WHAT IS CLAIMED IS:

1. A nutritional product comprising protein, carbohydrate, and a fat system, the fat system comprising from about 10 wt% to about 60 wt% of ~~an unsaturated free~~ a fatty acid component, wherein the fatty acid component is selected from free fatty acids, fatty acid salts, and combinations thereof, and the fatty acid component is derived from a source of oil or fat that contains a total of less than about 20 wt% of palmitic acid, stearic acid, myristic acid, or combinations thereof, wherein the nutritional product is selected from a liquid emulsion or a powder reconstitutable into a liquid emulsion.

2. The nutritional product of claim 1, wherein the fat system comprises from about 10 wt% to about 40 wt% of the ~~unsaturated free~~ fatty acid component.

3. The nutritional product of claim 1, wherein the fat system comprises from about 15 wt% to about 30 wt% of the ~~unsaturated free~~ fatty acid component.

4. The nutritional product of claim 1, wherein the ~~unsaturated free~~ fatty acid component is in a form selected from the group consisting of calcium fatty acid salts, magnesium fatty acid salts, and combinations thereof.

5. The nutritional product of claim 1, wherein the ~~unsaturated free~~ fatty acid component comprises less than 15 wt% saturated fatty acids with a chain length of longer than 14 carbon atoms.

6. The nutritional product of claim 1, wherein the ~~unsaturated free~~ fatty acid component is derived from a vegetable oil.

7. The nutritional product of claim 6, wherein the vegetable oil is selected from the group consisting of olive oil, canola oil, corn oil, soybean oil, and combinations thereof.

8. The nutritional product of claim 7, wherein the vegetable oil is soybean oil.

9. The nutritional product of claim 1, wherein the ~~unsaturated free~~ fatty acid component is derived from tree resin.

10. The nutritional product of claim 1, wherein the ~~unsaturated free~~ fatty acid component is fractionated from animal fat.

11. An infant formula comprising protein, carbohydrate, and a fat system, the fat system comprising from about 10 wt% to about 60 wt% of an ~~unsaturated free~~ fatty acid component, wherein the fatty acid component is selected from free fatty acids, fatty acid salts, and combinations thereof, and the fatty acid component is derived from a source of oil or fat that contains a total of less than about 20 wt% of palmitic acid, stearic acid, myristic acid, or combinations thereof, wherein the ~~nutritional product~~infant formula is selected from a liquid emulsion or a powder reconstitutable into a liquid emulsion.

12. The infant formula of claim 11, wherein the fat system comprises from about 10 wt% to about 40 wt% of the ~~unsaturated free~~ fatty acid component.

13. The infant formula of claim 11, wherein the fat system comprises from about 15 wt% to about 30 wt% of the ~~unsaturated free~~ fatty acid component.

14. The infant formula of claim 11, wherein the ~~unsaturated free~~ fatty acid component is in a form selected from the group consisting of calcium fatty acid salts, magnesium fatty acid salts, and combinations thereof.

15. The infant formula of claim 11, wherein the ~~unsaturated free~~ fatty acid component is derived from a vegetable oil.