

12 Food Technology 13 Contemporary Nutrition Issues - Influences on Nutritional Status

Quizlet

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- adverse reactions** an unexpected response or effect as a result of consuming a substance
- allergen** a protein that the body identifies as foreign, promoting an immune system response
- amines** a group of chemicals produced when protein foods are aged, fermented or start to break down
- antibodies** proteins that circulate in the blood to combat bacteria, viruses and other toxins
- coeliac disease** an allergy to gluten
- elimination diet** a specific food pattern that is used to determine food intolerances; it contains a narrow selection of foods that are unlikely to cause reactions, with challenges then introduced one by one
- food allergy** an immune reaction to a protein in food that the body identifies as foreign
- food challenge** after following an elimination diet, the reintroduction into the diet of substances suspected of causing a food allergy or intolerance
- 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
- Food Standards Code** sets out conditions that must be met before food is sold
- functional foods** foods that surpass the basic nutrients found in foods that have proven health benefits
- glutamates** chemicals involving the amino acid glutamate, found naturally in all plants and animals; gives foods a savoury flavour
- gluten** a type of protein found in grains that will stretch and form the structure of a flour product
- lactose intolerance** a condition that results when an individual has some degree of difficulty in digesting lactose
- line extensions** relatively minor changes to a company's existing products by incorporation of such features as new flavours, packaging and serving sizes
- milk allergy** an adverse response by the immune system to milk protein in the diet
- salicylates** a group of chemicals found in all plant foods, particularly fruit and fruit juices, herbs, spices, nuts and many beverages