

Vocabulary and Definitions

Key Concepts are **underlined**

Active Lifestyle Includes being physically active at a level equal to walking **more than 3 miles** at 3 to 4 miles per hour, in addition to the light physical activity of day-to-day life.

Calcium A mineral nutrient that helps build and renew bones and teeth. It is also important in regulating the function of the heart, muscles, and nerves.

Calories (Food Energy) A measure of the energy used by the body, and of the energy that food supplies to the body.

Carbohydrates Essential nutrients that are the body's main source of energy. Sugars are simple forms of carbohydrates and starches are complex forms of carbohydrates.

Cholesterol Cholesterol is a waxy substance found in every cell of humans and animals.

Common Measures Often called household measures, common measures are often used in cooking and food preparation. Examples include cup measurements, tablespoons, and unit measures such as 1 egg or 1 slice of bread.

Daily Value (DV) Daily Values (DVs) are recommended amounts of key nutrients, based on 2,000 calories a day. The amounts shown for the DV nutrient levels for 2,000 and 2,500 calories are provided on many Nutrition Facts labels.

% DVs The % Daily Values (% DV) show specific amounts of nutrients for each food. The % DVs make it easier to compare the amounts of nutrients in a food to the amount of nutrients people need each day.

Dietary Fiber Plant material that cannot be digested.

Fat A nutrient that supplies energy, promotes healthy skin and growth, and is a carrier of certain vitamins. Oils are liquid fats.

Fluids All the liquids and water in beverages and foods. Thirst and normal drinking behavior, especially drinking fluids with meals, are usually adequate to meet the body's need for liquids. People need to drink more when it is hot and during vigorous physical activity.

Inactive Lifestyle An inactive lifestyle includes only the light physical activity of standard day-to-day life such as getting dressed, preparing food, talking with your family, and attending class, with much of the time spent sitting.

Iron A mineral nutrient that helps build and renew the part of red blood cells (called hemoglobin) that carries oxygen to cells.

Lactose Intolerance The body's inability to digest lactose, the natural sugar found in milk and milk products, and which may cause intestinal discomfort.

Minerals Nutrients such as calcium, iron, and zinc; some regulate body processes while others become part of body tissues.

Milk Products Milk and foods made with milk, such as yogurt and cheese, are important sources of calcium for teens. Adolescents have a critical need for calcium during the growth spurt and until they become adults. All calcium-rich food sources can help bones grow. Low-fat and fat-free milk and foods made from low-fat or fat-free milk are recommended as one way to reduce saturated fats.

MyPyramid *MyPyramid: Steps to a Healthier You* is the food guidance system developed by the U.S. Department of Agriculture to guide healthful eating and active living. It gives the amounts and kinds of foods we need daily from the five food groups, plus a category for oils, and guidance on physical activity levels. For more information go to MyPyramid.gov.

Nutrient-Dense Foods Nutrient-dense foods provide high amounts of vitamins and minerals and are lower in calories than similar types of foods. Use the % DV Guide to identify foods with high amounts of vitamins and minerals. Compare and choose foods that are lower in calories.

Nutrients The substances found in food that nourish your body. Nutrients should come primarily from foods. Some foods are fortified with nutrients (such as vitamin D in milk) to meet a recognized public health need.

Nutrition Facts Panel The section of a food label that shows the Serving Size, Calories, and key nutrients by % DV, in one measured amount of food.

Oils Forms of fats that are liquid at room temperature. Oils, such as vegetable oils, are higher in unsaturated fats and lower in saturated fats than solid fats.

Physical Activity Any action that uses your muscles to move your body and uses up energy.

Protein An essential nutrient that helps your body grow, repair itself, and fight disease; it can also provide energy if needed.

Saturated Fats Fats that are solid at room temperature, such as the fat in meats, poultry skin, and foods made from whole milk. They increase blood cholesterol levels and the risk of heart disease.

Serving Size A term that indicates a fixed amount of food, such as 1 cup or 1 ounce, shown on the Nutrition Facts labels. It is useful in determining how much of that food you eat and what amount of nutrients you are getting, and in making comparisons among foods.

Sodium A mineral nutrient that contributes to balancing the movement of fluid in and out of your cells, regulating blood pressure, and transmitting nerve impulses. Table salt is 40 percent sodium and 60 percent chloride.

Somewhat Active Lifestyle A lifestyle that includes being physically active at a level equal to walking about 1½ to 3 miles at 3 or 4 miles per hour, beyond day-to-day life activities.

Sugars The simple form of carbohydrates that usually taste sweet and are quickly absorbed. There are many forms of sugars; their names often end in *ose*, as in sucrose (table sugar), lactose (milk sugar), or fructose (fruit sugar).

Supplements A dietary supplement is a product that provides extra amounts of parts of foods, such as vitamins, minerals, amino acids, fiber, herbal products, and many other substances. A dietary supplement is taken by mouth as a pill, capsule, tablet, or liquid. More information is available at: www.mypyramidtracker.gov/supplements.aspx#1.

Talk-Sing Test This is a simple way for people to be aware of their aerobic level. *If you can talk while doing a physical activity, you are probably moving at a pace that is right for you. If you are too breathless to talk, slow down. If you can sing, you may not be moving enough. Pick up the pace.*

Trans Fats *Trans* fats are formed when liquid oils are made into solid fats like shortening and hard margarine. *Trans* fat can be found in some processed foods such as crackers, cookies, snack foods, fried foods, and baked goods. It increases blood cholesterol levels and the risk for heart disease.

Unsaturated Fats Fats that are liquid at room temperature, such as the fat in vegetable oils, nuts, fish, and olives.

Vitamins Nutrients that do not provide energy or build body tissue, but help regulate body processes.

Vitamin A A nutrient that promotes growth and healthy skin and hair. It also helps the body resist infections, and helps eyes adjust to darkness.

Vitamin C A nutrient that increases resistance to infections and helps wounds heal. It is also important in helping to keep blood vessels and gums healthy.

Volume Equivalents Objects that have the same volume, when compared to another item of equal size. For example, 8 fluid ounces equals 1 cup, and a baseball also has an 8-ounce volume.

Whole Grains Whole grains contain the entire grain kernel: the bran, germ, and endosperm. Examples include foods like cereals, breads, pasta, or foods that contain the following: whole-wheat flour, bulgur (cracked wheat), oatmeal, whole cornmeal, brown rice.