

Appendix E-5: Glossary of Terms

Aquaculture—The farming of aquatic organisms, including fish, mollusks, crustaceans, and aquatic plants. Farming includes activities to enhance production, such as regular stocking, feeding, and protection from predators.

Acculturation—The process by which immigrants adopt the attitudes, values, customs, beliefs, and behaviors of a new culture. Acculturation is the gradual exchange between immigrants' original attitudes and behavior and those of the host culture.

Added sugars—Sugars that are either added during the processing of foods, or are packaged as such. They include sugars (free, mono- and disaccharides), syrups, naturally occurring sugars that are isolated from a whole food and concentrated so that sugar is the primary component (e.g., fruit juice concentrates), and other caloric sweeteners. Names for added sugars include: Brown sugar, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert sugar, lactose, maltose, malt sugar, molasses, raw sugar, turbinado sugar, trehalose, and sucrose.

Behavioral weight-management program—A structured, multi-component program that encompasses a number of behavior changes, including diet and physical activity with the intent to improve weight (lose weight or maintain weight loss).

Biodiversity—The variety and variability among living organisms and the ecosystems in which they occur. Biodiversity includes the numbers of different items and their relative frequencies; these items are organized at many levels, ranging from complete ecosystems to the biochemical structures that are the molecular basis of heredity. Thus, biodiversity expresses the relative abundance of different ecosystems, species, and genes.

Body mass index (BMI)—A measure defining weight in kilograms (kg) divided by height in meters (m) squared. BMI is an indicator of deficient or excess body tissue, both fat and muscle. BMI status categories include underweight, normal weight, overweight, and obese. (Normal weight is often referred to as “healthy” weight.) Overweight and obese describe ranges of weight that are greater than what is considered healthy for a given height, while underweight describes a weight that is lower than what is considered healthy. Because children and adolescents are growing, their BMI is plotted on growth charts for sex and age. The percentile indicates the relative position of the child's BMI among children of the same sex and age. This is generally referred to as a **BMI z-score**.

	Children and Adolescents (ages 2 to 19 years)	Adults
Body Weight	(BMI-for-Age Percentile Range)	(BMI)
Underweight	Less than the 5th percentile	Less than 18.5 kg/m ²
Normal weight	5th percentile to less than the 85th percentile	18.5 to 24.9 kg/m ²
Overweight	85th to less than the 95th percentile	25.0 to 29.9 kg/m ²
Obese	Equal to or greater than the 95 th percentile	
Obese class I		30.0 to 34.9 kg/m ²
Obese class II		35.0 to 39.9 kg/m ²
Obese class III		40.0 kg/m ² and greater

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35 **Built environment**—The physical form of communities, including urban design (i.e., how a city
36 is designed; its physical appearance and arrangement), land use patterns (i.e., how land is used
37 for commercial, residential, and other activities), and the transportation system (i.e., the facilities
38 and services that link one location to another).

39 **Calorie**—A unit commonly used to measure energy content or energy use. It is used as a
40 convenient measure to relate the energy content of food to the energy needs of the body. A
41 calorie is equal to the amount of energy required to raise the temperature of one liter of water 1
42 degree centigrade. Energy, as measured in calories, is required to sustain the body's various
43 functions, including metabolic processes and physical activity. Carbohydrate, fat, protein, and
44 alcohol provide all of the energy supplied by foods and beverages.

45 **Carbohydrates**—One of the three classes of macronutrients. Carbohydrates include sugars,
46 starches, and fibers:

- 47 • **Sugars**—A simple carbohydrate composed of one unit (a monosaccharide, such as
48 glucose and fructose) or two joined units (a disaccharide, such as lactose and sucrose).
49 Sugars include white and brown sugar, fruit sugar, corn syrup, molasses, and honey. (See
50 **Added sugars**)
- 51 • **Starches**—Many glucose units linked together. Examples of foods containing starch
52 include vegetables, dry beans and peas, and grains (e.g., brown rice, oats, wheat, barley,
53 corn).
- 54 • **Fiber**—Nondigestible carbohydrates and lignin that are intrinsic and intact in plants.
55 Fiber consists of dietary fiber, the fiber naturally occurring in foods, and functional fiber,
56 which are isolated, nondigestible carbohydrates that have beneficial physiological effects
57 in humans.

58 **Child-care settings**—Locations that include child-care centers and child-care provided in
59 homes. Early childhood education settings, such as preschool and Head Start programs, also are
60 included.

61 **Competitive foods**—Foods and beverages offered at schools that are sold or offered outside of
 62 the Federally reimbursed school lunch and breakfast programs. Competitive foods include food
 63 and beverage items sold through à la carte lines, snack bars, student stores, vending machines,
 64 and school fundraisers.

65 **Comprehensive lifestyle intervention**—Interventions that are designed to address chronic
 66 disease risk factors and improve health. They generally include three principal components—a
 67 diet component, a physical activity component, and a program of behavior change to facilitate
 68 adherence to diet and physical activity recommendations.

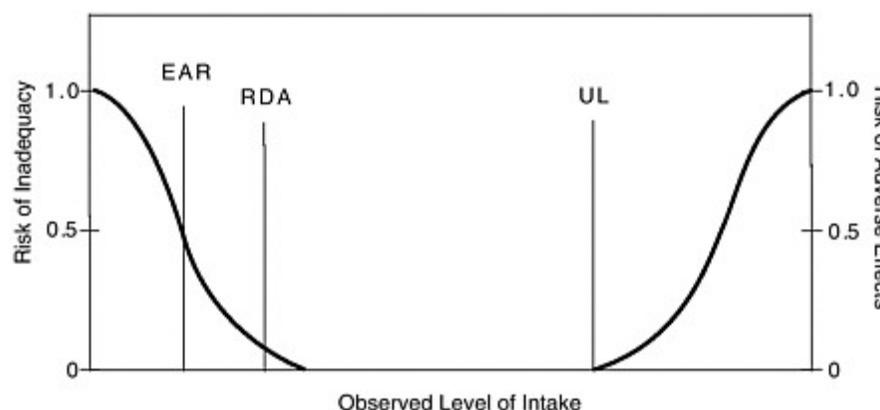
69 **Comprehensive lifestyle intervention team**—A multidisciplinary team of highly trained
 70 professionals, including registered dietitians and nutritionists, exercise specialists, and
 71 behaviorists who work with individuals on weight loss or other lifestyle behavior change to
 72 improve health and reduce chronic disease risk. (See **Interventionist**)

73 **Cross-contamination**—The spread of bacteria, viruses, or other harmful agents from one
 74 surface to another.

75 **Cup equivalent (cup eq)**—The amount of a food product that is considered equal to 1 cup from
 76 the vegetable, fruit, or milk food group. A cup eq for some foods may differ from a measured
 77 cup in volume because (1) the foods have been concentrated (such as raisins or tomato paste),
 78 (2) the foods are airy in their raw form and do not compress well into a cup (such as salad
 79 greens), or (3) the foods are measured in a different form (such as cheese).

80 **Dietary pattern**—The quantities, proportions, variety or combinations of different food and
 81 beverages in diets, and the frequency with which they are habitually consumed.

82 **Dietary Reference Intakes (DRIs)**—A set of nutrient-based reference values that expand upon
 83 and replace the former Recommended Dietary Allowances (RDAs) in the United States and the
 84 Recommended Nutrient Intakes (RNIs) in Canada. They include the values shown in the graphic
 85 (<http://www.dslid.nlm.nih.gov/dslid/dri.jsp>) and described here:



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- 88 • **Acceptable Macronutrient Distribution Ranges (AMDR)**—Range of intake for a
89 particular energy source that is associated with reduced risk of chronic disease while
90 providing intakes of essential nutrients. If an individual’s intake is outside of the AMDR,
91 there is a potential of increasing the risk of chronic diseases and/or insufficient intakes of
92 essential nutrients.
- 93 • **Adequate Intakes (AI)**—A recommended average daily nutrient intake level based on
94 observed or experimentally determined approximations or estimates of mean nutrient
95 intake by a group (or groups) of apparently healthy people. This is used when the
96 Recommended Dietary Allowance cannot be determined.
- 97 • **Estimated Average Requirements (EAR)**—The average daily nutrient intake level
98 estimated to meet the requirement of half the healthy individuals in a particular life stage
99 and sex group.
- 100 • **Recommended Dietary Allowance (RDA)**—The average dietary intake level that is
101 sufficient to meet the nutrient requirement of nearly all (97 to 98 percent) healthy
102 individuals in a particular life stage and sex group.
- 103 • **Tolerable Upper Intake Level (UL)**—The highest average daily nutrient intake level
104 likely to pose no risk of adverse health effects for nearly all individuals in a particular life
105 stage and gender group. As intake increases above the UL, the potential risk of adverse
106 health effects increases.
- 107 **Eating out**—A behavior that includes meals eaten outside of the home at a variety of venues and
108 takeout or ready-to-eat meals purchased and consumed either away from or in the home.
- 109 **Empty calories**—The calories from components of a food or beverage that contribute few or no
110 nutrients. Major sources of empty calories are solid fats and added sugars. Other sources of
111 empty calories include refined starches (e.g., corn starch, potato starch) and alcohol. In some
112 foods, such as soda and many candies, all the calories are empty calories. However, empty
113 calories also can be found in foods that contain important nutrients. For example, whole milk
114 contains solid fats (butterfat) and sweetened applesauce contains added sugars, which means that
115 some of their calories are empty calories.
- 116 **Energy drink**—A beverage that contains caffeine as a major active ingredient, along with other
117 ingredients, such as taurine, herbal supplements, vitamins, and sugar. It is usually marketed as a
118 product that can improve perceived energy, stamina, athletic performance, or concentration.
- 119 **Enrichment**—The addition of specific nutrients (iron, thiamin, riboflavin, and niacin) to refined
120 grain products in order to replace losses of the nutrients that occur during processing.
- 121 **Environmental sustainability**—Long-term maintenance of ecosystem components and
122 functions for future generations.

123 **Existing reports**—Previously published reports or articles that were used as sources of evidence
 124 to answer some questions posed by the 2015 DGAC. These sources included reports (e.g., *the*
 125 *2013 American College of Cardiology/ American Heart Association (ACC/AHA) Guidelines on*
 126 *Lifestyle Management to Reduce Cardiovascular Risk*), systematic reviews, and meta-analyses.
 127 (See **Meta-analysis**)

128 **Fast food**—Foods designed for ready availability, use or consumption and sold at eating
 129 establishments for quick availability or take-out. Fast food restaurants are also known as quick-
 130 service restaurants.

131 **Fats**—One of the three classes of macronutrients. (See **Solid Fats** and **Oils**)

132 • **Monounsaturated Fatty Acids**—Monounsaturated fatty acids (MUFAs) have one
 133 double bond. Plant sources that are rich in MUFAs include nuts and vegetable oils that
 134 are liquid at room temperature (e.g., canola oil, olive oil, high oleic safflower and
 135 sunflower oils).

136 • **Polyunsaturated fatty acids**—Polyunsaturated fatty acids (PUFAs) have two or more
 137 double bonds and may be of two types, based on the position of the first double bond.

138 ○ ***n*-6 PUFAs**—Linoleic acid, one of the *n*-6 fatty acids, is required because it cannot be
 139 synthesized by humans and, therefore, is considered essential in the diet. Primary
 140 sources are nuts and liquid vegetable oils, including soybean oil, corn oil, and
 141 safflower oil. Also called omega-6 fatty acids.

142 ○ ***n*-3 PUFAs**—Alpha-linolenic acid is an *n*-3 fatty acid that is required because it
 143 cannot be synthesized by humans and, therefore, is considered essential in the diet.
 144 Primary sources include soybean oil, canola oil, walnuts, and flaxseed.
 145 Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are very long chain
 146 *n*-3 fatty acids that are contained in fish and shellfish. Also called omega-3 fatty
 147 acids.

148 • **Saturated fatty acids**—Saturated fatty acids have no double bonds. Major sources
 149 include animal products such as meat and dairy products, and tropical oils such as
 150 coconut or palm oils. In general, fats high in saturated fatty acids are solid at room
 151 temperature.

152 • ***trans* fatty acids**—*Trans* fatty acids are unsaturated fatty acids that contain one or more
 153 isolated (i.e., nonconjugated) double bonds in a *trans* configuration. Sources of *trans*
 154 fatty acids include partially-hydrogenated vegetable oils that have been used to make
 155 traditional shortening and some commercially prepared baked goods, snack foods, fried
 156 foods, and traditional stick margarine. *Trans* fatty acids also are present in foods that
 157 come from ruminant animals (e.g., cattle and sheep) and are called “natural” or rTFA.
 158 Such foods include dairy products, beef, and lamb.

- 159 **Fight Bac!**®—A national public education campaign to promote food safety to consumers and
 160 educate them on how to handle and prepare food safely. In this campaign, pathogens are
 161 represented by a cartoonlike bacteria character named “BAC.” For more information, visit:
 162 <http://www.fightbac.org>.
- 163 **Fishery**—An activity leading to harvesting of fish. It may involve capture of wild fish or the
 164 raising of fish through aquaculture.
- 165 **Food access**—Accessibility to sources of healthy food, as measured by distance to a store or the
 166 number of stores in an area; individual-level resources such as family-income or vehicle
 167 availability; and neighborhood-level indicators of resources, such as average income of the
 168 neighborhood and the availability of public transportation.
- 169 **Food categories**—A method of grouping similar foods in their as-consumed forms, for
 170 descriptive purposes. The USDA/ARS has created 150 mutually exclusive food categories to
 171 account for each food or beverage item reported in What We Eat in America (WWEIA), the food
 172 intake survey component of the National Health and Nutrition Examination Survey (for more
 173 information, visit: <http://seprl.ars.usda.gov/Services/docs.htm?docid=23429>). Examples of
 174 WWEIA Food Categories include soups, nachos, and yeast breads. In contrast to food groups,
 175 items are not disaggregated into their component parts for assignment to food categories. For
 176 example, all pizzas are put into the pizza category.
 177
- 178 **Food environments**—Factors and conditions that influence food choices and food availability.
 179 These environments include settings such as home, child care (early care and education), school,
 180 after-school programs, worksites, food retail stores and restaurants, and other outlets where
 181 children and their families make eating and drinking decisions. The food environment also
 182 includes macro-level factors and includes food marketing, food production and distribution
 183 systems, agricultural policies, Federal nutrition assistance programs, and economic price
 184 structures.
- 185 **Food groups**—A method of grouping similar foods for descriptive and guidance purposes. Food
 186 groups in the USDA Food Pattern are defined as fruits, vegetables, grains, dairy, and protein
 187 foods. Some of these groups are divided into subgroups, such as dark-green vegetables or whole
 188 grains, which may have intake goals or limits (for more information, see *Appendix E3.1 Table*
 189 *AI*. USDA Healthy U.S.-Style Food Patterns—Intake Amounts). For assignment to food groups,
 190 mixed dishes are disaggregated into their major component parts. For example, pizza may be
 191 disaggregated into the grain (crust), dairy (cheese), vegetable (sauce and toppings), and protein
 192 foods (toppings) food groups.
- 193 **Food pattern modeling**—The process of developing and adjusting daily intake amounts from
 194 food categories or groups to meet specific criteria, such as meeting nutrient intake goals, limiting
 195 nutrients or other food components, or varying proportions or amounts of specific food
 196 categories or groups.

- 197 **Food policies**—Regulations, laws, policy-making actions or formal or informal rules established
 198 by formal organizations or government units. Food and nutrition policies are those that influence
 199 the food environment and eating behavior to improve eating and body weight.
- 200 **Food security**—A condition in which all people, now and in the future, have access to sufficient,
 201 safe, and nutritious food to maintain a healthy and active life. (See **Household food insecurity**)
- 202 **Fortification**—The addition of one or more essential nutrients to a food whether or not it is
 203 normally contained in the food for the purpose of preventing or correcting a demonstrated
 204 deficiency of one or more nutrients in the population or specific population groups.
- 205 **Greenhouse gases (GHG)**—Any gas that absorbs infrared radiation in the atmosphere.
 206 Greenhouse gases include carbon dioxide, methane, nitrous oxide, ozone, chlorofluorocarbons,
 207 hydrochlorofluorocarbons, hydrofluorocarbons, perfluorocarbons, and sulfur hexafluoride.
- 208 **Health**—A state of complete physical, mental and social well-being and not merely the absence
 209 of disease or infirmity.
- 210 **Household food insecurity**—Circumstances in which the availability of nutritionally adequate
 211 and safe food, or the ability to acquire acceptable foods in socially acceptable ways, is limited or
 212 uncertain.
- 213 • **Persistent household food insecurity**—Occurs when people are unable to meet their
 214 minimum food requirements over a sustained period of time.
 - 215 • **Progressing household food insecurity**—A change in situation from food secure to food
 216 insecure or from acute or temporary food insecurity to persistent food insecurity.
 - 217 • **Household food insufficiency**—A similar measure to food insecurity considered more
 218 severe than the concept of food security, although not as severe as hunger.
- 219 **Interventionist**—Trained health professionals (e.g., registered dietitians, psychologists, exercise
 220 physiologists, health counselors, or professionals in training) who adhere to formal protocols in
 221 providing healthy lifestyles counseling and treatment, such as for weight management. In a few
 222 cases, lay persons are used as trained interventionists; they received instruction in protocols
 223 (designed by health professionals) for programs that have been validated in high-quality trials
 224 and published in peer-reviewed journals.
- 225 **Isocaloric**—Having the same caloric values. For example, two dietary patterns that vary in
 226 macronutrient proportions but have the same calorie content are isocaloric.
- 227 **Lean meat**—Any meat with less than 10% fat by weight, or less than 10 grams of fat per 100
 228 grams, based on USDA and FDA definitions for food label use. Examples include 95% lean
 229 ground beef, cooked; broiled beef steak, lean only eaten; baked pork chop, lean only eaten;
 230 roasted chicken breast or leg, no skin eaten; and smoked/cured ham, lean only eaten.

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- 232 **Life Cycle Assessment (LCA)**—A technique for assessing the biophysical environmental
- 233 aspects and potential impacts associated with a product, by:
- 234 • Compiling an inventory of relevant inputs and outputs of a product system;
- 235 • Evaluating the potential environmental impacts associated with those inputs and outputs;
- 236 • Interpreting the results of the inventory analysis and impact assessment phases in relation
- 237 to the objectives of the study.
- 238 LCA studies the environmental aspects and potential impacts throughout a product’s life (i.e.,
- 239 cradle to grave), from raw material acquisition through production, use, and disposal. The
- 240 general categories of environmental impacts needing consideration include resource use, human
- 241 health, and ecological consequences.
- 242 **Macronutrient**—A dietary component that provides energy. Macronutrients include protein,
- 243 fats, and carbohydrates. Alcohol also provides energy but, for purposes of the DGAC report, it is
- 244 not considered when discussing macronutrients.
- 245 **Meta-analysis**—The statistical analysis of multiple individual studies for the purpose of
- 246 integrating the findings and deriving conclusions from the body of literature.
- 247 **Mobile Health (mHealth)**—The use of mobile and wireless technologies to support the
- 248 achievement of health objectives.
- 249 **Moderate alcohol consumption**—Average daily consumption of up to one drink per day for
- 250 women and up to two drinks per day for men, with no more than three drinks in any single day
- 251 for women and no more than four drinks in any single day for men. One drink is defined as 12 fl.
- 252 oz. of regular beer, 5 fl. oz. of wine, or 1.5 fl. oz. of distilled spirits.
- 253 **Nutrient-dense foods**—Foods that are naturally rich in vitamins, minerals, and other substances
- 254 that may have positive health effects, and are lean or low in solid fats and without added solid
- 255 fats, sugars, starches, or sodium and that retain naturally-occurring components such as fiber. All
- 256 vegetables, fruits, whole grains, fish, eggs, and nuts prepared without added solid fats or sugars
- 257 are considered nutrient-dense, as are lean or low-fat forms of fluid milk, meat, and poultry
- 258 prepared without added solid fats or sugars. Nutrient-dense foods provide substantial amounts of
- 259 vitamins and minerals (micronutrients) and relatively few calories compared to forms of the food
- 260 that have solid fat and/or added sugars.
- 261 **Nutrition Evidence Library (NEL) systematic review**—A process that uses state-of-the-art
- 262 methodology to search, evaluate, and synthesize food and nutrition-related research. This
- 263 rigorous, protocol-driven methodology is designed to minimize bias, maximize transparency, and
- 264 ensure relevant, timely, and high-quality systematic reviews to inform Federal nutrition-related

265 policies, programs, and recommendations. The NEL is a division of the USDA Center for
266 Nutrition Policy and Promotion. For more detailed information, visit: www.nel.gov.

267 **Oils**—Fats that are liquid at room temperature. Oils come from many different plants and some
268 fish. Some common oils include canola, corn, olive, peanut, safflower, soybean, and sunflower
269 oils. A number of foods are naturally high in oils, such as: nuts, olives, some fish, and avocados.
270 Foods that are mainly made up of oil include mayonnaise, certain salad dressings, and soft (tub
271 or squeeze) margarine with no *trans* fats. Oils are high in monounsaturated or polyunsaturated
272 fats, and lower in saturated fats than solid fats. A few plant oils, termed tropical oils, including
273 coconut oil, palm oil and palm kernel oil, are high in saturated fats and for nutritional purposes
274 should be considered as solid fats. Partially-hydrogenated oils that contain *trans* fats should also
275 be considered as solid fats for nutritional purposes. (See **Fats**)

276 **Ounce equivalent (oz eq)**—The amount of a food product that is considered equal to one ounce
277 from the grain or protein foods food group. An oz eq for some foods may be less than a
278 measured ounce in weight if the food is concentrated or low in water content (nuts, peanut butter,
279 dried meats, flour) or more than a measured ounce in weight if the food contains a large amount
280 of water (tofu, cooked beans, cooked rice or pasta).

281 **Persistent organic pollutants (POPs)**—Toxic chemicals that can adversely affect human health
282 and the biophysical environment. Because they can be transported by wind and water, most
283 POPs generated in one country may affect people and wildlife distant to where they are used and
284 released. They can persist for long periods of and can accumulate and pass from one species to
285 the next through the food chain.

286 **Plant-based foods**—Foods such as vegetables, fruits, whole grains, nuts and seeds.

287 **Point-of-purchase**—A place where sales are made. Various intervention strategies have been
288 proposed to affect individuals' purchasing decisions at the point of purchase, such as board or
289 menu labeling with various amounts of nutrition information or shelf tags in grocery stores.

290 **Portion size**—The amount of a food served or consumed in one eating occasion. A portion is not
291 a standardized amount, and the amount considered to be a portion is subjective and varies.

292 **Processed meat**—Meat, poultry, or seafood products preserved by smoking, curing or salting, or
293 addition of chemical preservatives. Processed meat includes bacon, sausage, hot dogs, sandwich
294 meat, packaged ham, pepperoni, and salami.

295 **Protein**—One of the three macronutrients classes. Protein is the major functional and structural
296 component of every animal cell. Proteins are composed of amino acids, nine of which are
297 indispensable, meaning they cannot be synthesized by humans and therefore must be obtained
298 from the diet. The quality of dietary protein is determined by its amino acid profile relative to
299 human requirements as determined by the body's requirements for growth, maintenance, and
300 repair. Protein quality is determined by two factors: digestibility and amino acid composition.

- 301 • **Animal protein**—Protein from meat, poultry, seafood, eggs, and milk and milk products.
- 302 • **Vegetable protein**—Protein from plants such as dry beans, whole grains, fruit, nuts, and
303 seeds.
- 304 **Refined grains**—Grains and grain products missing the bran, germ, and/or endosperm; any grain
305 product that is not a whole grain. Many refined grains are low in fiber but enriched with thiamin,
306 riboflavin, niacin, and iron, and fortified with folic acid.
- 307 **Screen time**—Time in front of a computer, television, video or computer game system, or smart
308 phone or tablet or related device.
- 309 **Seafood**—Marine animals that live in the sea and in freshwater lakes and rivers. Seafood
310 includes fish, such as salmon, tuna, trout, and tilapia, and shellfish, such as shrimp, crab, and
311 oysters.
- 312 **Sedentary behavior**—Any waking activity predominantly done while in a sitting or reclining
313 posture. A behavior that expends energy at or minimally above a person’s resting level (between
314 1.0 and 1.5 metabolic equivalents), is considered sedentary behavior.
- 315 **Self-monitoring**—Self-monitoring refers to the process by which an individual observes and
316 records specific information about his or her behaviors. For example, in weight management
317 self-monitoring, observations and records would reflect dietary intake, physical activity, and/or
318 body weight.
- 319 **Solid fats**—Fats that are usually not liquid at room temperature. Solid fats are found in animal
320 foods except for seafood, and can be made from vegetable oils through hydrogenation. Some
321 tropical oil plants, such as coconut and palm, are considered as solid fats due to their fatty acid
322 composition. Solid fats contain more saturated fats and/or *trans* fats than liquid oils (e.g.,
323 soybean, canola, and corn oils), with lower amounts of monounsaturated or polyunsaturated fatty
324 acids. Common fats considered to be solid fats include: butterfat, beef fat (tallow, suet), chicken
325 fat, pork fat (lard), stick margarine, shortening, coconut oil, palm oil and palm kernel oil. Foods
326 high in solid fats include: butter, full-fat cheeses, creams, whole milk, full fat ice creams,
327 marbled cuts of meats, regular ground beef, bacon, sausages, poultry skin, and many baked
328 goods made using these products (such as cookies, crackers, doughnuts, pastries, and
329 croissants).The fat component of milk and cream (butter) is solid at room temperature. (See
330 **Fats**)
- 331 **Sugar-sweetened beverages**—Liquids that are sweetened with various forms of added sugars
332 (see **Added Sugars** and **Carbohydrates: Sugars**). These beverages include, but are not limited
333 to, soda, fruitades, and sports drinks. Also called calorically-sweetened beverages.

334 **Sustainable diets**—A pattern of eating that promotes health and well-being and provides food
335 security for the present population while sustaining human and natural resources for future
336 generations.

337 **Trophic level**—A functional classification of species that is based on feeding relationships.
338 Generally, aquatic and terrestrial green plants comprise the first, or lowest, trophic level,
339 herbivores comprise the second, and primary carnivores comprise the third, or highest level.
340 Examples of high trophic fish species are salmon and trout. Low trophic fish species include
341 crayfish and catfish.

342 **Whole grains**—Grains and grain products made from the entire grain seed, usually called the
343 kernel, which consists of the bran, germ, and endosperm. If the kernel has been cracked, crushed,
344 or flaked, it must retain the same relative proportions of bran, germ, and endosperm as the
345 original grain in order to be called whole grain. Many, but not all, whole grains are also sources
346 of dietary fiber.