

1. active non-nutrients	substances that are not necessarily essential in the diet, but can enhance the functioning of the body or contribute to the promotion of good health	13. insoluble fibre	fibre that remains mostly unchanged as it passes through the gut; it helps to increase the bulk of the stool and speed up its passage through the body, reducing the chance of cell damage occurring from harmful substances in the stool
2. anaemia	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)	14. isoflavonoids	chemical substances that have phyto-oestrogen qualities; are found in fruits, vegetables and legumes
3. anti-inflammatory	anything that tends to reduce inflammation (swelling, redness, heat and pain in body tissues); inflammation is normally part of a controlled process that fights infection and helps damaged tissue heal; when this control is lost, it can contribute to processes that are harmful to the body, such as cardiovascular disease; anti-inflammatory processes may help to restore this control	15. legislation	a law passed by government that describes what is legal in specific situations
4. anti-oxidants	a chemical that stops oxidation, preventing oxidative damage in the body or, in food, preventing fats and oils from becoming rancid	16. lignans	chemical substances that have phyto-oestrogen qualities; are found in nuts and seeds
5. butyric acid	a short-chain fatty acid that can be used as fuel by the cells lining the intestine; can be produced from fibre, by the action of bacteria found in the gut	17. low-density lipoproteins (LDLs)	lipoproteins that deposit cholesterol along the walls of blood vessels
6. carotenoids	chemicals that contribute to the yellow, orange and some red colours of fruit and vegetables	18. nutritionally modified foods	foods that have been changed to improve their nutritional qualities, either by adding some component (such as vitamins, minerals, fibre, active non-nutrients) or by removing or reducing some component (such as fat, sugar or sodium)
7. flavonoids	two groups of chemicals (anthocyanins and anthoxanthins) that contribute to the colours of fruits and vegetables	19. oestrogen	a female sex hormone
8. Food Standards Australia New Zealand (FSANZ)	an independent statutory agency that works with the government to achieve a safe food supply by developing food standards and codes of practice, and standardising food law	20. omega-3 fatty acids	unsaturated fatty acids that have their first double bond between the third and fourth carbon on the chain
9. fortified foods	food whose nutritional content has been increased by the addition of more of the vitamins and minerals they already contain	21. peristalsis	the rhythmical wave-like motion of the muscles lining the digestive system that moves food through the gut
10. functional foods	foods that surpass the basic nutrients found in foods that have proven health benefits	22. phytochemicals	non-nutrient plant chemicals that have beneficial effects in the body
11. genetically modified	describes a food that contains material derived from an organism that has had its genetic material altered in some way other than by conventional breeding	23. phyto-oestrogens	a particular group of phytochemicals that are converted by gut bacteria into hormone-like compounds which imitate the hormone oestrogen
12. gut flora	the bacteria that live in the gut	24. probiotics	types of bacteria that are normally found in a healthy human gut, and which are incorporated into foods to provide health benefits
		25. prostaglandins	hormone-like substances that are involved in many processes in the body, including muscle contraction, blood flow, inflammation, and the immune system
		26. soluble fibre	the type of fibre that dissolves into a gel in water, and can be digested by bacteria in the colon to produce fuel for gut cells