## Nutrition & Wellness for Life © 2012 Chapter 22: Become an Informed Consumer-Glossary

**comparison shopping.** Assessing prices and quality of similar products to choose those that best meet a consumer's needs and price range.

consumer. Someone who buys and uses products and services.

**food additive.** A substance added to food products to cause desired changes in the products.

**food irradiation.** The treatment of approved foods with ionizing energy to improve food safety and extend shelf life.

**food processing.** Any procedure performed on food to prepare it for consumers.

**generally recognized as safe (GRAS) list.** A list prepared by the U.S. Food and Drug Administration of substances that have proved to be safe to use in food processing.

**generic product.** An unbranded product, which can be identified by plain, simple packaging.

impulse buying. Making unplanned purchases.

**national brand.** A brand that is distributed and advertised throughout the country by a major company.

**organic food.** A food produced without the use of synthetic fertilizers, pesticides, antibiotics, herbicides, or growth hormones.

serving size. The amount of a food item customarily eaten at one time.

**store brand.** A brand that is sold in only specific chains of food stores.

**unit price.** A product's cost per standard unit of weight or volume.