

## GLOSSARY OF TERMS

1. **Antioxidants** : A group of substances that prevent the damage which could be caused by the oxidation of fatty acids and proteins by free radicals.
2. **Cholesterol**: Principal steroid present in all tissues of higher animals. A major part of the cholesterol present in the human blood and tissues is synthesized in the body, and the rest comes from the diet.
3. **Fatty acids** : Fundamental constituents of many lipids. Fatty acid of biological importance are aliphatic straight chain compounds with even number of carbon atoms. They have repeating  $\text{CH}_2$  units with a methyl group ( $\text{CH}_3$ ) at one end and a carboxyl ( $\text{COOH}$ ) at the other end. Fatty acids are generally classified as saturated and unsaturated.
4. **Saturated fatty acids (SFA)** : Contain maximum number of hydrogen atoms the adjacent carbon are joined by single bonds resulting in repetitive  $\text{CH}_2$  units with  $\text{CH}_3$  group at one end.. They do not have double bonds.
5. **Linoleic acid (LA n-6)** : Fatty acid containing 18 carbon atoms with two double bonds, the first double bond is at 6<sup>th</sup> carbon atom from the methyl ( $\text{CH}_3$ ) end and therefore it is called n-6 fatty acid.
6. **Alpha linolenic acid ( ALNA n-3)** : 18 carbon fatty acid with 3 double bonds, first double bond at 3<sup>rd</sup> carbon atom from the methyl end and therefore it is called n-3 fatty acid.
7. **Fats and Oils** : Common terms used for extracted lipids from vegetable and animal sources. When solid at room temperature they are called fats and when liquid at room temperature referred to as oils.
8. **Monounsaturated fatty acids (MUFA)** : Unsaturated fatty acids with one double bond.
9. **Trans fatty acid (TFA)** : Mainly produced during hydrogenation of oils, a few occur naturally in ruminant fat. TFAs in hydrogenated fat are monounsaturated fatty acids in which the hydrogen atoms assume position on opposite sides of the plane containing the double bond.
10. **Polyunsaturated fatty acids (PUFA)** : Unsaturated fatty acids with two or more double bonds:
11. **Visible fat** : Vegetable oil,/ghee/fat used in cooking represents visible fat.
12. **Invisible fat** : All food items (plant and animal) which we consume contain a small amount of fat as an integral component which is termed as invisible fat.