

## Nutrition Vocabulary Words

**\*\*Use the glossary in your health book under your desk to define each term.\*\***

1. Nutrition
2. Calories
3. Nutrients
4. Hunger
5. Appetite
6. Carbohydrate
7. Fiber
8. Proteins
9. Lipid
10. Vitamins
11. Minerals
12. Dietary Guidelines for Americans
13. Myplate - the current nutrition guide published by the United States Department of Agriculture, a food circle (i.e. a pie chart) depicting a place setting with a plate and glass divided into five food groups. It replaced the USDA's MyPyramid guide on June 2, 2011, ending 19 years of USDA food pyramid diagrams.
14. Food additives
15. Food allergy
16. Food intolerance
17. Foodborne illness
18. Pasteurization
19. Cross-contamination
20. Empty Calories - a calorie whose source has little or no nutritional value:
21. Food Groups - A food group is a collection of foods that share similar nutritional properties or biological classifications. Nutrition guides typically divide foods into food groups and recommend daily servings of each group for a healthy diet.

22. Portion Control - understanding how much a serving size of food is and how many calories or how much food energy a serving contains. **Portion control** is important for body weight management as the weight is defined by the total calorie intake.
23. Sedentary - (of a person) tending to spend much time seated; somewhat inactive.
24. Calcium - It is an element needed to make bones, teeth, plant cell walls and in clotting blood. Calcium is essential for healthy bones and is also important for muscle contraction, heart action, and normal blood clotting.
25. Deficiency - means a lack of something. An inadequate supply of essential nutrients (as vitamins and minerals) in the diet resulting in malnutrition or disease.
26. Fructose - A simple sugar. It is found in fruits and coca cola. The primary reason that fructose is used commercially in foods and beverages, besides its low cost, is its high relative sweetness. It is the sweetest of all naturally occurring carbohydrates. In general, fructose is regarded as being 1.73 times as sweet as sucrose.
27. Glucose - a simple sugar. It is the main supplier of energy in the body.
28. Metabolism - means all of the chemical reactions which take place in any living thing. Metabolism is usually divided into two categories: catabolism, the *breaking down* of organic matter by way of cellular respiration, and anabolism, the *building up* of components of cells such as proteins and nucleic acids. Helpful hint: Breaking down releases energy and building up consumes energy.
29. Obesity - the condition of being grossly fat or overweight. Obesity has reached epidemic proportions globally, with at least 2.8 million people dying each year as a result of being overweight or obese. Once associated with high-income countries, obesity is now also prevalent in low- and middle-income countries.