

1. anaemia	a diet related deficiency disorder resulting either from a diet that is low in iron, or from iron loss (for example, due to blood loss of heavy menstruation)
2. basal metabolic rate (BMR)	the minimum amount of energy that your body needs to maintain normal body processes; BMR is measured when you are lying awake (but totally relaxed and still), in a comfortably warm room, having not eaten for 10 to 12 hours; BMR is your lowest energy expenditure while awake
3. colostrum	the first fluid that is produced by the breast for feeding a newborn infant; it is a sticky, yellow liquid, high in protein, minerals and antibodies
4. dry-heat cooking	cooking by applying heat directly to a food
5. food allergy	an immune reaction to a protein in food that the body identifies as foreign
6. food intolerance	a personal response to a specific chemical or group of chemicals found in food, such as salicylates, amines or glutamates; the response may be similar to that of a food allergy but does not involve the immune system
7. lactation	production of the breast milk for feeding an infant
8. laxative	a substance that promotes gut function, either by stimulating the gut muscles to contract, or by bulking or softening the gut contents to help the stool pass more easily and quickly through the gut
9. menopause	the stage in a woman's life when she ceases to be fertile, most commonly between the ages of 45 and 55 years; the balance of hormones changes, the ovaries no longer produce eggs and menstruation ceases
10. moist-heating cooking	cooking by using liquid to apply heat to a food
11. sedentary	describes a low level of physical activity, not involving much movement of the body
12. thermic effect of food (TEF)	the energy expended as a result of eating; energy is used to digest and absorb nutrients from food and convert them for use or storage, generating heat
13. weaning	the process of reducing or ceasing breast milk or formula intake as it is replaced by solid foods in the diet