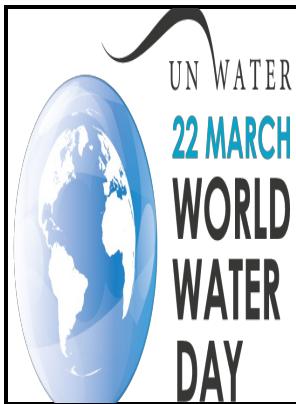


Encyclopedia of Human Nutrition

Elsevier Academic Press - Free



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Fats that are solid at room temperature, such as butter or lard, usually contain high amounts of saturated fatty acids such as palmitic or stearic acid. A deficiency of a vitamin may result in a characteristic related to the body function affected by the lack of the vitamin. The role of nutrition in health and disease has been recognized from research as early as 1900, although much remains to be learned.

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