

adipose tissue

the body tissue that contains fat; it consists of connective tissue filled with large numbers of fat cells; if the body gains or loses fat, the number of fat cells stays the same, but the amount of fat in each cell changes

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 or heavy menstruation)

angina pectoris

pain in the centre of the chest, occurring during physical activity and ceasing at rest; caused by the narrowing of coronary arteries, which prevent the heart receiving enough blood when exercise increases demand

anorexia nervosa

a psychological disorder characterised by self-induced starvation and life-threatening weight loss

atherosclerosis

a condition that results from the deposition of fats and fibrous materials along the walls of blood vessels

bulimia nervosa

a psychological disorder characterised by binge eating; self-induced vomiting, laxative misuse or extreme exercising are often used to compensate for the foods eaten during the binge eating episode

central obesity

a condition of obesity where the excess adipose tissue is predominantly distributed around the abdomen; this is associated with a higher risk of health problems as fat tends to be deposited around the organs

colon cancer

cancer of the lining of the colon

constipation

the condition in which the faeces are hard, dry and difficult to pass

crush fractures

fractures that occur when the bones lose the ability to support the weight of the body as a result of weakened bone structures

defaecation

the process of expelling
faeces

dental caries

tooth decay

dentine

the hard body tissue that
forms the main body of the
tooth, through which run the
nerves and blood vessels of
the tooth

diabetes

a condition in which the
body is unable to control
the level of glucose in
the blood

diastolic pressure

the blood pressure
when the heart is at rest
between pumps

diverticulitis

a disease of the colon where small pockets develop in the bowel wall due to high pressure (for example, when fibre intake is inadequate)

faeces

the wastes of digestion that are excreted via the anus

glycaemic index (GI)

an index of foods given a GI value according to their effect on the blood glucose level; high GI foods release a large amount of glucose quickly, causing a large fluctuation in the blood glucose level; low GI foods have a slower release, causing less disturbance

haemorrhoids

protruding varicose-like veins in the anus that can result from constipation

hiatus hernia

a condition that occurs when part of the stomach is forced up through the small space in the diaphragm where the oesophagus passes through

high-density lipoproteins (HDLs)	lipoproteins that bind to cholesterol and help to remove them from the body, reducing deposition in the blood vessels
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