

VOCABULARY

Essential Terms- (Chapter 5-10) in Nutrition and Wellness for Life Text

<u>Chapter 5: Carbohydrates: The Preferred Body Fuel</u>	<u>Definitions:</u>
Carbohydrates	One of the six classes of nutrients that include sugars, starches, and fibers.
Sugars	A collective term used to refer to all the monosaccharides and disaccharides.
Starch	A polysaccharide that is the storage form of energy in plants.
Simple carbohydrate	A monosaccharide or disaccharide.
Complex carbohydrate	A polysaccharide. Starch and fiber are complex carbohydrates.
Insulin	A hormone secreted by the pancreas to regulate blood glucose level.
Diabetes mellitus	A lack of or an inability to use the hormone insulin, which results in a buildup of glucose in the bloodstream.
Lactose intolerant	An inability to digest lactose, the main carbohydrate in milk, due to a lack of the digestive enzyme lactase.
<u>Chapter 6: Fats: A Concentrated Energy Source</u>	<u>Definitions</u>
Lipid	A group of compounds that includes triglycerides (fats and oils), phospholipids (lecithin), and sterols (cholesterol).
Saturated fatty acid	A fatty acid that has no double bonds in its chemical structure and therefore, carries a full load of hydrogen atoms.
Unsaturated fatty acid	A fatty acid that has at least one double bond between two carbon atoms in a carbon atom chain and therefore is missing at least two hydrogen atoms.
Lecithin	A phospholipid made by the liver and found in many foods.
Emulsifier	A substance such as a phospholipid that can mix with water and fat.
Cholesterol	A white, waxy lipid made by the body that is part of every cell. Cholesterol is also found in foods of animal origin.
Essential fatty acid	A fatty acid needed by the body for normal growth and development that cannot be made by the body and therefore must be supplied by the diet.
Lipoprotein	Fat droplets coated by proteins so they can be transported in the bloodstream.
Low-density lipoprotein (LDL)	A lipoprotein that carries cholesterol made by the liver through the bloodstream to body cells.
High-density lipoprotein (HDL)	A lipoprotein that picks up cholesterol from around the body and transfers it to other lipoproteins for transport back to the liver for removal from the body.

Coronary heart disease (CHD)	Disease of the heart and blood vessels. Atherosclerosis and hypertension are the two most common forms of CHD.
Plaque	A buildup of fatty compounds made up largely of cholesterol that form on the inside walls of arteries.
Heart attack	The death of heart tissue caused by blockage of an artery carrying nutrients and oxygen to that tissue.
Stroke	The death of brain tissue caused by blockage of an artery carrying nutrients and oxygen to that tissue.
Hypertension	Abnormally high blood pressure; an excess force on the walls of the arteries as blood is pumped from the heart.
Omega-3 fatty acids	A certain type of polyunsaturated fatty acids found in fish oils and shown to have a positive effect on heart health.
Cancer	A disease in which abnormal cells grow out of control.

Chapter 7: Proteins: The Body's Building Blocks	Definitions
Protein	An energy-yielding nutrient composed of carbon, hydrogen, oxygen, and nitrogen.
Amino acid	One of the building blocks of protein molecules.
Denaturation	A change in shape that happens to protein molecules when they are exposed to heat, acids, bases, salts of heavy metals, or alcohol.
Legume	A plant that has a special ability to capture nitrogen from the air and transfer it to protein-rich seeds.
Vegetarianism	The practice of eating a diet consisting entirely or largely of plant foods.
Complete protein	A protein that contains all the indispensable amino acids.
Incomplete protein	A protein that is missing or short in one or more of the indispensable amino acids.
Complementary protein	Two or more incomplete protein sources that can be combined to provide all the indispensable amino acids.
Deficiency disease	A sickness caused by a lack of an essential nutrient.
Kwashiorkor	A protein deficiency disease.
Marasmus	A wasting disease caused by a lack of calories and protein.

Chapter 8: Vitamins: Drivers of Cell Processes	Definitions
Vitamin	An organic compound needed in tiny amounts as a nutrient to regulate body processes
Fat-soluble vitamin	A vitamin, specifically vitamin A, D, E, or K, that dissolves in fats.
Water-soluble vitamin	A vitamin, specifically vitamin C or one of the B-complex vitamins, that dissolves in water.
Toxicity	A poisonous condition.
Night blindness	A condition in which the cells in the eyes adjust

	slowly to dim light, causing night vision to become poor.
Fortified foods	A food that has one or more nutrients added during processing.
Rickets	A deficiency disease in children caused by a lack of vitamin D and characterized by soft, misshapen bones.
Antioxidant	A substance that reacts with free radicals (unstable single oxygen molecules) to protect other substances from harmful effects of the free radicals.
Free radical	A highly reactive, unstable single oxygen molecule, which can generate a harmful chain reaction that can damage tissue.
Coagulation	The blood clotting process that stops bleeding.
Enriched food	A food that has had vitamins and minerals added back that were lost in the refining process.
Beriberi	The thiamin deficiency disease, which is characterized by weakness, loss of appetite, irritability, poor arm and leg coordination, and a tingling throughout the body.
Scurvy	The vitamin C deficiency disease, characterized by tiredness, weakness, shortness of breath, aching bones and muscles, swollen and bleeding gums, lack of appetite, slow healing of wounds, and tiny bruises on the skin.
Collagen	A protein substance in the connective tissue that holds cells together.
Phytochemicals	Health-enhancing nonnutrient compounds in plant foods that are active in the body at the cellular level.
Probiotics	The “good” microorganisms found in foods that help to counterbalance the “bad” microorganisms in your intestinal tract.
Prebiotics	The nondigestible food ingredients that stimulate the growth of good microorganisms in the colon.

Chapter 9: Minerals: Regulators of Body Functions	Definitions
Minerals	An inorganic element needed in small amounts as a nutrient to perform various functions in the body.
Macromineral	Mineral required in the diet in an amount of 100 or more milligrams per day.
Micromineral	Mineral required in the diet in an amount of less than 100 milligrams per day.
Osteoporosis	A condition in which bones become porous and fragile due to a loss of minerals.
pH	A term used to express a substance’s acidity or alkalinity as measured on a scale from 0 (extreme acid) to 14 (extreme base).
Acid	A compound that has a pH lower than 7.
Base	A compound that has a pH greater than 7.
Thyroxine	A hormone produced by the thyroid gland that helps control metabolism.
Goiter	An enlargement of the thyroid gland.

Fluorosis	A spotty discoloration of teeth caused by high fluoride intake.

Chapter 10: Water: The Forgotten Nutrient	Definitions:
Diuretic	A substance that increases urine production.
Dehydration	A state in which the body contains a lower than normal amount of body fluids.
Water intoxication	A rare condition caused by drinking too much water and consuming too few electrolytes.

