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# Fat

National Diabetes Information Clearinghouse (NDIC)

## Source

National Diabetes Information Clearinghouse (U.S.). (2009). *The diabetes dictionary*. [Bethesda, Md.]: U.S. Dept. of Health and Human Services, National Institutes of Health, National Institute of Diabetes and Digestive and Kidney Diseases, National Diabetes Information Clearinghouse.

1. one of the three main nutrients in food. Foods that provide fat are butter, margarine, salad dressing, oil, nuts, meat, poultry, fish, and some dairy products.
2. excess **calories** are stored as body fat, providing the body with a reserve supply of energy and other functions.



Sources of fat