

ESSENTIAL FATTY ACIDS

Linoleic acid

Linolenic acid

Arachidonic acid

LDL

25% protein

20% triglyceride

55% cholesterol

Delivers cholesterol to cells, attach to receptors, receptor-mediated endocytosis, cholesterol used for cell needs.

Also deposits cholesterol in and around smooth muscle fibers in arteries.

HDL

50% protein

37% triglyceride

13% cholesterol

Remove excess cholesterol from body cells and transports to liver for elimination.

VLDL

10% protein

65% triglyceride

25% cholesterol

Transports triglycerides synthesized by liver cells to adipose cells for storage. After unloading, VLDL becomes LDL