



## Handbook of Plant-Based Food and Drinks Design

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# Chapter 4 - An overview of lipids from plant sources

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## Abstract

The wide class of hydrophobic compounds known as lipids is soluble in organic solvents. Phospholipids, sterols, and triacylglycerols are a few examples. Lipids differ in their structural characteristics, including polar group inclusion, branching, double bonds, length of the carbon chain, and glycosylation. Different approaches can be used to name fatty acids. There are more than 400 plant lipids known, and they are frequently employed in human nutrition, business operations, biodiesel, and animal feed. They can be used in a wide variety of commodities, including dressings, margarine, candy, baked goods, and infant formula. This chapter offers a succinct introduction to plant-based lipids, emphasizing their applications in food industries.

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