

1.	Trans fats	Fatty acids that are produced when polyunsaturated oils are hydrogenated to make them more solid
2.	High-density lipoproteins (HDL)	Compounds that facilitate the transport of cholesterol in the blood to the liver for metabolism and excretion from the body
3.	Fats	Basic nutrients composed of carbon and hydrogen molecules needed for the proper functioning of cells, insulation of body organs against shock, maintenance of body temperature, and healthy skin and hair
4.	Daily values (DV)	The RDA and DRI's together make up these values on food and supplement labels
5.	Cellulose	One major form of complex carbohydrates
6.	Vitamins	Essential organic compounds that promote growth and reproduction and help maintain life and health
7.	Recommended Dietary Allowances (RDA)	The average daily intake of energy and nutrients considered adequate to meet the needs of most healthy people in the United States under usual conditions
8.	Dietary Reference Intake (DRI)	A set of nutritional values, now encompassing, including more than 26 essential vitamins and minerals, that apply to healthy people
9.	Saturated fats	Fats that are unable to hold any more hydrogen in their chemical structure; derived mostly from animal sources and at room temperature
10.	U. S. Recommended Daily Allowances (USDA)	(DRI)

# Mcgraw Total Wellness Study Guide

**AW Rasmussen**



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