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Chapter 7: The Foods You Eat—Glossary

anorexia nervosa. An eating disorder in which the fear of weight gain leads to poor eating patterns, malnutrition, and excessive weight loss.

appetite. The desire to eat.

balanced diet. A diet that provides all the nutrients your body needs for good health.

binge eating. An eating disorder in which people eat large amounts of food in a short time without taking measures to rid the body of unwanted food.

bulimia. An eating disorder in which people eat large amounts of food and then purge themselves of the food.

calories. Units of energy provided by proteins, carbohydrates, and fats.

carbohydrates. Nutrients needed by your body for energy.

cholesterol. A fatty substance found in foods from animal sources.

diet. The food and beverages consumed each day.

Dietary Guidelines for Americans. Document developed by experts to promote a healthful lifestyle through improved nutrition and physical activity.

eating disorders. Abnormal, unhealthy eating patterns.

energy. The capacity for doing work.

enriched. To have nutrients added to a product to replace those removed during processing.

fats. Nutrient needed by your body for energy.

minerals. Nutrient needed by your body to regulate body processes.

MyPlate. The United States Department of Agriculture's (USDA) new food guidance system based on the *Dietary Guidelines for Americans*.

nutrient-dense. Foods that provide vitamins, minerals, and other substances that have positive health effects, with relatively few calories.

nutrient-poor. Foods that have few nutrients, but are high in calories.

nutrients. Chemicals and other substances from foods needed for the body to function.

nutrition. The study of how your body uses food.

ounce equivalent. Measurement of grain food products.

proteins. Nutrients found in meat and meat alternates needed by your body for growth and repair of tissue.

purging. Ridding the body of unwanted food by self-induced vomiting or taking too many laxatives.

saturated fat. A fat that is solid at room temperature.

SoFAS. Foods that are high in solid fats and/or added sugars.

traditions. Customs passed from one generation to another.

trans fat. A type of fat found in vegetable shortening, some margarine, baked goods, and many processed foods.

vitamins. Nutrient needed by your body for growth and repair of tissue.

water. Carries nutrients needed to your body cells and removes waste.

whole grains. Grains in food that retain their natural fiber.