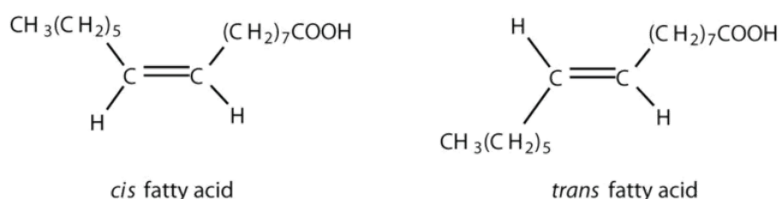


14.2: Fatty Acids

Learning Objectives

- To recognize the structures of common fatty acids and classify them as saturated, monounsaturated, or polyunsaturated.

Fatty acids are carboxylic acids that are structural components of fats, oils, and all other categories of lipids, except steroids. More than 70 have been identified in nature. They usually contain an even number of carbon atoms (typically 12–20), are generally unbranched, and can be classified by the presence and number of carbon-to-carbon double bonds. Thus, saturated fatty acids contain no carbon-to-carbon double bonds, monounsaturated fatty acids contain one carbon-to-carbon double bond, and polyunsaturated fatty acids contain two or more carbon-to-carbon double bonds.



Cis fatty acids have two H atoms on the same side of the plane of the fatty acid while trans has the two H atoms on opposite sides.

Table 14.2.1 lists some common fatty acids and one important source for each. The atoms or groups around the double bonds in unsaturated fatty acids can be arranged in either the cis or trans isomeric form. Naturally occurring fatty acids are generally in the cis configuration.

Table 14.2.1: Some Common Fatty Acids Found in Natural Fats

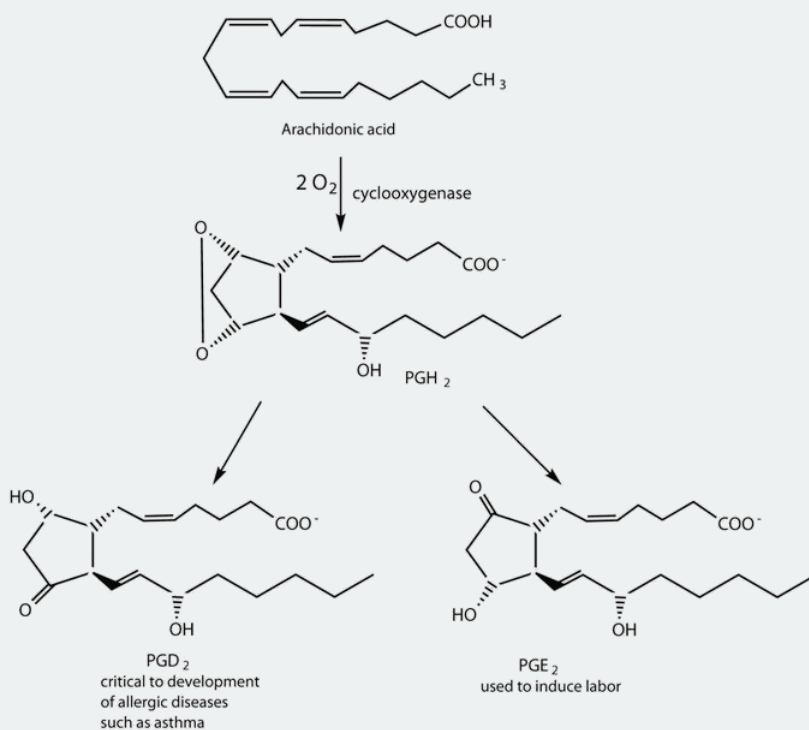
Name	Abbreviated Structural Formula	Condensed Structural Formula	Melting Point (°C)	Source
lauric acid	$\text{C}_{11}\text{H}_{23}\text{COOH}$	$\text{CH}_3(\text{CH}_2)_{10}\text{COOH}$	44	palm kernel oil
myristic acid	$\text{C}_{13}\text{H}_{27}\text{COOH}$	$\text{CH}_3(\text{CH}_2)_{12}\text{COOH}$	58	oil of nutmeg
palmitic acid	$\text{C}_{15}\text{H}_{31}\text{COOH}$	$\text{CH}_3(\text{CH}_2)_{14}\text{COOH}$	63	palm oil
palmitoleic acid	$\text{C}_{15}\text{H}_{29}\text{COOH}$	$\text{CH}_3(\text{CH}_2)_5\text{CH}=\text{CH}(\text{CH}_2)_7\text{COOH}$	0.5	macadamia oil
stearic acid	$\text{C}_{17}\text{H}_{35}\text{COOH}$	$\text{CH}_3(\text{CH}_2)_{16}\text{COOH}$	70	cocoa butter
oleic acid	$\text{C}_{17}\text{H}_{33}\text{COOH}$	$\text{CH}_3(\text{CH}_2)_7\text{CH}=\text{CH}(\text{CH}_2)_7\text{COOH}$	16	olive oil
linoleic acid	$\text{C}_{17}\text{H}_{31}\text{COOH}$	$\text{CH}_3(\text{CH}_2)_3(\text{CH}_2\text{CH}=\text{CH})_2(\text{CH}_2)_7\text{COOH}$	−5	canola oil
α-linolenic acid	$\text{C}_{17}\text{H}_{29}\text{COOH}$	$\text{CH}_3(\text{CH}_2\text{CH}=\text{CH})_3(\text{CH}_2)_7\text{COOH}$	−11	flaxseed
arachidonic acid	$\text{C}_{19}\text{H}_{31}\text{COOH}$	$\text{CH}_3(\text{CH}_2)_4(\text{CH}_2\text{CH}=\text{CH})_4(\text{CH}_2)_2\text{COOH}$	−50	liver

Two polyunsaturated fatty acids—linoleic and α-linolenic acids—are termed essential fatty acids because humans must obtain them from their diets. Both substances are required for normal growth and development, but the human body does not synthesize them. The body uses linoleic acid to synthesize many of the other unsaturated fatty acids, such as arachidonic acid, a precursor for the synthesis of prostaglandins. In addition, the essential fatty acids are necessary for the efficient transport and metabolism of cholesterol. The average daily diet should contain about 4–6 g of the essential fatty acids.

📌 To Your Health: Prostaglandins

Prostaglandins are chemical messengers synthesized in the cells in which their physiological activity is expressed. They are unsaturated fatty acids containing 20 carbon atoms and are synthesized from arachidonic acid—a polyunsaturated fatty acid—when needed by a particular cell. They are called *prostaglandins* because they were originally isolated from semen found in the prostate gland. It is now known that they are synthesized in nearly all mammalian tissues and affect almost all organs in the body. The five major classes of prostaglandins are designated as PGA, PGB, PGE, PGF, and PGI. Subscripts are attached at the end of these abbreviations to denote the number of double bonds outside the five-carbon ring in a given prostaglandin.

The prostaglandins are among the most potent biological substances known. Slight structural differences give them highly distinct biological effects; however, all prostaglandins exhibit some ability to induce smooth muscle contraction, lower blood pressure, and contribute to the inflammatory response. Aspirin and other nonsteroidal anti-inflammatory agents, such as ibuprofen, obstruct the synthesis of prostaglandins by inhibiting cyclooxygenase, the enzyme needed for the initial step in the conversion of arachidonic acid to prostaglandins.



Their wide range of physiological activity has led to the synthesis of hundreds of prostaglandins and their analogs. Derivatives of PGE₂ are now used in the United States to induce labor. Other prostaglandins have been employed clinically to lower or increase blood pressure, inhibit stomach secretions, relieve nasal congestion, relieve asthma, and prevent the formation of blood clots, which are associated with heart attacks and strokes.

Although we often draw the carbon atoms in a straight line, they actually have more of a zigzag configuration (Figure 14.2.2a). Viewed as a whole, however, the saturated fatty acid molecule is relatively straight (Figure 14.2.2b). Such molecules pack closely together into a crystal lattice, maximizing the strength of dispersion forces and causing fatty acids and the fats derived from them to have relatively high melting points. In contrast, each *cis* carbon-to-carbon double bond in an unsaturated fatty acid produces a pronounced bend in the molecule, so that these molecules do not stack neatly. As a result, the intermolecular attractions of unsaturated fatty acids (and unsaturated fats) are weaker, causing these substances to have lower melting points. Most are liquids at room temperature.

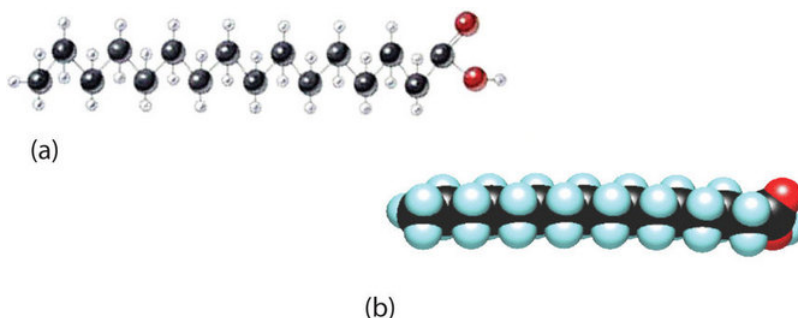
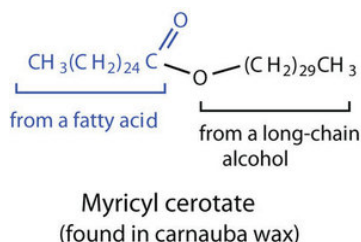


Figure 14.2.2: The Structure of Saturated Fatty Acids. (a) There is a zigzag pattern formed by the carbon-to-carbon single bonds in the ball-and-stick model of a palmitic acid molecule. (b) A space-filling model of palmitic acid shows the overall straightness of a saturated fatty acid molecule.

Waxes are esters formed from long-chain fatty acids and long-chain alcohols. Most natural waxes are mixtures of such esters. Plant waxes on the surfaces of leaves, stems, flowers, and fruits protect the plant from dehydration and invasion by harmful microorganisms. Carnauba wax, used extensively in floor waxes, automobile waxes, and furniture polish, is largely myricyl cerotate, obtained from the leaves of certain Brazilian palm trees. Animals also produce waxes that serve as protective coatings, keeping the surfaces of feathers, skin, and hair pliable and water repellent. In fact, if the waxy coating on the feathers of a water bird is dissolved as a result of the bird swimming in an oil slick, the feathers become wet and heavy, and the bird, unable to maintain its buoyancy, drowns.



Summary

Fatty acids are carboxylic acids that are the structural components of many lipids. They may be saturated or unsaturated. Most fatty acids are unbranched and contain an even number of carbon atoms. Unsaturated fatty acids have lower melting points than saturated fatty acids containing the same number of carbon atoms.

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