

Glossary

WEIGHT MANAGEMENT AND EATING BEHAVIORS

A

anorexia nervosa an eating disorder that involves self-starvation, a distorted body image, and low body weight

appetite the desire, rather than the need, to eat certain foods

B

basal metabolic rate (BMR) the minimum amount of energy required to keep the body alive when in a rested and fasting state

binge eating/bingeing eating a large amount of food in one sitting; usually accompanied by a feeling of being out of control

body composition the proportion of body weight that is made up of fat tissue compared to lean tissue

body image a measure of how you see and feel about your appearance and how comfortable you are with your body

body mass index (BMI) an index of weight in relation to height that is used to assess healthy body weight

bulimia nervosa an eating disorder in which the individual repeatedly eats large amounts of food and then uses behaviors such as vomiting or using laxatives to rid the body of the food

C

cross-contamination the transfer of contaminants from one food to another

F

fad diet a diet that requires a major change in eating habits and promises quick weight loss

food allergy an abnormal response to a food that is triggered by the immune system

food-borne illness an illness caused by eating or drinking a food that contains a toxin or disease-causing microorganism

H

heredity (huh RED i tee) the passing down of traits from parents to their biological child

hunger the body's physical response to the need for food

L

lactose intolerance the inability to completely digest the milk sugar lactose

O

obesity (oh BEE suh tee) the state of having excess body fat for one's weight; the state of weighing more than 20 percent above one's recommended body weight

overweight heavy for one's height

P

purging engaging in behaviors such as vomiting or misusing laxatives to rid the body of food

W

weight management a program of sensible eating and exercise habits that keep weight at a healthy level