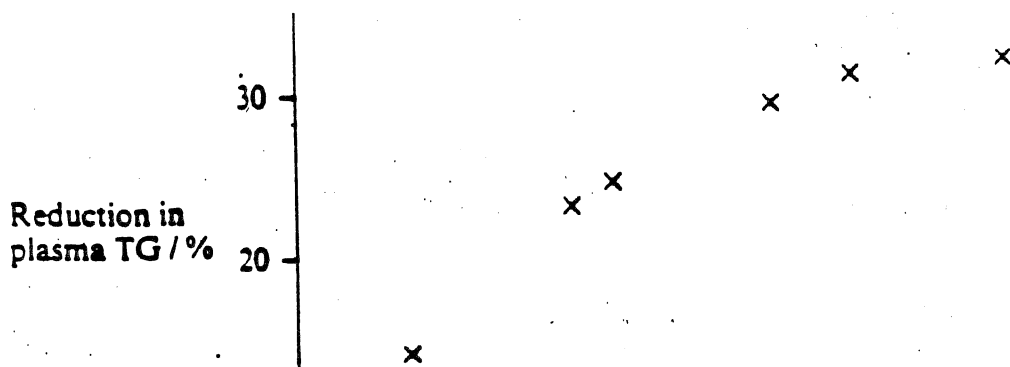


Name _____
Period _____ Date _____

Substances known as *n*-3 polyunsaturated fatty acids (PUFA) are found in oily fish such as mackerel. A study was conducted to test the effects of *n*-3 polyunsaturated fatty acids on plasma triglycerides (TG) in the blood.

The graph shows the results of the trial.



The table below lists the nutrient content of several foods, as well as the recommended dietary allowance (RDA) for a 60 kg adult female (National Health and Medical Council of Australia). The quality of different foods may be compared according to the percentage of the RDA of particular nutrients that they provide. Excellent sources of a nutrient provide more than 15% of the RDA per average serving. Good sources