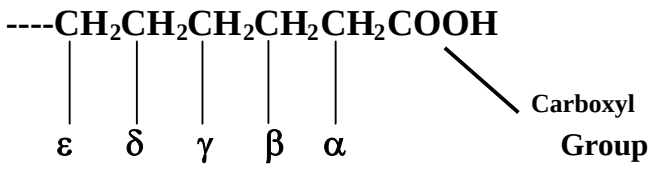
Fat Metabolism: β-Oxidation



Step 1: **Oxidize β carbon**
Step 2: **Cleave behind α carbon**
Step 3: **Convert cleaved portion to Acetyl CoA**
Step 4: **Oxidize Acetyl CoA in Krebs Cycle for Energy**
Step 5: **Repeat process (usually 8 times for typical fatty acid)**