

Nutrient-dense cooking

- **Whole Foods:** Whole foods are minimally processed, nutrient-dense ingredients in their natural state, rich in vitamins, minerals, fiber, and other essential nutrients.
- **Nutrient-dense:** Nutrient-dense refers to foods that are high in essential nutrients such as vitamins, minerals, and antioxidants relative to their caloric content.
- **Vitamins:** Essential organic compounds needed in small amounts to maintain health, obtained from food sources in Nutrient-dense cooking.
- **Minerals:** Minerals are essential nutrients found in foods that support various bodily functions, such as bone health, enzyme activity, and hydration.
- **Phytonutrients:** Phytonutrients are natural compounds found in plants that have beneficial effects on health, such as reducing inflammation and preventing disease.
- **Micronutrients:** Micronutrients are essential vitamins and minerals required in small amounts for optimal health and proper functioning of the body.
- **Antioxidants:** Antioxidants are compounds that help protect cells from damage caused by free radicals, found in colorful fruits and vegetables.
- **Superfoods:** Superfoods are nutrient-dense foods that provide a high amount of vitamins, minerals, and antioxidants, offering numerous health benefits.

specific dietary needs

- **Allergen:** An allergen is a substance that can cause an allergic reaction in some individuals, often found in specific foods.
- **Gluten-free:** Gluten-free refers to foods that do not contain gluten, a protein found in wheat, barley, and rye, suitable for those with gluten intolerances.
- **Lactose Intolerance:** Lactose intolerance is the inability to properly digest lactose, a sugar found in milk and dairy products, resulting in gastrointestinal discomfort.
- **Diabetic:** A person with diabetes, a condition where the body cannot properly regulate blood sugar levels, requiring a controlled diet.
- **Vegetarian:** A vegetarian is someone who does not eat meat or seafood but may consume dairy products, eggs, and plant-based foods.
- **Vegan:** Vegan refers to a dietary practice that excludes all animal products, including meat, dairy, eggs, and honey, emphasizing plant-based foods.
- **Low FODMAP:** Low FODMAP refers to a diet low in fermentable carbohydrates that can trigger digestive symptoms in individuals with irritable bowel syndrome.

- **Keto:** Keto refers to a high-fat, low-carbohydrate diet that aims to induce ketosis, a metabolic state that burns fat for energy.

Plant-based cooking

- **Chia Seeds:** Chia seeds are tiny, nutrient-dense seeds packed with omega-3 fatty acids, fiber, and protein, commonly used in plant-based cooking.
- **Aquafaba:** Aquafaba is the viscous liquid leftover from cooking legumes, typically chickpeas, used as a vegan egg substitute in recipes.
- **Nutritional Yeast:** Nutritional yeast is a deactivated yeast that is a popular ingredient in plant-based cooking to add a cheesy, umami flavor.
- **Whole Foods:** Whole foods in plant-based cooking refer to unprocessed, natural ingredients like fruits, vegetables, grains, nuts, and seeds.
- **Plant-based:** Plant-based cooking involves preparing meals that primarily consist of fruits, vegetables, grains, legumes, nuts, and seeds, excluding animal products.
- **Tempeh:** Tempeh is a fermented soy product made from whole soybeans, often used as a meat substitute in plant-based cooking.

Mindful eating

- **Gratitude:** Gratitude in mindful eating is the practice of appreciating and being thankful for the food we consume and its nourishment.
- **Satisfaction:** Satisfaction in mindful eating refers to feeling content and fulfilled after a meal, both physically and emotionally, without overeating.
- **Mindfulness:** Mindfulness in mindful eating refers to being fully present and aware of the sensations, thoughts, and emotions while eating.
- **Intuitive:** Intuitive in Mindful eating refers to relying on internal cues, such as hunger and fullness, to guide eating decisions.
- **Nourish:** Nourish in mindful eating means choosing foods that support overall health and well-being, focusing on nutrient-dense options for nourishment.
- **Savor:** Savor in mindful eating means fully experiencing and enjoying the flavors, textures, and aromas of food to enhance satisfaction.
- **Awareness:** Awareness in mindful eating refers to being fully present and attentive while eating, focusing on the sensory experience and cues.

Cooking for weight management

- **Calorie:** A unit of energy measurement used to quantify the amount of energy provided by food and used by the body.
- **Portion Control:** Portion control is the practice of measuring or limiting the amount of food consumed to manage calorie intake and weight.
- **Lean Protein:** Lean protein refers to protein sources that are low in fat, such as chicken breast, turkey, fish, tofu, and legumes.
- **Whole Grains:** Whole grains are grains that contain the entire kernel, including the bran, germ, and endosperm, providing fiber, vitamins, and minerals.
- **Meal Prep:** Meal prep involves preparing and portioning out meals in advance to help manage weight by controlling portion sizes and ingredients.
- **Low-fat:** Low-fat refers to foods or recipes that contain a reduced amount of fat, often used in cooking for weight management.
- **Healthy Fats:** Healthy fats are unsaturated fats such as avocado, olive oil, and nuts that promote heart health and aid in weight management.

Generated by VocabLists.com