

**Preparing for Life and Career © 2013**  
**Chapter 16: Nutrition and You—Glossary**

**anorexia nervosa.** An eating disorder that causes people to starve themselves.

**basal metabolism.** The energy used to support the basic functions that keep you alive.

**binge-eating disorder.** Type of eating disorder that involves repeatedly eating great amounts of food and feeling powerless to stop.

**body composition.** The proportion of body fat to lean mass in your body.

**bulimia nervosa.** Type of eating disorder that involves uncontrollable urges to eat large amounts of food followed by behavior to avoid weight gain, including forced vomiting.

**calories.** Units of energy of body fuel provided by carbohydrates, fats, and proteins in food.

**carbohydrates.** The body's main source of energy.

**deficiency.** A shortage.

**diabetes.** A disease that limits or prevents the body's ability to properly use energy from food.

**diet.** All the foods you regularly eat and drink.

***Dietary Guidelines for Americans.*** A publication by the United States Departments of Agriculture and Health and Human Services that serves as a basis for many nutrition programs and sources of information in the United States.

**Dietary Reference Intakes (DRIs).** A set of dietary standards for the United States that recommend how much of each nutrient is needed in the diet.

**dieting.** Restricting your food intake.

**eating disorder.** An illness that results in abnormal eating patterns which can be life threatening.

**energy balance.** When calories taken in (from food) equal calories used (for physical activity, digestion, and basic functions).

**fad diets.** Unsafe diet plans that promise quick weight loss in a very short period of time.

**fasting.** A form of fad dieting that requires going without food for a certain amount of time.

**fats.** Concentrated sources of energy found in both animal and plant foods.

**food allergy.** When a food protein you have eaten triggers a response by your body's immune system.

**food intolerance.** A reaction to food that is unpleasant, but not the result of an immune response.

**fortify.** When certain vitamins or other nutrients are added into food.

**malnutrition.** When a person's diet lacks needed nutrients over a period of time. This can be caused by not eating the right amount or selection of foods.

**minerals.** Type of nutrient needed for a healthy body.

**MyPlate.** A food guidance system created by the United States Department of Agriculture (USDA) to help people apply the messages from the *Dietary Guidelines* to their daily life.

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

**nutrients.** The substances in food that are used by your body to grow and function properly.

**nutrition.** The study of how your body processes and uses the foods you eat and drink.

**protein.** A nutrient needed for growth, maintenance, and repair of tissues.

**vegetarianism.** An eating pattern that excludes some or all animal products.

**vitamins.** Substances needed by the body for growth and maintenance.