

# NUTRITION ALPHABET

**C** is for... **Carbohydrates:**  
Carbohydrates are macronutrients that provide energy. You can find them in a wide range of foods, including fruit, vegetables, milk, yogurt, and grains.

**D** is for... **Dietary Fiber:**  
Dietary fiber is the indigestible portion of foods that helps promote optimum gastrointestinal function.

**A** is for... **Antioxidants:**  
Antioxidants are natural compounds found in most fruit and vegetables. These food components protect the body from free radical damage that can lead to chronic disease. Pomegranates are a great source of antioxidants.

**B** is for... **BMI:**  
The body mass index is a measure of weight relative to height.

**G** is for... **Gluten:**  
Gluten is a protein found in many grains and which provides structure in bread products.

**H** is for... **HDL Cholesterol:**  
High-density lipoprotein cholesterol moves other cholesterol out of the bloodstream and into the liver, where they are processed out of the body.

**E** is for... **Energy Balance:**  
This occurs when the energy in a food is used up by energy expenditure in the body.

**F** is for... **Fat:**  
Fat is another macronutrient and food source of energy. It also aids the absorption of certain vitamins.

**K** is for... **Vitamin K:**  
Vitamin K is a fat-soluble vitamin that is necessary for protein synthesis.

**L** is for... **LDL Cholesterol:**  
Low-density lipoprotein cholesterol clings to artery walls and can cause blockages.

**I** is for... **Iron:**  
Iron is a mineral that is key to healthy red blood cells.

**J** is for... **Juice:**  
Juice from fruit and vegetables contains vitamins and minerals but no fiber.

**O** is for... **Organic Foods:**  
Organic foods are regulated by the USDA and are grown without synthetic pesticides or other chemicals.

**P** is for... **Protein:**  
Protein is a macronutrient, and as part of food, it is key to body growth and repair, plus a healthy immune system.

**M** is for... **Minerals:**  
Minerals are micronutrients. They are found in plant and animal foods and small amounts are necessary for a healthful diet.

**N** is for... **Nutrients:**  
Nutrients are substances in food. People need them in order to live and grow.

**S** is for... **Solid Fats:**  
Solid fats are fats that are solid at room temperature, such as butter, margarine, animal fat, and lard. These fats often raise the risk of chronic disease.

**T** is for... **Trans Fats:**  
Trans fats are partially hydrogenated oils that are most often found in processed foods. They raise LDL cholesterol levels and the risk of heart disease.

**Q** is for... **Quality of Life:**  
According to the Dietary Guidelines for Americans, "Achieving and sustaining appropriate body weight across the lifespan is vital to maintaining good health and quality of life."

**R** is for... **Recommended Daily Allowances:**  
RDAs are the levels of intake of essential nutrients that are judged to be adequate to meet the known needs of healthy people.

**W** is for... **Whole Grains:**  
Whole grains contain the entire grain and have not been processed to remove any nutritious part of the grain food.

**X** is for... **Exercise:**  
Physical activity reduces the risk of chronic disease and is vital for good health and a balanced lifestyle.

**U** is for... **Unsaturated Fats:**  
Unsaturated fats are fats that are more beneficial to health than solid fats. They can be found in vegetable oils, nuts, and fish.

**V** is for... **Vitamins:**  
Vitamins are micronutrients that are essential to growth and health.

**Y** is for... **Yogurt:**  
Yogurt is a good source of calcium, potassium and several vitamins and minerals. Calcium is considered a nutrient of concern because most people do not get enough of it in their diets.

**Z** is for... **Zinc:**  
Zinc is an essential mineral found in animal foods. It is also part of pumpkin seeds, lentils, and garbanzo beans.