

1. <b>adipose tissue</b>	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	16. <b>diverticulitis</b>	a disease of the colon where small pockets develop in the bowel wall due to high pressure (for example, when fibre intake is inadequate)
2. <b>anaemia</b>	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)	17. <b>faeces</b>	the wastes of digestion that are excreted via the anus
3. <b>angina pectoris</b>	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	18. <b>glycaemic index (GI)</b>	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
4. <b>anorexia nervosa</b>	a psychological disorder characterised by self-induced starvation and life-threatening weight loss	19. <b>haemorrhoids</b>	protruding varicose-like veins in the anus that can result from constipation
5. <b>atherosclerosis</b>	a condition that results from the deposition of fats and fibrous materials along the walls of blood vessels	20. <b>hiatus hernia</b>	a condition that occurs when part of the stomach is forced up through the small space in the diaphragm where the oesophagus passes through
6. <b>bulimia nervosa</b>	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	21. <b>high-density lipoproteins (HDLs)</b>	lipoproteins that bind to cholesterol and help to remove them from the body, reducing deposition in the blood vessels
7. <b>central obesity</b>	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		
8. <b>colon cancer</b>	cancer of the lining of the colon		
9. <b>constipation</b>	the condition in which the faeces are hard, dry and difficult to pass		
10. <b>crush fractures</b>	fractures that occur when the bones lose the ability to support the weight of the body as a result of weakened bone structures		
11. <b>defaecation</b>	the process of expelling faeces		
12. <b>dental caries</b>	tooth decay		
13. <b>dentine</b>	the hard body tissue that forms the main body of the tooth, through which run the nerves and blood vessels of the tooth		
14. <b>diabetes</b>	a condition in which the body is unable to control the level of glucose in the blood		
15. <b>diastolic pressure</b>	the blood pressure when the heart is at rest between pumps		