

## Understanding Nutrition Whitney Chapter 5

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an enzyme inside adipose cells that responds to the body's need for fuel by hydrolyzing triglycerides so that their parts (glycerol and fatty acids) escape into the general circulation and thus become available to other cells for fuel.

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providing all the essential nutrients, fiber, and energy in am.... providing foods in proportion to one another and in proportion.... trans fat-free (used on food labels) less than 0.5 gram of trans fat and less than 0.5 gram of satu.... added sugars. sugars and other kcaloric sweeteners that are added to foods d.... 27 Terms.

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### Understanding Nutrition by Ellie Whitney

Whitney, Eleanor Noss,Rolfes, Sharon Rady . ... Sharon Rady. (©2011) Understanding nutrition (Australia ; Wadsworth, Cengage Learning, MLA Citation. Whitney, Eleanor Noss,Rolfes, Sharon Rady. ... From Guidelines to groceries -- Highlight 4: Carbs, k calories, and controversies -- Chapter 5: Lipids: Triglycerides, Phospholipids, And Sterols ...

### Table of Contents for: Understanding nutrition

Learn and understand the educator-verified answer and explanation for Chapter 16, Problem 01 in Rolfes/Whitney's Understanding Nutrition (15th Edition).