with hydrogen atoms.

In the unsaturated fatty acid below, there is a double bond at the third from last carbon (called omega-3) and there may be more double bonds between other carbons.

Research indicates that omega-3 fatty acids prevalent in fish oil help prevent heart disease.

$$CH_3CH_2$$
 ($CH = CHCH_2$)₃ (CH_2)₆ $COOH$