

Nutrition Terminology

Nutrition: The study of food and how it affects the body and the process of providing or obtaining the food necessary for health and growth.

Nutrition Fact label:

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Start here. The information on the Nutrition Facts label is tied to the serving size. If you eat more than the listed serving size, then you get more calories and other nutrients. Servings per container is especially helpful when looking at what appears to be "single-serving containers." Often what is sold as a single serving is actually 2 or more servings.

Check calories. This part of the label tells us how many calories are in one serving.

Quick guide to % Daily Value. If the Daily Value is 5% or less, then the food is low in that nutrient. If the Daily Value is 20% or more, then the food is a good source of that nutrient.

Limit these nutrients. Eating too much saturated fat, trans fat, cholesterol, sodium, or added sugar may increase your risk of certain chronic diseases. Note: Added sugar is not currently listed on all labels.

Get enough of these nutrients. Eating enough fiber, vitamin D, calcium, iron, and potassium can improve your overall health.

Footnote. At the bottom of the Nutrition Facts is a footnote that explains that the % Daily Value is intended to help consumers understand the nutrition information on the label in the context of a total daily diet of 2,000 calories.

Nutrients: are chemical compounds found in food that are essential for the body to function and grow. The body uses nutrients to maintain health, repair and grow tissues, and drive biological activity.

Nine Essential amino acids: The nine essential amino acids are: **histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine.** These are considered "essential" because the human body cannot synthesize them and therefore must obtain them through diet.

Serving Size: A "serving size" is a standardized amount of food, usually measured in cups, ounces, or pieces, that is listed on a food label and represents the typical amount of that food someone would eat in one sitting; it helps people compare nutritional information between different products and understand how much they should be eating of a particular food.

Dietary Fiber: is a complex carbohydrate that we can't fully digest. Fiber lends structure to plant-based foods and is essential to digestion, absorption, and elimination. It helps us feel fuller and slows food down as it passes through our digestive tract so we can break down nutrients.

Calories: Calories are a unit of energy that measures how much energy is in food and beverages. The body needs calories to function, such as for breathing, circulating blood, and physical activity.

Carbohydrates: a macronutrient that is one of our main sources of fuel. Carbohydrates, or carbs, are synthesized in plant-based foods and are composed of sugars.

Simple Carbohydrates: Simple carbohydrates are sugars that are easily broken down by the body and quickly absorbed into the bloodstream to provide energy. They are also known as refined or processed carbohydrates because they have been stripped of fiber. (sugar, honey, fruit, milk,)

Glucose/sugars: Glucose is a type of sugar that comes from carbohydrates in food and is the body's primary source of energy

Sodium: Sodium is an essential mineral that plays a vital role in maintaining fluid balance and blood pressure. However, excessive sodium intake can lead to health problems such as high blood pressure and heart disease.

Hormones: Hormones are chemical messengers that are naturally produced by all living things, including plants, animals, and humans. They are essential for many biological functions, such as growth, metabolism, reproduction, and mood control.

Complex Carbohydrates: are made up of sugar molecules that are strung together in long, complex chains. Complex carbohydrates are found in foods such as peas, beans, whole grains, and vegetables.

Lipids: are a broad term for a group of fatty substances found in food, including fats, oils, phospholipids, and cholesterol. Lipids are insoluble in water but soluble in organic solvents like ether and chloroform.

Fats: are nutrients in food that the body uses to build cell membranes, nerve tissue (including the brain), and hormones. The body also uses fat as fuel. If fats eaten aren't burned as energy or used as building blocks, they're stored in fat cells.

Saturated fatty acids: fatty acids that have no double bonds between their carbon atoms. They are found in animal fats and some plant oils and are solid at room temperature. (Animal fats, full-fat dairy products, coconut oil and palm oil)

Essential fatty acids: refers to those polyunsaturated fatty acids (PUFA) that must be provided by foods because these cannot be synthesized in the body yet are necessary for health. EFAs are classified as omega-3 (ω-3) and omega-6 (ω-6) fatty acids.

Total Carbohydrates: "Total carbohydrates" refers to the overall amount of carbohydrates in a food item, including all types of carbs like sugar, starches, and dietary fiber. It's the sum of all carbohydrate components within a food. NOTE "Since fiber cannot be absorbed by the body and affect your glucose or blood sugar levels, it should be subtracted from the. Total Carb to determine the true amount of carbs your body will be absorbing."

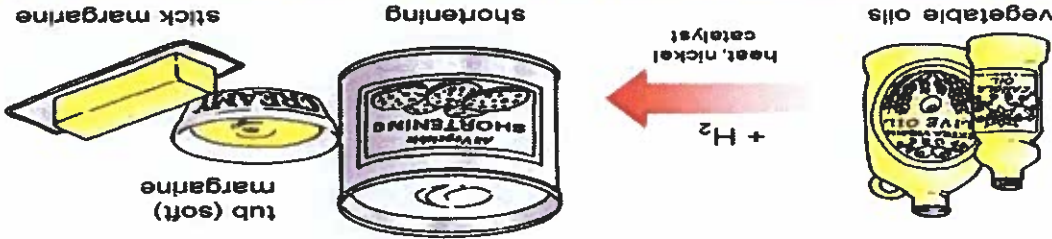
Oxidation: a chemical process that occurs when food components react with oxygen in the air, causing changes in the food's color, flavor, and nutritional content.

Cholesterol: is found in animal-based foods, such as meat, poultry, seafood, eggs, and dairy products. It is a waxy, fat-like substance that's essential for the body to function. The body produces all the cholesterol it needs, primarily in the liver, and it's also found in the cells of the body. Cholesterol is important for making hormones, vitamin D, and substances that help digest food.

Trans-fatty acids: Trans fatty acids, also known as trans fats, are unsaturated fatty acids that can be found in many processed and packaged foods. They are created by adding hydrogen to vegetable oils in a process called hydrogenation, which makes the oils more solid and prevents them from going rancid.

Hydrogenation: In food, hydrogenation is the process of adding hydrogen to unsaturated fats and oils to make them solid and saturated. This process is used to help preserve food and make it last longer.

Hydrogenation



Proteins: Protein is a macronutrient, and it's made up of different chains of smaller amino acids, like beads on a necklace. There are 20 amino acids in our bodies. During digestion, we break down proteins into their amino acids and use them for many essential functions throughout the body.

Amino acids: Amino acids are molecules that combine to form proteins. Amino acids and proteins are the building blocks of life. When proteins are digested or broken down, amino acids are the result. The human body then uses amino acids to make proteins to help the body: Break down food.

Veganism: A vegan diet includes only plant foods—fruits, vegetables, beans, grains, nuts, and seeds. People who follow a vegan diet don't eat any animal-derived products, including dairy, eggs, and honey.

Vegetarian: A vegetarian diet is one that does not include any meat or seafood. However, there are many variations to this – some people following a vegetarian diet may eat eggs and dairy foods, while others may avoid one or both.

Ketogenic diet: A diet high in fat and low in carbohydrates (sugars) that causes the body to break down fat into molecules called ketones. Ketones circulate in the blood and become the main source of energy for many cells in the body.

Ketosis is a metabolic state that occurs when your body burns fat for energy instead of glucose.

Pescetarian: The pescetarian diet, or pescatarianism, involves eating a primarily vegetarian diet with the addition of fish and other seafood.

Paleo diet: The paleo diet, also known as the caveman, Stone Age, or steak and bacon diet, is based on foods that humans ate during the Paleolithic era, which was around 2.5 million to 10,000 years ago. The diet focuses on eating foods that could be hunted, fished, or gathered during that time, and excludes foods that were not available then.

Complete proteins: A food is considered a "complete protein source" when it contains all nine essential amino acids that the human body cannot produce on its own, meaning it provides a full set of building blocks for protein synthesis in the body. (Ex: meat, poultry, eggs, fish, & dairy)

Incomplete proteins: An incomplete protein is a food that lacks one or more of the nine essential amino acids that the body needs to build cells. (Ex: nuts, seeds, rice, corn)

Complementary proteins: Two or more incomplete proteins that are eaten together to provide all the essential amino acids the body needs.

Vitamins: Vitamins are compounds we need in smaller amounts for a large variety of functions in the body, and most of them come from food. The 13 vitamins the body needs are A, C, D, E, K, B1, B2, B3, B5, B6, B7, B9, and B12. These vitamins are essential for cell function, growth, and development.

Vitamins can be divided into two main categories:

- **Fat soluble vitamins:** These vitamins frequently live in fat tissue and require a source of fat to best be absorbed. Fat soluble vitamins can be stored in the body for longer periods of time.
- **Water soluble vitamins:** These vitamins dissolve in water, and water helps us absorb them. Water soluble vitamins are not stored for a long time, so we need to be eating foods with them regularly.

Minerals: Minerals can be divided into two main categories:

- **Macrominerals/ Macronutrients:** These are the minerals that we need in larger amounts (often in milligrams), such as calcium and magnesium and carbohydrates, proteins, and fats.
- **Microminerals/ Micronutrients:** These are minerals we need in smaller amounts (smaller amounts of milligrams and often micrograms), such as zinc and copper and vitamins A-K.

Food Additives: a substance added to food to enhance its flavor or appearance or to preserve it. (Ex: emulsifiers, flavors, preservatives, glazing agents)

Digestion: the process of breaking down food by mechanical and enzymatic action in the alimentary canal into substances that can be used by the body.

Dietary restrictions: limitations on what a person can eat, which can be based on a variety of reasons: Allergies, medical conditions, religious or cultural beliefs, personal choices, social choices.

Eating disorders: The most common eating disorders are anorexia, bulimia, and binge eating. Most eating disorders involve focusing too much on weight, body shape and food. This can lead to dangerous eating behaviors. These behaviors can seriously affect the ability to get the nutrition your body needs. Eating disorders can harm the heart, digestive system, bones, teeth and mouth.

ARFID: People with avoidant/restrictive food intake disorder (ARFID) may restrict or eliminate foods that intensify their gastrointestinal symptoms.

Allergies: A food allergy is an immune system reaction to a food that can occur when a person eats, touches, or inhales a food protein. The immune system produces an antibody called immunoglobulin E (IgE) in response to the food, which can bind to the food and cause an allergic reaction. Symptoms: itchy mouth, throat, ears, hives, swelling of face, vomiting, stomach cramps, shortness of breath, wheezing, coughing, dizziness or feeling faint, death.

Dietary Reference intakes (DRIs): are a set of scientifically developed values that estimate the amount of nutrients that people should consume.

Recommended Dietary Allowance (RDNs): The recommended dietary intake (RDI) is the average daily amount of food that is needed to meet the nutritional needs of almost all healthy people in a specific gender and age group. The RDI is one of several values that make up the Dietary Reference Intakes (DRI), which are used to plan and evaluate the nutritional intake of healthy people.

Adequate Intake (AIs): a dietary recommendation for the average amount of nutrients a healthy population should consume daily, when there isn't enough data to calculate an average requirement.

Malnutrition: a condition that occurs when a person's intake of nutrients or energy is deficient, excessive, or imbalanced. Malnutrition can be caused by undernutrition or overnutrition.

Obesity: an excessive accumulation of fat in the body that can pose a health risk. It's usually caused by consuming more calories than the body can use, which are then stored as fat.

Osteoporosis: A condition in which there is a decrease in the amount and thickness of bone tissue. This causes the bones to become weak and break more easily. Osteoporosis may be caused by older age, hormone changes, taking certain medicines, and not eating enough foods with calcium and vitamin D

Iron-deficiency Anemia: occurs when the body doesn't have enough iron to produce healthy red blood cells. This can happen when someone doesn't get enough iron from their diet or loses too much iron. Iron rich food includes beans, dried fruits, eggs, lean meat, salmon, peas, tofu, & dark leafy vegetables.

Diabetes mellitus: Diabetes mellitus is a disease that affects how the body processes food into energy and is caused by high levels of blood sugar.

Celiac Disease: A chronic autoimmune disorder where the body's immune system attacks the small intestine when gluten, a protein found in wheat, rye, and barley, is consumed.

High Blood Pressure: a condition in which the force of blood against the artery walls is consistently too high.

Hypertension: a condition in which the blood pressure in the arteries is consistently elevated above normal levels.