

DIFFERENT SIDES OF THE ADIPOSE TISSUE AND OF DIETARY FAT

Summary

The adipose tissue has ceased to be recognized as energy deposit only. This review summarizes the current state of knowledge on the cellular composition, metabolic and hormonal activity, as well as of adipogenesis and heterogeneity of bodily depots of adipose tissue. Moreover, data pertaining to mechanisms of nutritional regulation of widely understood activity of adipose tissue are highlighted, and focus on the role of dietary fat in both quan-

titative and qualitative terms. Altogether, the article helps to understand different aspects of adipose tissue functions and provides insights into physiology of human body homeostasis and pathophysiology of obesity and obesity-related diseases e.g. diabetes, CVD, hypertension etc., and into possible dietary approaches to the prevention and treatment of these morbidities.