

Saturated Fat vs Unsaturated Fat (vsdiff.com)

Characteristic	Saturated Fat	Unsaturated Fat
Chemical structure	<i>No double bonds; carbon chain fully "saturated" with hydrogen</i>	<i>One or more double bonds (monounsaturated or polyunsaturated)</i>
Physical state at room temp	Generally solid (e.g., butter)	Generally liquid (e.g., olive oil)
Common food sources	Red meat, dairy fats, coconut oil (high in specific saturated types)	Olive oil, canola, nuts, seeds, fatty fish
Typical metabolic effects	<i>Often associated with higher LDL-like lipoproteins in many studies</i>	<i>Often associated with lower LDL or improved HDL ratios depending on type</i>
Stability for cooking	More heat-stable	Less stable (especially polyunsaturated)

Source: <https://vsdiff.com/saturated-fat-vs-unsaturated-fat/>