

Glossary: QRSTU

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R

Rancidity: That stage in fat oxidation which is characterized by development of easily recognized sharp, acrid and pungent off-flavors and odors. True rancidity is a description of sensory reactions and may be determined only by flavor and odor. Chemical tests may roughly denote the progress of oxidation but usually cannot accurately predict the onset of undesirable flavor and odor.

Recommended Dietary Allowances (RDA). The amounts of selected nutrients considered adequate to meet the known nutrient needs of practically all healthy people.

Red Blood Cell (RBC). A non-nucleated cell in the blood, shaped like a biconcave disk, responsible for the transport of oxygen.

Reference Daily Intakes (RDI). a set of standards for vitamins, minerals, and proteins used on food labels; previously known as the U.S. RDA.

Relative EFA Insufficiency. Insufficient levels of EFAs in the blood, primarily because there is too much saturated fat in the blood. The cells do not get enough EFA even though there may be enough EFAs in adipose tissue.

Risk Factors. Factors linked to elevated incidence of a disease, but not proven to be causal.

S

Serum. The liquid part of the blood when the blood coagulates. It is obtained by precipitating the cells by forming a big clot.

Small Intestine. A ten-foot length of small-diameter intestine in the middle of the GI tract where most digestion of food and absorption of nutrients takes place.

Soyfoods: Term for edible (primarily for human consumption) soy-based products. These include traditional soyfoods such as tofu, soymilk, tempeh, soy sauce etc; soy protein products produced after processing such as soy flour, soy concentrates and isolated soy proteins; soy oil products such as refined soy oil, hydrogenated soybean oil and soybean lecithin; and, other edible byproducts such as soybean hulls and soy fiber. Also, "second generation" soyfoods, a term to describe consumer oriented products that use a soyfood as a primary ingredient, such as tofu or soymilk-based nondairy frozen desserts or tofu-stuffed ravioli.

Soymilk: A protein-rich, milk-like liquid typically obtained from the soaking and grinding of whole soybeans with water; or, hydrating whole, full-fat soy flour; cooking the resultant slurry, and filtering all or part of the soy pulp or fiber from the cooked liquid. Soymilk prepared in this manner can be drunk or used like milk, used to make tofu, or spray-dried.

Soynuts: Roasted whole soybeans. Oil roasted and dry roasted. Available plain, whole or crumbled; and flavored with a confectionery or seasoning coating.

Stomach. An elastic, saclike muscle in the GI tract that grinds and churns swallowed food while mixing it with acid and enzymes that aid in digestion.

Stress. Any threat to a person's well being or a demand placed on the body.

T

Trans Fatty Acid. An unsaturated fatty acid that has no kinks at the position where the normal "cis" unsaturated fatty acid has a kink. It is produced by hydrogenation and by cows.

Trienoic to tetraenoic ratio, T/T ratio. The ratio of 20:3w9/20:4w6. This ratio increases with EFA insufficiency. It is a marker of EFA insufficiency.

Triglyceride: A technical term for a single, pure fully neutral fat. A chemical unit composed of the reaction product of one unit of glycerine with three units of fatty acid. A typical fat or oil will be a physical mixture of many different triglycerides.

U

Unsaturation: A term descriptive of the carbon-hydrogen make-up of a material such as fat or an oil. The term refers specifically to a shortage of hydrogen atoms in the oil's structure. The less hydrogen, the greater the degree of unsaturation and the greater the reactivity with oxygen. Unsaturation in a fat or oil means easier formation of peroxides, easier development of rancidity, and more tendency to polymerize. Highly unsaturated fats are usually oils. Solid fats have lower unsaturation.

USDA (U.S. Department of Agriculture). The federal agency responsible for nutrition research, public education about nutrition, and enforcement of standards of quality for meat, poultry, and egg products in the United States.



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