

GLOSSARY

Amino acids: basic units that form proteins.

Antioxidants: Compounds present in most vegetable foods blocking the harmful effect of free radicals. They help to protect us and reduce the negative impact of harmful substances from the body cells. In fruit and vegetable recipes as many colors have the dish, more variety of antioxidant and therefore more body defenses contains.

Calcium: Essential mineral for strong bones and teeth. It is found mainly in milk and its derivatives, but also in some fish with fish bone (sardines, anchovies ...) and in dark green leafy vegetables and nuts. Practicing a lot of sport when you are young is very important for help set calcium into the bones and will prevent diseases like osteoporosis in adulthood.

Cholesterol: It is a type of fat found in all foods of animal origin, but also manufactured in the liver and used by many cells of our body, especially the brain. If the diet is unbalanced and is consumed in excess it can cause narrowing of the diameter of the arteries and can eventually give problems in the arteries or heart.

Complex carbohydrates: Energetic compounds of long carbon molecules. These nutrients give you energy for several hours and are known as carbohydrates of slow absorption compared to the fast absorbed simple sugars. They are found in bread, pasta, rice and potatoes. About 60% of daily calories should come from carbohydrates, especially complex carbohydrates; whole grain products are the most recommended nutritionally.

Dietary Fibre: Substance from vegetable origin foods which is resistant to digestion and / or absorption in the small intestine and fermented in more or less proportion in the large intestine. Acts on the intestine to enhance work on bacteria (intestinal microflora) and in turn, among other functions helps prevent constipation and increases the feeling of satiety. Present in cereals, legumes, fruits and vegetables.

Energetic foods: They contain fats or carbohydrates in their composition. They provide the necessary energy to perform vital functions. E.g. bread, pasta, rice and potatoes.

Fat or lipids: Contain fatty acids as elemental units. They are the body's energy reserves. They have essentially energetic functions. According to its structure, fatty acids are classified as saturated, monounsaturated and polyunsaturated. E.g. olive oil and nuts.

Folic Acid (Vitamin B9). It is found mostly in green leafy vegetables or legumes like fresh beans. Performs functions related to cell division. Deficiency leads to the appearance of a form of anaemia, and its intake is important during the early months of pregnancy.

Iodine: mineral that is needed in very small amounts in the body, but that should be present in the diet because the body does not produce it and can only be obtained from food. E.g.: foods such as seafood, fish and iodized salt.

Iron: Mineral whose main function is to form part of the red blood cells and muscles throughout the body. The lack of it can produce us anaemia. Examples of foods with high iron content include meat and organs from cattle, fowl, fish, and poultry; and non-animal foods such as legumes and green leafy vegetables.

Lycopene: Powerful antioxidant responsible for the characteristic red color of tomatoes, watermelon, and in lesser amounts in other fruits and vegetables.

Macronutrients: High concentrations of substances necessary for the proper functioning of the organism. They are carbohydrates, lipids and proteins.

Micronutrients: substances which, although the body needs in very small amount but must be consumed daily for the proper functioning of the body, and for the proper growth and development of the organism. Among them there are 13 vitamins and 16 minerals.

Minerals: Essential micronutrient for the body of inorganic origin. Regulatory tasks and non-energetic micronutrient. E.g. calcium and phosphorus.

Mixed Foods: Foods containing, predominantly, two or more macronutrients (carbohydrates, lipids and proteins), and have more than one of the following functions in the body: energetic, plastic and regulatory. E.g. legumes and nuts.

Monounsaturated Fat: lipid compounds having a double bond in its chemical structure, namely unsaturated and liquid at room temperature. The best known is oleic acid, found in olive oil. It's the added fat of choice as it helps to have a good ratio of HDL ("good" cholesterol) and LDL ("bad" cholesterol). It plays a protective role of the heart and arteries.

Omega-3 Fatty Acid: A type of fat that benefits the functioning of the arteries and heart. It is an essential fatty acid for the organism, the human body cannot produce, and must be ingested through foods. A good source is oily fish.

Organoleptic Characteristics: set of characteristics that influence senses such as sight, smell or taste. Include color, flavour, odour and texture of the food and / or dish.

Peptide: protein molecular structure formed by the union of two or more amino acids.

Phenolic compounds: Chemical compounds that are widely distributed in plants. They are divided into three groups: flavonoids, phenolic acids and polyphenols. They act as antioxidants and may have preventive properties against some chronic diseases.

Phytochemicals: heterogeneous group of bioactive substances in food; are of vegetable origin, such as flavonoids and carotenoids. These compounds act as antioxidants, enzyme modulators, immune system stimulators and hormone metabolism modulators.

Plastic or reconstructive function: Is the structural function, forming and renewing body tissues. Function performed mainly by proteins.

Polyunsaturated Fat: lipid compound which contains two or more double bonds in its chemical structure, highly unsaturated, liquid at room temperature. Some sources are oily fish, nuts and most vegetable seed oils (sunflower, soybean, corn). Omega-6 polyunsaturated fat is the fat from sunflower oil, and omega-3 from fish.

Potassium: Essential mineral that is contained mainly in vegetable foods and is involved in the proper functioning of all body cells. E.g. found in legumes, vegetables and fruits.

Prebiotic: Food that contains nutrients that stimulate the growth and activity of beneficial bacteria to the intestinal flora. Among these foods are foods rich in dietary fibre.

Probiotic: Food that contains live bacteria that are active in the gut and exert important physiological effects. Ingested in sufficient amounts can help balance intestinal flora and boost the immune system. An example of a probiotic is yoghurt.

Protein: essential nutrient for growth and tissue repair. E.g. it is founded in foods of both animal and vegetable sources.

Regulatory foods: They contain a lot of vitamins and minerals and help the proper functioning of the body. E.g. fruits and vegetables.

Regulatory function: intended to regulate the body's biochemical reactions. Performed mostly by vitamins and minerals.

Saturated Fat: lipid compound that does not have any double bonds in its chemical structure and its state is solid at room temperature. Fat predominantly in animal foods when consumed in excess can be harmful to the heart and arteries.

Serving: ration is the amount or portion of a food suitable for a varied, pleasant and enough feeding, depending on age and individual requirements.

Simple carbohydrates: Energetic compounds of short carbon molecules. Also known as sugars for its sweetness; provide sweet flavour. Quickly absorbed into the body, so are a quick energy source, the products made with refined sugars provide calories and little nutritional value, so that their consumption should be moderate.

Structural foods: Containing a large proportion of proteins, involved in the growth and repair of damaged tissues. E.g. meat, eggs, fish.

Vitamin: micronutrient organic origin in small proportions necessary for the proper functioning of the body. By its physical properties they are classified into two groups: water-soluble and fat-soluble. **Fat-soluble vitamins:** group of vitamins soluble in fat; there are vitamins A, D, E and K. They are little alterable and the body can store them easily. **Water-soluble vitamins:** the rest of vitamins (B-complex and vitamin C), which are highly soluble, and require daily replenishment in the body. **Thermolabile vitamins:** vitamins amending and / or destroyed by heat.

Vitamin A: Vitamin that can come from animal or vegetable foods. In the animal kingdom is called retinol and in the plant kingdom is called beta-carotene. Eg.:is contained in the carrot and in the egg yolk.

Vitamin B12 (cyanocobalamin): Essential nutrient for growth and formation of red blood cells and other tissues. It is only found in animal foods, for example liver, meat and dairy products.

Vitamin C (ascorbic acid): vitamin with antioxidant capacity that has an important role in the growth and functioning of the whole organism. Also known for improving iron absorption at the intestine level. E.g: found in fruits and vegetables.

Vitamin D (Calciferol): micronutrient that helps the body to absorb and use calcium from food. E.g. is found in dairy products and fish. The human body can produce this vitamin when there is sufficient daylight.

Vitamin E (tocopherol): antioxidant compound that is important for normal growth of the child. E.g. it is founded in vegetable oils, olives, nuts and seeds.