

Nutrition & Wellness for Life © 2012
Chapter 12: The Energy Balancing Act—Glossary

basal metabolic rate (BMR). The rate at which the body uses energy for basal metabolism.

basal metabolism. The amount of energy required to support the operation of all internal body systems except digestion.

bioelectrical impedance. A process that measures body fat by measuring the body's resistance to a low-energy electrical current.

body composition. The proportion of lean body tissue to fat tissue in the body.

body mass index (BMI). A calculation of body weight and height used to define underweight, healthy weight, overweight, and obesity.

calorie density. The concentration of energy in a food.

energy. The ability to do work.

Estimated Energy Requirement (EER). The average calories needed to maintain energy balance in a healthy person of a certain age, gender, weight, height, and level of physical activity.

healthy body weight. Body weight specific to gender, height, and body frame size that is associated with health and longevity.

ketone bodies. Compounds formed from fatty acids the nervous system can use for energy when carbohydrates are not available.

ketosis. An abnormal buildup of ketone bodies in the bloodstream.

obese. Describes an adult with a body mass index of 30 or more.

overweight. Describes an adult with a body mass index of 25 to 29.9.

resting metabolic rate (RMR). A method used to measure the body's resting energy expenditure, which can be used interchangeably with basal metabolic rate (BMR).

sedentary activity. An activity that requires much sitting or little movement.

skinfold test. A test in which a caliper is used to measure the thickness of a fold of skin to estimate how much of the thickness is due to subcutaneous fat.

subcutaneous fat. Fat that lies underneath the skin.

thermic effect of food. The energy required to complete the processes of digestion, absorption, and metabolism.

underweight. Describes an adult with a body mass index below 18.5.