

# **Traditional and unconventional plant and animal sources of lipids and biologically active substances**

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Lipids play an important role in nutrition but also they are one of the main structural components of all living cells. Their specific physical and chemical properties highly influence the food quality and shelf-life. On the other hand, it is proven that the inclusion of certain types of lipids in the diet can have a health-promoting effect. Hence, the present seminar will be focused on the basics of lipids chemistry. The following topics will be covered: classification, structure, sources of lipids, properties, peroxidation and oxidative stability of fats and oils, inhibition of lipid peroxidation, and composition of some traditional and unconventional fats and oils.