

# Glossary of Terms



#	
<b>24-Hour Recall</b>	What was eaten in the past 24-hours as determined by personal interview and recall, or that of a family member regarding the client's intake yesterday
A	
<b>A-Tag</b>	An identification number of a CMS guideline for general acute care hospitals
<b>Absorption</b>	The process by which nutrients pass through the cells of the intestinal tract into the circulatory system to be utilized by the body
<b>Actual Weight</b>	An individual's current weight
<b>Adequate Intake (AI)</b>	A specific judgment or the amount of some nutrients for which a specific RDA is not known
<b>Alternative Medicine</b>	Using an unconventional medical practice in place of conventional medicine
<b>Alzheimer's Disease</b>	Most common form of dementia marked by a loss of cognitive ability
<b>Amino Acids</b>	Building blocks of protein
<b>Anaphylaxis</b>	A life-threatening allergic reaction that usually shuts down the respiratory system, sometimes resulting in death
<b>Anorexia Nervosa</b>	An eating disorder with symptoms including self-induced starvation and highly distorted body image
<b>Antibodies</b>	Blood proteins required for an immune response to foreign bodies
<b>Antioxidants</b>	"Anti" means against and "oxidant" means oxygen. An antioxidant prevents oxygen from destroying important substances
<b>Ascites</b>	Abnormal accumulation of fluid in the abdomen
<b>Atherosclerosis</b>	Development of plaque in the coronary arteries
B	
<b>Basal Energy Expenditure (BEE)</b>	The energy (in the form of calories) need to maintain basic bodily functions such as breathing, brain function and keeping the heart beating
<b>Basal Metabolism</b>	A term that describes how much energy the body needs when it is completely at rest
<b>Benign</b>	Growth that is not cancerous



## Glossary of Terms

### B (Continued)

<b>Bioavailability</b>	How well a nutrient is absorbed and utilized by the body
<b>Body Mass Index (BMI)</b>	A proportion of weight to height
<b>BRAT Diet</b>	Diet commonly recommended for nausea and vomiting that contains bananas, rice, applesauce and toast. They are easier to digest and give the GI tract a rest
<b>Bulimia</b>	An eating disorder characterized by binge eating and forced purging—usually by vomiting, the use of laxatives or other means of getting rid of the food

### C

<b>C-Tag</b>	An identification number of a CMS guideline for small rural or critical access hospitals
<b>Caloric Needs Estimate</b>	An estimate that accounts for the total amount of calories needed
<b>Calorie</b>	A measurement of heat or energy
<b>Calorie Count</b>	Documented results from direct observation at meal and snack times (usually in a hospital or nursing home) which are then tallied to reveal calories consumed in a day
<b>Cancer</b>	Disease characterized by unrestricted and excessive multiplication of body cells
<b>Cancer Cachexia</b>	Malnutrition caused by cancer and the treatment of cancer
<b>Carbohydrates</b>	Nutrients made up of carbon, hydrogen and oxygen that primarily provide energy to fuel the body
<b>Cardiovascular Disease (CVD)</b>	General term that refers to the diseases of the heart and blood vessels
<b>Care Area Assessment (CAA)</b>	Care Area Assessment is the second component of the RAI and is used to make decisions about areas suggested by the MDS
<b>Care Plan</b>	A written plan for medical care
<b>Centers for Medicare &amp; Medicaid Services (CMS)</b>	The Centers for Medicare & Medicaid Services is a federal agency within the Department of Health & Human Services that administers the Medicare program. CMS works with state governments to administer Medicaid, the State Children's Health Insurance Program (CHIP) and Health Insurance Portability Standards
<b>Chemical Breakdown</b>	The breakdown of food from digestive enzymes (gastric juices)
<b>Chronic Disease</b>	Degenerative diseases of body organs
<b>Chronic Obstructive Pulmonary Disease (COPD)</b>	A group of lung diseases that include chronic bronchitis, emphysema and asthmatic bronchitis
<b>CMS Quality Indicator Survey (QIS)</b>	Survey process for long-term care facilities and provide for a broader review based on the MDS, observations, interviews and review of clinical records
<b>Comfort Food</b>	Any food that imparts a unique sense of emotional well-being such as chicken soup
<b>Communication</b>	The exchange of information by writing, speaking or gestures
<b>Complementary and Alternative Medicine (CAM)</b>	Medicine that does not fall within conventional medical practice



## C (Continued)

<b>Complementary Medicine</b>	Using an unconventional medical practice to complement or add to conventional medical practice
<b>Complete Proteins or High Quality Proteins</b>	Protein that provides all of the essential amino acids
<b>Complex Carbohydrates</b>	Carbohydrates with a complex chemical structure that is more difficult to break down, such as starch and fiber
<b>Complementary Protein</b>	The combining of two protein sources, so that all of the essential amino acids are present
<b>Comprehensive Care Plan</b>	Developed by the interdisciplinary team addressing the multifaceted needs of the client
<b>Congestive Heart Failure (CHF)</b>	Inability of the heart to effectively pump blood to the body's organs—can be due to coronary artery disease
<b>Constipation</b>	Passage of small amounts of hard, dry bowel movements (stool)—usually fewer than three times per week
<b>Conventional Medicine</b>	Medicine practiced by physicians (Medical Doctors—MD and Doctors of Osteopathy—DO) as well as other trained allied health professionals
<b>Coronary Artery Disease (CAD)</b>	When the coronary arteries (which supply blood to the heart) are clogged with atherosclerotic deposits
<b>Cross-Contact</b>	Cross-contact is any instance in which an allergenic food comes in contact with an allergy-free food, either directly or indirectly
<b>Cycle Menu</b>	A menu that repeats itself over a certain period of time

## D

<b>Daily Values (DVs)</b>	Reference intake levels devised specifically for Nutrition Facts labeling based on a standard 2,000 calorie reference diet
<b>Dentition</b>	The development of teeth in the gums of a human, their arrangement, and the function of those teeth in the process of digestion
<b>Diabetes Mellitus</b>	A metabolic disorder marked by high levels of blood glucose resulting from defects in insulin production, insulin action or both
<b>Diastolic Pressure</b>	The bottom number or the denominator of the blood pressure reading—pressure when the heart is at rest/between beats. A tip to remember is that both diastolic and denominator begin with a “d”
<b>Diet Manual</b>	Standardized document that specifies therapeutic diets and their application; each facility will specify the diet manual they intend to use
<b>Diet Order</b>	Diet prescribed by the physician (or other authorized healthcare professional) for an individual client
<b>Dietary Fiber</b>	A polysaccharide made up of many molecules of sugar; plant materials that are not digested by the body
<b>Dietary Supplement</b>	A product that is intended to supplement the diet, to increase the total daily intake of a particular substance



## Glossary of Terms

### D (Continued)

<b>Dietary Reference Intakes (DRIs)</b>	A generic term that encompasses four types of reference values: Recommended Dietary Allowances, Estimated Average Intake, Adequate Intake and Tolerable Upper Intake Level
<b>Digestion</b>	The process of breaking food into nutrients for the body to use
<b>Disaccharide</b>	Simple carbohydrate containing two sugar molecules
<b>Diuretic</b>	A chemical that causes the body to increase urine output
<b>Diverticulitis</b>	A disease where the diverticula (found in the small intestine) become inflamed or infected
<b>Diverticulosis</b>	A disease of the intestine where the intestinal walls become weakened and bulge into pockets called diverticula
<b>Dysphagia</b>	Difficulty swallowing

### E

<b>Eating Plan or Eating Pattern</b>	Translation of the dietary recommendations and research into a healthy way of eating for most individuals
<b>Edema</b>	Abnormal pooling of fluid in the tissues causing swelling
<b>Edentulous</b>	Absence of teeth (i.e., toothless)
<b>Electrolytes</b>	Compounds that contain both potassium and chloride. They can separate when in contact with water and are required for fluid balance in the body
<b>Electronic Health Record (EHR)</b>	One of the methods to adopt the full exchange of healthcare information where all records are updated and maintained electronically
<b>Empty Calories</b>	Foods that are not nutrient dense and may contain many calories
<b>Energy-Yielding Nutrients</b>	Nutrients that provide energy or calories to the body such as carbohydrates, fats and protein
<b>Enriched</b>	Adding B vitamins and iron back into refined flour and grain products
<b>Enteral Nutrition</b>	Feeding of formula, by mouth or by tube, into the gastrointestinal tract
<b>Enzymes</b>	Catalysts that speed up chemical reactions in the body
<b>Essential Amino Acids</b>	Amino acids that cannot be made in the body
<b>Essential Fatty Acid</b>	Fatty acids that cannot be made by the body
<b>Essential Nutrients</b>	Nutrients that cannot be made in the body or cannot be made in the quantity needed by the body. Humans must get them via food
<b>Estimated Average Requirement (EAR)</b>	Intake value that is estimated to meet the requirements defined by a specific indicator of adequacy in 50 percent of a specific group (age/gender)
<b>Exchange Lists</b>	A way to classify foods according to nutrients and serving sizes. Foods in each category can be “exchanged” for another food. Used primarily in healthcare



## F

<b>F-Tag</b>	An identification number of a CMS guideline for long-term care
<b>Fixed Menu</b>	A menu that offers the same foods every day
<b>Fluoridation</b>	The addition of fluoride to municipal water systems
<b>Food Allergy</b>	The adverse allergic reaction resulting in acute (mild) to chronic (severe) symptoms. The immune system mistakenly targets a harmless food protein—an allergen—as a threat and attacks it, causing a reaction
<b>Food Allergy Labeling and Consumer Protection Act (FALCPA)</b>	A Federal law that requires manufacturers to disclose the presence of milk, eggs, fish, crustacean shellfish (shrimp, crab and lobster), tree nuts, wheat, peanuts and soy/soybeans
<b>Food Frequency Questionnaire</b>	A checklist or questionnaire that tracks how often a client eats each of a variety of foods
<b>Food Intolerance</b>	The intake of food that cannot be tolerated or digested properly (seen in the case of lactose or gluten intolerance). Food intolerance does not generally produce an immune response
<b>Food Record</b>	A diary of food and beverages consumed, usually for a given number of days
<b>Fortified</b>	Foods that have one or more nutrients added
<b>Frame Size</b>	Calculated from the ratio of height to wrist circumference

## G

<b>Gastritis</b>	Inflammation of the stomach lining
<b>Gastroesophageal Reflux Disease (GERD)</b>	Acid indigestion or heartburn
<b>Gastrointestinal Tract (GI Tract)</b>	The tubular organs used for digestion from the mouth to the anus, plus the liver, pancreas and gallbladder
<b>Gastroparesis</b>	Paralysis of the stomach caused by damage to the vagus nerve, causing slow emptying of the stomach. Also referred to as diabetic enteropathy
<b>Gestational Diabetes</b>	Diabetes that is characterized by abnormal glucose tolerance during pregnancy
<b>Glucose</b>	A single sugar used for energy—also called blood sugar or blood glucose
<b>Glycogen</b>	A particular form of carbohydrate storage found in animal tissue and used for quick energy by the body
<b>Glycosuria</b>	Condition where the kidneys remove the extra glucose by dumping it into the urine for removal by the body
<b>Gram</b>	A unit of weight. There are 28 grams in 1 ounce



## Glossary of Terms

### H

<b>Halal</b>	Foods permitted in the Islamic culture
<b>Haram</b>	Unlawful or prohibited foods in Islamic culture
<b>Health Insurance Portability and Accountability Act (HIPAA)</b>	Standardizes the exchange of healthcare information and assures client/patient privacy and the right to keep information confidential
<b>Health Record</b>	The formal, legal account of a client's health and disease
<b>Hepatic</b>	Relating to the liver
<b>High-Density Lipoproteins</b>	The lipoprotein that carries cholesterol away from the body organs to the liver—"healthy" (good) cholesterol
<b>Hormones</b>	Chemical messengers that regulate metabolism—such as thyroid hormones
<b>Hydrogenated</b>	A process of adding hydrogen to oils in order to make them more solid
<b>Hyperglycemia</b>	High blood sugar
<b>Hyperlipidemia</b>	High blood cholesterol
<b>Hypertension (HTN)</b>	Medical condition resulting in chronic high blood pressure
<b>Hypoglycemia</b>	Low blood sugar

### I

<b>Ideal Body Weight (IBW)</b>	An estimate of what would be a healthy weight for an individual according to a standard
<b>In and Out (I/O) Record</b>	A document of all the fluids consumed and excreted over a 24-hour period of time
<b>Incomplete Protein</b>	Plant protein that lacks one or more of the essential amino acids
<b>Indicators</b>	Pieces of information, such as weight measurement, that might suggest a concern or risk
<b>Inflammatory Bowel Disease (IBD)</b>	Ulceration of the mucosa lining in both the large and small intestine. Two types of IBD are ulcerative colitis and Crohn's disease
<b>Insoluble Fiber</b>	Outer covering (bran) of plants or fibrous inner parts that are not soluble in water (i.e., bran, celery and corn)
<b>Integrative Medicine</b>	Combines conventional medicine with CAM practices
<b>Interdisciplinary Team (IDT)</b>	Team members that may include the Director of Nursing, Physician, Registered Dietitian Nutritionist and/or Certified Dietary Manager, Certified Nursing Assistant, Physical Therapist, Occupational and/or Speech Therapist, Social Worker, client and/or family members
<b>Iron Deficiency Anemia</b>	A condition resulting from insufficient dietary iron intake or blood loss
<b>Irritable Bowel Syndrome (IBS)</b>	Common disorder that affects the large intestine that can cause abdominal pain, bloating, nausea and diarrhea



## J

**Jaundice** Yellowing of the skin associated with liver disease

## K

**Kardex System** Small portable file system for nutrition information: diet order, food preferences, allergens/intolerances and other meal information

**Kosher** Fit, proper or in agreement with Jewish dietary law. Kosher meat means the animal has been slaughtered in a special way. Usually Kosher foods have been blessed by a Rabbi

## L

**Lean Body Mass** The weight of all parts of the body not including the fat (e.g. the weight of muscle, bones and organs)

**Learning Objective** A specific, measurable statement of the outcome of a lesson, in-service or nutrition education session

**Lipids** Nutrient category that includes fats, such as butter, shortening and oils (ex., olive or canola oil)

**Low-Density Lipoproteins (LDL)** The lipoprotein that carries most of the cholesterol in the blood – “lousy” (bad) cholesterol

## M

**Macro or Major Minerals** Calcium, chloride, magnesium, phosphorus, potassium, sodium and sulfur

**Malignant** Meaning cancerous growth is continuing and may be life-threatening

**Meal Observation** Key assessment tool that helps identify individuals who are having problems with appetite, chewing, swallowing, alertness, self-feeding or other factors

**Mechanical Breakdown** The physical break-down of food into smaller pieces using teeth, tongue, jaws and the smooth muscles in the esophagus and stomach

**Medical Nutrition Therapy (MNT)** Nutrition assessment and treatment of clients with an illness, disease-related condition or injury, in order to benefit the health of the client

**Metabolism** The chemical process in a cell by which nutrients are used to support life

**Metastasis** When cancerous cells leave their original site of growth and travel through the blood and/or lymph system to spread throughout the body

**Minimum Data Set (MDS)** Minimum Data Set is the starting point of the RAI and is a standardized tool for collecting information that is the core of the RAI

**Monosaccharide** Simple carbohydrate containing one sugar molecule

**Monounsaturated Fatty Acid** Fatty acid that contains one double bond and is found in foods like olive oil, almonds and most hydrogenated margarines

**Mucosa** The lining of the mouth, stomach and small intestine that contain tiny glands that produce digestive enzymes

**Myocardial Infarction (MI)** Heart attack



## Glossary of Terms

### N

<b>New Dining Practice Standards</b>	Standards for resident dining as developed by the Pioneer Network to enhance person-centered care at mealtime in LTC. Practices support the use of liberalized diets in LTC
<b>Nonessential Amino Acids</b>	Amino acids that can be made in the body
<b>Nonverbal Communication</b>	The form of communication without speaking or writing that includes gestures, facial expressions and body language
<b>Nutrient Density</b>	Foods that have many nutrient's relative to their calorie or energy content
<b>Nutrients</b>	Food components that supply the body with energy, promote growth and maintenance of tissues and regulate body processes
<b>Nutrition Assessment</b>	A comprehensive approach by a Registered Dietitian Nutritionist using multiple data sources to determine nutrition status
<b>Nutrition Care Process</b>	A method of documenting nutrition data with five steps: Nutrition Assessment, Nutrition Diagnosis, Nutrition Intervention, Nutrition Monitoring and Evaluation
<b>Nutrition Care Protocols</b>	Documents that outline a care process related to a specific medical condition
<b>Nutrition Screening</b>	A component of Nutrition Assessment meant to identify potential nutrition problems
<b>Nutrition Support</b>	A general term describing the provision of foods and liquids to improve nutrition status and good medicine

### O

<b>Outcome</b>	Outcome is the end result of work
<b>Obesity</b>	Having a BMI of 30 or greater
<b>Ounce</b>	A measurement of weight. One ounce = 28 grams
<b>Overweight</b>	Having a BMI of 25-29.9

### P

<b>Parenteral Nutrition</b>	Administration of simple, essential nutrients into a vein
<b>Peptic Ulcer Disease (PUD)</b>	Term used to describe chronic inflammation of the stomach and duodenum
<b>Percent of Ideal Body Weight (% IBW)</b>	A proportion of current body weight as compared to ideal body weight
<b>Percent Weight Change</b>	Indicates by what portion the body weight has changed over a certain period of time
<b>Polyunsaturated Fatty Acid (PUFA)</b>	A fatty acid that contains more than one double bond and is found in foods like corn oil, soybean oil and soft margarines
<b>Pound</b>	A unit of measure or weight. There are 3,500 calories in 1 pound. One pound = 2.2 kilograms





## P (Continued)

<b>Prediabetes</b>	Condition where people have higher blood glucose levels after fasting, but not high enough to be diagnosed with diabetes
<b>Pressure/Decubitus Ulcers</b>	Lesions caused by unrelieved pressure resulting in damage to the underlying tissue
<b>Problem-Oriented Medical Record (POMR)</b>	A medical record that utilizes a system of collecting data and planning client care focused on a client's problems
<b>Progress Note</b>	A notation in the medical record by a health professional
<b>Protein-Calorie Malnutrition</b>	A name for a group of diseases characterized by protein and energy deficiency

## Q

<b>Quality Indicators (QIs)</b>	Quality indicators are measures of outcomes
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## R

<b>Recommended Dietary Allowance (RDA)</b>	The amount of a nutrient adequate to meet the known nutrient needs of practically all healthy persons
<b>Refined Grain</b>	A grain, in which during the milling process, the bran and germ are removed leaving behind the starchy endosperm
<b>Renal Failure</b>	When the kidneys fail to function normally
<b>Resident Assessment Instrument (RAI)</b>	Resident Assessment Instrument consists of three components and is utilized to assess each client's functional capacity and needs
<b>Rule of 3</b>	Reading the label/ingredients before ordering a product, when unloading/putting away product, before starting a recipe or serving a food. It is the triple check to make sure you have an allergy-free food

## S

<b>Saturated Fat</b>	Fatty acid that is filled with hydrogen, making it solid or semisolid at room temperature
<b>Selective Menu</b>	An adaptation of a cycle menu, that allows clients to choose foods in advance of meal service
<b>Simple Carbohydrates</b>	Carbohydrates with a simple chemical structure, commonly called sugars
<b>Single Use Menu</b>	A menu designed to be used once, usually for a special occasion
<b>S.M.A.R.T. Objective</b>	A learning objective that is Specific, Meaningful, Affordable, Reasonable and Timed



## Glossary of Terms

### S (Continued)

<b>SOAP</b>	A structured way of collecting data—stands for subjective, objective, assessment and plan: <b>Subjective:</b> Data from the client’s point of view or as told by the client or family members <b>Objective:</b> Data that is acquired by inspection, examination, from the laboratory, and radiologic tests <b>Assessment:</b> Analysis based on the subjective and objective data <b>Plan:</b> Recommended actions of the caregiver’s to further information, therapy, education or counseling.
<b>Soluble Fiber</b>	Fiber that forms a gel when combined with water (i.e., fruits, oats and dried beans)
<b>Standards of Practice</b>	Documents that define what constitutes quality of practice
<b>Starch</b>	A polysaccharide made up of many molecules of sugar and plant materials that are digestible
<b>Steatorrhea</b>	Fatty stools
<b>Stroke</b>	Occurs when the blood vessels bringing oxygen to the brain become clogged or burst, causing damage to the brain and nerve cells
<b>Sundowning Effect</b>	When confusion or disorientation worsens at the end of the day. Common with Alzheimer’s disease
<b>Systolic Pressure</b>	The top number of the blood pressure reading—pressure when the heart is pumping

### T

<b>The Joint Commission (TJC)</b>	The Joint Commission is a non-profit organization that accredits healthcare organizations in the United States
<b>Tolerable Upper Intake Level (UL)</b>	The maximum level of a daily nutrient that is considered safe
<b>Trace Minerals</b>	Minerals needed in less than 100 mg a day
<b>Trans Fatty Acids or Trans Fat</b>	A fatty acid where hydrogen atoms have been added and chemically rearranged to make them move solids—found in hydrogenated oils, margarines, shortening and many snack foods
<b>Tray Cards or Meal Cards</b>	Cards used in tray assembly that indicate preferences and diet-related guidelines for individual client meals
<b>Triglycerides</b>	Common form of fats in foods. Comprised of three fatty acids and glycerol
<b>Tube Feeding</b>	Enteral feeding given through a feeding tube
<b>Tumor</b>	Growth of cancerous cells that form a mass
<b>Type 1 Diabetes Mellitus</b>	When the body’s immune system destroys pancreatic beta cells and insulin cannot be made
<b>Type 2 Diabetes Mellitus</b>	Begins as insulin resistance where the cells do not use insulin properly. Gradually the pancreas loses the ability to produce adequate insulin



## U

<b>Unsaturated Fat</b>	Fatty acid that contains one or more double bonds
<b>U.S. Pharmacopeial (USP)</b>	U.S. Pharmacopeial provides model guidelines for prescription drugs
<b>Usual Body Weight</b>	The weight a person “usually” weighs

## V

<b>Verbal Communication</b>	Communicating thoughts, messages or information by speaking
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## W

<b>Written Communication</b>	Communicating thoughts, messages or information by writing
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