GLOSSARY

A

absorption—taking up of nutrients in the intestines
abstinence—avoidance
acid-base balance—the regulation of hydrogen ions in body fluids
acidosis—condition in which excess acids accumulate or there is a loss of base in the body
acne—pimples
acquired immune deficiency syndrome (AIDS)—caused by the human immunodeficiency virus (HIV) which weakens the body’s immune system, leaving it susceptible to fatal infections
acute renal failure (ARF)—suddenly occurring failure of the kidneys
adipose tissue—fatty tissue
adolescent—person between the ages of 13 and 20
aerobic metabolism—Combining nutrients with oxygen within the cell; also called oxidation
albumin—protein that occurs in blood plasma
alcoholism—chronic and excessive use of alcohol
alkaline—base; capable of neutralizing acids
alkalosis—condition in which excess base accumulates in, or acids are lost from, the body
allergen—substance-causing an allergic reaction
allergic reactions—adverse physical reactions to specific substances
allergy—sensitivity to specific substance(s)
amenorrhea—the stoppage of the monthly menstrual flow
amino acids—nitrogen-containing chemical compounds of which protein is composed
amniocentesis—a test to determine the status of the fetus in utero
amniotic fluid—fluid that surrounds fetus in the uterus
amphetamine—drugs intended to inhibit appetite
anabolism—the creation of new compounds during metabolism
anaerobic metabolism—reduces fats without the use of oxygen
anemia—condition caused by insufficient number of red blood cells, hemoglobin, or blood volume
anencephaly—absence of the brain
angina pectoris—pain in the heart muscle due to inadequate blood supply
anorexia nervosa—psychologically induced lack of appetite
anthropometric measurements—measurements of height, weight, head, skinfold
antibodies—substances produced by the body in reaction to foreign substance; neutralize toxins from foreign bodies
antioxidant—substance preventing damage from oxygen
anxiety—apprehension
appetite—learned psychological reaction to food caused by pleasant memories of eating
arteriosclerosis—generic term for thickened arteries
arthritis—chronic disease involving the joints
ascites—abnormal collection of fluid in the abdomen
ascorbic acid—vitamin C
aspartame—artificial sweetener made from two amino acids; does not require insulin for metabolism
aspirated—inhaled or suctioned
atherosclerosis—a form of arteriosclerosis affecting the intima (inner lining) of the artery walls
avitaminosis—without vitamins

B

balanced diet—one that includes all the essential nutrients in appropriate amounts
basal metabolism rate (BMR)—the rate at which energy is needed for body maintenance
beriberi—deficiency disease caused by a lack of vitamin B1 (thiamine)
bile—secretion of the liver, stored in the gallbladder, essential for the digestion of fats
bioavailable—ability of a nutrient to be readily absorbed and used by the body
biochemical tests—involving biology and chemistry
biotin—a B vitamin; necessary for metabolism
bolus—food in the mouth that is ready to be swallowed
bomb calorimeter—device used to scientifically determine the caloric value of foods
bonding—emotional attachment
botulism—deadliest of food poisonings; caused by the bacteria *Clostridium botulinum*
bran — outer covering of grain kernels
buffer systems — protective systems regulating amounts of hydrogen ions in body fluids
bulimia — condition in which patient alternately binges and purges

cachexia — severe malnutrition and body wasting caused by chronic disease
caliper — mechanical device used to measure percentage of body fat by skinfold measurement
calorie — also known as kcal or kilocalorie; represents the amount of heat needed to raise the temperature of one kilogram of water one degree Celsius (C)
calorie requirements — numbers of calories required daily to meet energy needs
capillaries — tiny blood vessels connecting veins and arteries
carbohydrate — the nutrient providing the major source of energy in the average diet
carboxypeptidase — pancreatic enzyme necessary for protein digestion
carcinogens — cancer-causing substances
cardiac sphincter — the muscle at the base of the esophagus that prevents gastric reflux from moving into the esophagus
cardiomyopathy — damage to the heart muscle caused by infection, alcohol, or drug abuse
cardiovascular — pertaining to the heart and entire circulatory system
cardiovascular disease (CVD) — disease affecting heart and blood vessels
carotenoids — plant pigments, some of which yield vitamin A
carriers — those who are capable of transmitting an infectious organism
catabolism — the breakdown of compounds during metabolism
catalyst — a substance that causes another substance to react
cellular edema — swelling of body cells caused by inadequate amount of sodium in extracellular fluid
cellulose — indigestible carbohydrate; provides fiber in the diet
cerebrovascular accident (CVA) — either a blockage or bursting of blood vessel leading to the brain
cardiovascular disease — chemical changes in foods during digestion caused by hydrolysis
carotene — treatment of diseased tissue with chemicals
cholecsytectomy — removal of the gallbladder
cholecytitis — inflammation of the gallbladder
cholecytokinin (CCK) — the hormone that triggers the gallbladder to release bile
cholelithiasis — gallstones
cholesterol — fatlike substance that is a constituent of body cells; is synthesized in the liver; also found in animal foods
chronic kidney disease — slow development of kidney failure
chylomicrons — the largest lipoprotein; transport lipids after digestion into the body
chyme — the food mass as it has been mixed with gastric juices
chymotrypsin — pancreatic enzyme necessary for the digestion of proteins
circulation — the body process whereby the blood is moved throughout the body
cirrhosis — generic term for liver disease characterized by cell loss
clinical examination — physical observation
coagulation — thickening
coenzyme — an active part of an enzyme
collagen — protein substance that holds body cells together
colon — the large intestine
colostomy — opening from colon to abdomen surface
coma — state of unconsciousness
compensated heart disease — heart disease in which the heart is able to maintain circulation to all body parts
complementary proteins — incomplete proteins that when combined provide all nine essential amino acids
complete proteins — proteins that contain all nine essential amino acids
congestive heart failure (CHF) — a form of decompensated heart disease
coronary artery disease — severe narrowing of the arteries that supply blood to the heart
creatinine — an end (waste) product of protein metabolism
Crohn’s disease — a chronic progressive disorder that causes inflammation, ulcers, and thickening of intestinal walls, sometimes causing obstruction
cumulative effects — results of something done repeatedly over many years
cystine — a nonessential amino acid
cysts — growths

daily values — represent percentage per serving of each nutritional item listed on new food labels based on daily intake of 2,000 calories
decompensated heart disease — heart disease in which the heart cannot maintain circulation to all body parts
deficiency disease—disease caused by the lack of a specific nutrient
defhydrated—having lost large amounts of water
dehydration—loss of water
demineralization—loss of mineral or minerals
dental caries—decayed areas on teeth; cavities
dentition—arrangement, type, and number of teeth
depression—an indentation; or feelings of extreme sadness
dermatitis—inflammation of the skin
descriptors—terms used to describe something
denesitized—having gradually reduced the body’s sensitivity (allergic reaction) to specific items
diabetes mellitus—chronic disease in which the body lacks the normal ability to metabolize glucose
 diabetic coma—unconsciousness caused by a state of acidosis due to too much sugar or too little insulin
dialysis—mechanical filtration of the blood; used when the kidneys are no longer able to perform normally
 diaphragm—thin membrane or partition
dietary fiber—indigestible parts of plants; absorbs water in large intestine, helping to create soft, bulky stool; some is believed to bind cholesterol in the colon, helping to rid cholesterol from the body; some is believed to lower blood glucose levels
 Dietary Guidelines for Americans—general goals for optimal nutrient intake
dietary laws—rules to be followed in meal planning in some religions
 Dietary Reference Intakes (DRIs)—combines the Recommended Dietary Allowances, Adequate Intake, Estimated Average Requirements, and Tolerable Upper Intake Levels for individuals into one value representative of the average daily nutrient intake of individuals over time
dietary-social history—evaluations of food habits, including client’s ability to buy and prepare foods
dietitian—a professional trained to assess nutrition status and recommend appropriate diet therapy
digestion—breakdown of food in the body in preparation for absorption
disaccharides—double sugars that are reduced by hydrolysis to monosaccharides; examples are sucrose, maltose, and lactose
diuretics—substances used to increase the amount of urine excreted
diverticulitis—inflammation of the diverticula
diverticulosis—intestinal disorder characterized by little pockets forming in the sides of the intestines; pockets are called diverticula
 dumping syndrome—nausea and diarrhea caused by food moving too quickly from the stomach to the small intestine
 duodenal ulcer—ulcer occurring in the duodenum
 duodenum—first (and smallest) section of the small intestine
dysentery—disease caused by microorganism; characterized by diarrhea
dyslipidemia—increased lipids in the blood
dyspepsia—gastrointestinal discomfort of vague origin
dysphagia—difficulty swallowing
E
 eclamptic stage—convulsive stage of toxemia
 edema—the abnormal retention of fluid by the body
electrolytes—chemical compounds that in water break up into electrically charged atoms called ions
 elemental formulas—those formulas containing products of digestion of proteins, carbohydrates, and fats; also called hydrolyzed formulas
 elimination—evacuation of wastes
 elimination diet—limited diet in which only certain foods are allowed; intended to find the food allergen causing reaction
 endocardium—lining of the heart
 endogenous insulin—insulin produced within the body
 endometrium—mucous membrane of the uterus
 endosperm—the inner part of the kernel of grain; contains the carbohydrate
 end-stage renal disease (ESRD)—the stage at which the kidneys have lost most or all of their ability to function
 energy balance—occurs when the caloric value of food ingested equals the kcal expended
 energy imbalance—eating either too much or too little for the amount of energy expended
 energy requirement—number of calories required by the body each day
 enriched foods—foods to which nutrients, usually B vitamins and iron, have been added to improve their nutritional value
 enteral nutrition—feeding by tube directly into the client’s digestive tract
 enterotoxins—toxins affecting mucous membranes
 enzymes—organic substances that causes changes in other substances
 esophagitis—inflammation of mucosal lining of esophagus
 esophagus—tube leading from the mouth to the stomach; part of the gastrointestinal system
 essential hypertension—high blood pressure with unknown cause; also called primary hypertension
 essential nutrients—nutrients found only in food
 estrogen—hormone secreted by the ovaries
 etiology—cause
exchange lists—lists of foods with interchangeable nutrient and kcal contents; used in specific forms of diet therapy
exogenous insulin—insulin produced outside the body
extracellular—outside the cell
extracellular fluid—water outside the cells; approximately 35% of total body fluid

F
fad diets—currently popular weight-reducing diets; usually nutritionally inadequate and not useful or permanent methods of weight reduction
fast foods—restaurant food that is ready to serve before orders are taken
fat cell theory—belief that fat cells have a natural drive to regain any weight lost
fats (lipids)—highest caloric-value nutrient
fat-soluble—can be dissolved in fat
fatty acids—a component of fats that determines the classification of the fat
feces—solid waste from the large intestine
fermentation—changing of sugars and starches to alcohol
fetal alcohol syndrome (FAS)—subnormal physical and mental development caused by mother’s excessive use of alcohol during pregnancy
fetal malformations—physical abnormalities of the fetus
fetus—infant in utero
fibrosis—development of tough, stringy tissue
flatulence—gas in the intestinal tract
flavonoids—naturally occurring water-soluble plant pigments that act as antioxidants
folate/folic acid—a form of vitamin B, also called folacin; essential for metabolism
food customs—food habits
food diary—written record of all food and drink ingested in a specified period
food faddists—people who have certain beliefs about particular foods or diets
food poisoning—foodborne illness
foodways—the food traditions or customs of a group of people
free radical—atoms or groups of atoms with an odd (unpaired) number of electrons; can be formed when oxygen interacts with certain molecules
fructose—the simple sugar (monosaccharide) found in fruit and honey
fundus (of the stomach)—upper part of the stomach
fusion—a style of cooking that combines ingredients and techniques from different cultures or countries

G
galactose—the simple sugar (monosaccharide) to which lactose is broken down during digestion
galactosemia—inherited error in metabolism that prevents normal metabolism of galactose
galactosuria—galactose in the urine
gastric bypass—surgical reduction of the stomach
gastric juices—the digestive secretions of the stomach
gastric ulcer—ulcer in the stomach
gastrin—hormone released by the stomach
gastroesophageal reflux (GER)—backflow of stomach contents into the esophagus
gastrointestinal (GI) tract—pertaining to the stomach and intestines
gastrostomy—opening created by the surgeon directly into the stomach for enteral nutrition
genetic predisposition—hereditary tendency
geriatrics—the branch of medicine involved with diseases of the elderly
germination—embryo or tiny life center of each kernel of grain
gerontology—the study of aging
gestational diabetes—diabetes occurring during pregnancy; usually disappears after delivery of the infant
glomerular filtration rate (GFR)—the rate at which the kidneys filter the blood
glomerulonephritis—inflammation of the glomeruli of the kidneys
glomerulus—filtering unit in the kidneys
glucagon—hormone from alpha cells of pancreas; helps cells release energy
glucose—the simple sugar to which carbohydrate must be broken down for absorption; also known as dextrose
gluten—protein found in grains
glycerol—a component of fat; derived form a water-soluble carbohydrate
glycogen—glucose as stored in the liver and muscles
glycogen loading—process in which the muscle store of glycogen is maximized; also called carboloading
glycosuria—excess sugar in the urine
goiter—enlarged tissue of the thyroid gland due to a deficiency of iodine
**H**

HbgA1c—a blood test to determine how well blood glucose has been controlled for the last 3 months

*Helobacter pylori*—bacteria that can cause peptic ulcer

heme iron—part of hemoglobin molecule in animal foods

hemicellulose—dietary fiber found in whole grains

hemodialysis—cleansing the blood of wastes by circulating the blood through a machine that contains tubing of semipermeable membranes

hemolysis—the destruction of red blood cells

hemorrhage—unusually heavy bleeding

hepatitis—inflammation of the liver caused by viruses, drugs, and alcohol

hiatal hernia—condition wherein part of the stomach protrudes through the diaphragm into the chest cavity

high-density lipoproteins (HDLs)—lipoproteins that carry cholesterol from cells to the liver for eventual excretion

homeostasis—state of physical balance; stable condition

hormones—chemical messengers secreted by a variety of glands

human immunodeficiency virus (HIV)—a virus that weakens the body’s immune system and ultimately leads to AIDS

hunger—physiological need for food

hydrogenation—the combining of fat with hydrogen, thereby making it a saturated fat and solid at room temperature

hydrolysis—the addition of water resulting in the breakdown of the molecule

hypercholesterolemia—unusually high levels of cholesterol in blood; also known as high serum cholesterol

hyperemesis gravidarum—nausea so severe as to be life-threatening

hyperglycemia—excessive amounts of sugar in the blood

hyperkalemia—excessive amounts of potassium in the blood

hyperlipidemia—excessive amounts of fats in the blood

hypersensitivity—abnormally strong sensitivity to certain substance(s)

hypertension—higher than normal blood pressure

hypertthyroidism—condition in which the thyroid gland secretes too much thyroxine and T₃; the body’s rate of metabolism is unusually high

hypervitaminosis—condition caused by excessive ingestion of one or more vitamins

hypoalbuminemia—abnormally low amounts of protein in the blood

hypoglycemia—subnormal levels of blood sugar

hypokalemia—low level of potassium in the blood

hypothalamus—area at base of brain that regulates appetite and thirst

hypothroidism—condition in which the thyroid gland secretes too little thyroxine and T₃; body metabolism is slower than normal

**I**

iatrogenic malnutrition—caused by treatment or diagnostic procedures

ileostomy—opening from ileum to abdomen surface

ileum—last part of the small intestine

immunity—ability to resist certain diseases

inborn errors of metabolism—congenital disabilities preventing normal metabolism

incomplete proteins—proteins that do not contain all of the nine essential amino acids

infarct—dead tissue resulting from blocked artery

inflammatory bowel diseases (IBDs)—chronic conditions causing inflammation in the gastrointestinal tract

insecticides—agents that destroy insects

insulin—secretion of the islets of Langerhans in the pancreas gland; essential for the proper metabolism of glucose

insulin reaction—hypoglycemia leading to insulin coma caused by too much insulin or too little food

international units—units of measurement of some vitamins; 5 [H9262]g [H11005] 200 international units

interstitial fluid—fluid between cells

intracellular—within the cell

intracellular fluid—water within cells; approximately 65% of total body fluid

intrinsic factor—secretion of stomach mucosa essential for B₁₂ absorption

invisible fats—fats that are not immediately noticeable, such as those in egg yolk, cheese, cream, and salad dressings

iodized salt—salt that has had the mineral iodine added for the prevention of goiter

ions—electrically charged atoms resulting from chemical reactions

iron deficiency—intake of iron is adequate, but the body has no extra iron stored

iron-deficiency anemia—condition resulting from inadequate amount of iron in the diet, reducing the amount of oxygen carried by the blood to the cells

ischemia—reduced blood flow causing inadequate supply of nutrients and oxygen to, and wastes from, tissues

islets of Langerhans—part of the pancreas from which insulin is secreted

isoleucine—an amino acid
jaundice—yellow cast of the skin and eyes
jejunostomy—opening created by the surgeon in the intestine for enteral nutrition
jejenum—the middle section comprising about two-fifths of the small intestine

Kaposi’s sarcoma—type of cancer common to individuals with AIDS
kcal—the unit used to measure the fuel value of foods
Keshan disease—condition causing abnormalities in the heart muscle
ketonemia—ketones collected in the blood
ketones—substances to which fatty acids are broken down in the liver
ketonuria—ketone bodies in the urine
ketoacidosis—condition in which ketones collect in the blood; caused by insufficient glucose available for energy
kilocalorie—see kcal
Krebs cycle—a series of enzymatic reactions that serve as the main source of cellular energy
kwashiorkor—deficiency disease caused by extreme lack of protein

lactase—enzyme secreted by the small intestine for the digestion of lactose
lactation—the period during which the mother is nursing the baby
lactation specialist—expert on breastfeeding
lacteals—lymphatic vessels in the small intestine that absorb fatty acids and glycerol
lacto-ovo vegetarian—vegetarians who will eat dairy products and eggs but no meat, poultry, or fish
lactose—the sugar in milk; a disaccharide
lactose intolerance—inability to digest lactose because of a lack of the enzyme lactase; causes abdominal cramps and diarrhea
lacto-vegetarians—vegetarians who eat dairy products
lean muscle mass—mass percentage of muscle tissue
lecithin—fatty substance found in plant and animal foods; a natural emulsifier that helps transport fats in the bloodstream; used commercially to make food products smooth
legumes—plant food that is grown in a pod; for example, beans or peas
leucine—an amino acid
lignins—dietary fiber found in the woody parts of vegetables
linoleic acid—fatty acid essential for humans; cannot be synthesized by the body
linolenic acid—one of three fatty acids needed by the body; cannot be synthesized by the body
lipids—fats
lipoproteins—carriers of fat in the blood
longevity—length of life
Lofenalac—commercial infant formula with 95% of phenylalanine removed
low-density lipoproteins (LDLs)—carry blood cholesterol to the cells
lumen—the hollow area in a tube
lymphatic system—transports fat-soluble substances from the small intestine to the vascular system

macrosomia—birthweight over 9 pounds
malignant—life-threatening
malnutrition—poor nutrition
maltaese—enzyme secreted by the small intestine essential for the digestion of maltose
maltose—the double sugar (disaccharide) occurring as a result of the digestion of grain
maple syrup urine disease (MSUD)—disease caused by an inborn error of metabolism in which the body cannot metabolize certain amino acids
marasmus—severe wasting caused by lack of protein and all nutrients or faulty absorption; PEM
mechanical digestion—the part of digestion that requires certain mechanical movement such as chewing, swallowing, and peristalsis
megadose—extraordinarily large amount
megaloblastic anemia—anemia in which the red blood cells are unusually large and are not completely mature
mental retardation—below-normal intellectual capacity
metabolic—based on metabolism
metabolism—the use of food by the body after digestion which results in energy
metastasize—spread of cancer cells from one organ to another
milliequivalents—the concentrations of electrolytes in a solution
mineral—one of many inorganic substances essential to life and classified generally as minerals
mirin—rice wine with 40–50% sugar
miso—a thick fermented paste made from soy beans
modular formulas—made by combining specific nutrients
mold—a type of fungus
monosaccharides—simplest carbohydrates; sugars that cannot be further reduced by hydrolysis; examples are glucose, fructose, and galactose
monosodium glutamate (MSG)—a form of flavor enhancer containing large amounts of sodium
monounsaturated fats—fats that are neither saturated nor polyunsaturated and are thought to play little part in atherosclerosis
morbid—damaging to health
morning sickness—early morning nausea common to some pregnancies
mucilage—gel-forming dietary fiber
mutations—changes in the genes
myelin—lipoprotein essential for the protection of nerves
myocardial infarction (MI)—heart attack; caused by the blockage of an artery leading to the heart
myocardium—heart muscle
myoglobin—protein compound in muscle that provides oxygen to cells
MyPyramid—outline for making selections based on Dietary Guidelines for America, 2005. From the U.S. Department of Agriculture

N

nasogastric (NG) tube—tube leading from the nose to the stomach for tube feeding
necrosis—tissue death due to lack of blood supply
negative nitrogen balance—more nitrogen lost than taken in
neoplasia—abnormal development of cells
neoplasms—abnormal growth of new tissue
nephritis—inflammatory disease of the kidneys
nephrolithiasis—kidney, or renal, stones
nephron—unit of the kidney containing a glomerulus
nephrosclerosis—hardening of renal arteries
neural tube defects (NTDs)—congenital malformation of brain and/or spinal column due to failure of neural tube to close during embryonic development
neuropathy—nerve damage
neurotoxins—toxins affecting the nervous system
niacin—B vitamin
niacin equivalent (NE)—unit for measuring niacin; 1 NE equals 1 mg niacin or 60 mg tryptophan
nitrogen—chemical element found in protein; essential to life
nitrogen balance—when nitrogen intake equals nitrogen excreted
nonheme iron—iron from animal foods that is not part of the hemoglobin molecule; and all iron from plant foods
nontropical sprue—a disorder of the gastrointestinal tract characterized by malabsorption; also called gluten sensitivity
normal weight—average weight for size and age
nourishing—foods or beverages that provide substantial amounts of essential nutrients
nutrient—chemical substance found in food that is necessary for good health
nutrient density—nutrient value of foods compared with number of calories
nutrient requirements—amounts of specific nutrient needed by the body
nutrition—the result of those processes whereby the body takes in and uses food for growth, development, and the maintenance of health
nutritional status—one’s physical condition as determined by diet
nutrition assessment—evaluation of nutritional status
nutritious—foods or beverages containing substantial amounts of essential nutrients

O

obesity—excessive body fat, 20% above average
obstetricians—doctors who care for mothers during pregnancy and delivery
occlusions—blockages
oliguria—decreased output of urine to less than 500 ml a day
omega-3 fatty acids—polyunsaturated fatty acids found in fish oil; may contribute to reduction of coronary artery disease
oncologist—doctor specializing in the study of cancer
oncology—the study of cancer
on demand—feeding infants as they desire
opportunistic infections—caused by microorganisms that are present but that do not normally affect people with healthy immune systems
osmolality—number of particles per kilogram of solution; solutions with high osmolality exert more pressure than do those with fewer particles
osmosis—movement of a substance through a semipermeable membrane
osteomalacia—a condition in which bones become soft, usually in adult women, because of calcium loss
osteoporosis—condition in which bones become brittle because there have been insufficient mineral deposits, especially calcium
overweight—weight 10%–20% above average
oral diabetes medication—oral hypoglycemic agents; medications that may be given to type 2 diabetics to lower blood glucose

P

pancreas—gland that secretes enzymes essential for digestion and insulin, which is essential for glucose metabolism
pancreatic amylase—the enzyme secreted by the pancreas that is essential for the digestion of starch
pancreatic lipase—the enzyme secreted by the pancreas that is essential for the digestion of fat
pancreatic proteases—enzymes secreted by the pancreas that are essential for the digestion of protein
pancreatitis—inflammation of the pancreas
pantothenic acid—a B vitamin
parenteral nutrition—nutrition provided via a vein
pathogens—disease-causing agents
pectin—edible thickening agent
peer pressure—pressure of one’s friends and colleagues of the same age
peers—people who are approximately one’s own age
pellagra—deficiency disease caused by a lack of niacin
pepsin—an enzyme secreted by the stomach that is essential for the digestion of proteins
peptic ulcer—ulcer of the stomach or duodenum
peptidases—enzymes secreted by the small intestine that are essential for the digestion of protein
pericardium—outer covering of the heart
periodontal disease—disease of the mouth and gums
peripheral vascular disease (PVD)—narrowed arteries some distance from the heart
peripheral vein—a vein that is near the surface of the skin
peristalsis—rhythmical movement of the intestinal tract; moves the chyme along
peritoneal dialysis—removal of waste products from the blood by injecting the flushing solution into the abdomen and using the client’s peritoneum as the semipermeable membrane
pernicious anemia—severe, chronic anemia caused by a deficiency of vitamin B₁₂; usually due to the body’s inability to absorb B₁₂
pH—symbol for the degree of acidity or alkalinity of a solution
phenylalanine—an amino acid
phenylalanine hydroxylase—liver enzyme necessary to metabolize the amino acid phenylalanine
phenylketonuria (PKU)—condition caused by an inborn error of metabolism in which the infant lacks an enzyme necessary to metabolize the amino acid phenylalanine
phenylpropanolamine—constituent of diet pills; can damage blood vessels
phlebitis—inflammation of a vein
physical trauma—extreme physical stress
physiological—relating to bodily functions
phytochemicals—substances occurring naturally in plant foods
pica—abnormal craving for nonfood substance
placenta—organ in the uterus that links blood supplies of mother and infant
plaque—fatty deposit on interior of artery walls
plateau period—period in which there is no change
polycystic kidney disease—rare, hereditary kidney disease causing cysts or growths on the kidneys that can ultimately cause kidney failure in middle age
polydipsia—abnormal thirst
polymeric formulas—commercially prepared formulas for tube feedings that contain intact proteins, carbohydrates, and fats that require digestion
polypeptides—10 or more amino acids bonded together
polypagia—excess hunger
polysaccharides—complex carbohydrates containing combinations of monosaccharides; examples include starch, dextrin, cellulose, and glycogen
polyunsaturated fats—fats whose carbon atoms contain only limited amounts of hydrogen
polyuria—excessive urination
positive nitrogen balance—nitrogen intake exceeds outgo
precursor—something that comes before something else; in vitamins it is also called a provitamin, something from which the body can synthesize the specific vitamin
pregnancy-induced hypertension (PIH)—typically occurs during late pregnancy; characterized by high blood pressure, albumin in the urine, and edema
pressure ulcers—bedsores
primary hypertension—high blood pressure resulting from an unknown cause
prohormone—substance that precedes the hormone and from which the body can synthesize the hormone
protein—the only one of six essential nutrients containing nitrogen
protein energy malnutrition (PEM)—marasmus and kwashiorkor
proteinuria—protein in the urine
provitamin—a precursor of a vitamin
psychosocial development—relating to both psychological and social development
purines—end products of nucleoprotein metabolism
pylorus—the end of the stomach nearest the intestine

R
resting energy expenditure (REE)—see basal metabolism rate
regurgitation—vomiting
renal stones—kidney stones
renal threshold—kidneys’ capacity
resection—reduction
respiration—breathing
retardation—slowing
retinol—the preformed vitamin A
retinol equivalent (RE)—the equivalent of 3.33 IU of vitamin A
retinopathy—damage to small blood vessels in the eyes
riboflavin—the name for vitamin B2
rickets—deficiency disease caused by the lack of vitamin D; causes malformed bones and pain in infants

S
saliva—secretion of the salivary glands
salivary amylase—also called ptyalin; the enzyme secreted by the salivary glands to act on starch
salmonella—an infection caused by the Salmonella bacteria
satiety—feeling of satisfaction; fullness
saturated fats—fats whose carbon atoms contain all of the hydrogen atoms they can; considered a contributory factor in atherosclerosis
scurvy—a deficiency disease caused by a lack of vitamin C
secondary hypertension—high blood pressure caused by another condition such as kidney disease
secretin—the hormone that causes the pancreas to release sodium bicarbonate to neutralize acidity of the chyme
self-esteem—feelings of self-worth
sepsis—infection of the blood
serum cholesterol—cholesterol in the blood
set-point theory—belief that everyone has a natural weight (“set point”) at which the body is most comfortable
skeletal system—body’s bone structure
skin tests—allergy tests using potential allergens on scratches on the skin
solute—the substance dissolved in a solution
solvent—liquid part of a solution
spina bifida—spinal cord or spinal fluid bulge through the back
spontaneous abortion—occurring naturally; miscarriage
Staphylococcus (staph)—genus of bacteria causing food poisoning called “staph” or “staphylococcal poisoning”
starch—polysaccharide found in grains and vegetables
stasis—stoppage or slowing
steatorrhea—abnormal amounts of fat in the feces
sterile—free of infectious organisms
stoma—surgically created opening in the abdominal wall
stomach banding—surgical reduction of stomach, but to lesser degree than bypass
sucralose—a sweetener made from molecule of sugar
sucrase—enzyme secreted by the small intestine to aid in digestion of sucrose
sucrose—a double sugar or disaccharide; examples are granulated, powdered, and brown sugar
tetany— involuntary muscle movement
thiamine— vitamin B1
thrombosis— blockage, as a blood clot
thrombus— blood clot
tocotrienols— a form of vitamin E
total parenteral nutrition— see TPN
toxicity— state of being poisonous
TPN— total parenteral nutrition; process of providing all nutrients intravenously
trans-fatty acids (TFAs)— produced by adding hydrogen atoms to a liquid fat, making it a solid
transferase— a liver enzyme necessary for the metabolism of galactose
trichinosis— disease caused by the parasitic roundworm Trichinella spiralis; can be transmitted through under-cooked pork
triglycerides— combinations of fatty acids and glycerol
trimester— 3-month period; commonly used to denote periods of pregnancy
trypsin— pancreatic enzyme; helps digest proteins
tube feeding (TF)— feeding by tube directly into the stomach or intestine
24-hour recall— listing the types, amounts, and preparation of all foods eaten in the past 24 hours
type 1 diabetes— diabetes occurring suddenly between the ages of 1 and 40; clients secrete little, if any, insulin and require insulin injections and a carefully controlled diet
type 2 diabetes— diabetes occurring after age 40; onset is gradual, and production of insulin gradually diminishes; can usually be controlled by diet and exercise
ulcerative colitis— disease characterized by inflammation and ulceration of the colon, rectum, and sometimes entire large intestine
underweight— weight that is 10%–15% below average
urea— chief nitrogenous waste product of protein metabolism
uremia— condition in which protein wastes are circulating in the blood
ureters— tubes leading from the kidneys to the bladder
uric acid— one of the nitrogenous waste products of protein metabolism
urticaria— hives; common allergic reaction
valine— an amino acid
vascular disease— disease of the blood vessels
vascular osmotic pressure— high concentration of electrolytes in the blood; low blood volume or blood pressure
vascular system— circulatory system
vegans— vegetarians who avoid all animal foods
very-low-density lipoproteins (VLDLs)— lipoproteins made by the liver to transport lipids throughout the body
villi— the tiny, hairlike structures in the small intestines through which nutrients are absorbed
visible fats— fats in foods that are purchased and used as fats, such as butter or margarine
vitamins— organic substances necessary for life although they do not, independently, provide energy
vitamin supplements— concentrated forms of vitamins; may be in tablet or liquid form
wasabi— Japanese horseradish
water— major constituent of all living cells; composed of hydrogen and oxygen
water-soluble— can be dissolved in water
weaning— training an infant to drink from the cup instead of the nipple
wellness— a way of life that integrates body, mind, and spirit
whey— the liquid part of milk that separates from the curd (solid part) during the making of hard cheese
xerophthalmia— serious eye disease characterized by dry mucous membranes of the eye, caused by a deficiency of vitamin A
xerostomia— sore, dry mouth caused by a reduction of salivary secretions; may be caused by radiation for treatment of cancer
Yo-yo effect—refers to crash diets; the dieter’s weight goes up and down over short periods because these diets do not change eating habits.