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.