

Nutrition, Disease, and Longevity
SECOND QUARTER VOCABULARY

1	Alzheimer's disease	an irreversible form of dementia caused by plaques and tangled fibers in the brain that results in memory loss
2	anemia	disease resulting from an iron deficiency characterized by weakness caused from a decrease circulation of oxygen in the blood
3	atherosclerosis	heart disease caused by the accumulation of fatty plaques on the lining of arteries
4	beriberi	a disease caused by a deficiency in thiamine (Vitamin B1) characterized by a loss of muscle function
5	blue zones	places in the world where people live the longest
6	BMI	measurement of body fat based on height and weight that applies to both men and women
7	calorie restriction	a method to increase longevity where calories are limited to 1500 a day
8	cancer	an abnormal growth of abnormal (malignant) cells in the body
9	carbohydrate	macromolecule composed of chains of sugar molecules
10	cholesterol	a sterol fat found only in animal foods
11	chronic	continuing or occurring again and again for a long time
12	coronary bypass	surgery replacing clogged arteries with veins to treat heart disease
13	cross contamination	the transfer of harmful bacteria from one food to another
14	crucifer	a family of vegetables including broccoli, cabbage, brussel sprouts, etc.
15	danger zone	temperature at which bacteria multiplies the fastest. (40 to 140 degrees F)
16	epidemic	affecting or tending to affect a disproportionately large number of individuals within a population, community, or region at the same time
17	fiber	indigestible carbohydrate found in plant foods providing no nutrition
18	fortification	adding nutrients to foods to prevent deficiency
19	gastric bypass	weight loss surgery where the stomach is divided into an upper and lower (inactive) pouch so the patient reaches satiety more quickly
20	genetic	relating to or caused by heredity
21	gestational diabetes	diabetes occurring during pregnancy
22	goiter	disease resulting from an iodine deficiency characterized by swelling of the thyroid gland
23	HDL cholesterol	high density lipoprotein (good cholesterol)
24	hemorrhagic stroke	a stroke resulting from a ruptured blood vessel in the brain
25	hypertension	high blood pressure

26	insulin	hormone made by the pancreas that brings glucose from the blood into the cell
27	ischemic stroke	a stroke caused by an obstruction in a blood vessel supplying the brain
28	LDL cholesterol	low density lipoprotein (bad cholesterol)
29	longevity	living for many years
30	morbid obesity	a weight of 100 pounds over ideal body weight - BMI 40 or over
31	night blindness	a disease of the eye caused by a deficiency in Vitamin A characterized by damage to the retina leading to a loss of vision
32	nitrosamines	chemical additives to foods that are linked to Alzheimer's disease
33	obesity	being twenty percent or more over normal body weight / BMI over 30
34	omega 3 fatty acids	essential unsaturated fatty acids possessing a double bond at the third carbon atom
35	osteoporosis	disease resulting from a calcium deficiency characterized by bone loss
36	overweight	being 10% over normal body weight
37	pancreas	gland in the endocrine system that produces insulin
38	pellagra	disease resulting from a niacin (vitamin B3) deficiency characterized by a facial rash
39	plasminogen	medication given to ischemic stroke victims that dissolves clots
40	protein	macromolecule composed of chains of amino acids consisting of carbon, hydrogen, oxygen, and nitrogen
41	resveratrol	powerful antioxidant that fights heart disease and cancer produced by plants in response to injury
42	rickets	disease resulting from a vitamin D deficiency characterized by leg deformity
43	saturated fat	fats coming from animal foods that are solid at room temperature
44	scurvy	disease resulting from a vitamin C deficiency characterized by mouth and gum sores
45	stent	a mesh tube used to treat narrow or weak arteries
46	trans fat	a fat made by saturating fat chemically
47	transient ischemic at	a temporary clot in a blood vessel supplying the brain (TIA-mini stroke)
48	type 1 diabetes	a genetic chronic disease in which there are high levels of sugar in the blood caused by an insulin deficiency
49	type 2 diabetes	a chronic disease in which there are high levels of sugar in the blood caused by obesity (adult onset diabetes)
50	unsaturated fat	fat from plants that is liquid at room temperature