

APPENDIX F-1: GLOSSARY OF TERMS

Added sugars—Sugars that are added during the processing of foods (such as sucrose or dextrose), foods packaged as sweeteners (such as table sugar), sugars from syrups and honey, and sugars from concentrated fruit or vegetable juices. They do not include naturally occurring sugars that are found in milk, fruits, and vegetables.

All-cause mortality—The total number of deaths from any or all causes during a specific time period. This does not include cause-specific mortality (i.e., total number of deaths from a specific disease such as cardiovascular disease or cancer).

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 for individuals ages 2 years and older 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 percentile or z-score**.

Body Weight Category	Children and Adolescents (ages 2 to 19 years) (Sex-Specific BMI-for-Age Percentile Range)	Adults (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

Calorie— A unit commonly used to measure energy content of foods and beverages as well as energy use (expenditure) by the body. A kilocalorie is equal to the amount of energy (heat) required to raise the temperature of 1 kilogram of water 1 degree centigrade. Energy is required to sustain the body's various functions, including metabolic processes and physical activity.

Carbohydrate, fat, protein, and alcohol provide all of the energy supplied by foods and beverages. If not specified explicitly, references to “calories” refer to “kilocalories.”

Carbohydrates—One type of macronutrient. Carbohydrates include sugars, starches, and fibers:

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

Cardiovascular disease (CVD)—Heart disease as well as diseases of the blood vessel system (arteries, capillaries, veins) that can lead to heart attack, chest pain (angina), or stroke.

Cholesterol—A natural sterol present in all animal tissues. Free cholesterol is a component of cell membranes and serves as a precursor for steroid hormones (estrogen, testosterone, aldosterone), and for bile acids. Humans are able to synthesize sufficient cholesterol to meet biologic requirements, and there is no evidence for a dietary requirement for cholesterol.

- **Blood cholesterol**—Cholesterol that travels in the serum of the blood as distinct particles containing both lipids and proteins (lipoproteins). Also referred to as serum cholesterol. Two kinds of lipoproteins are:
 - **High-density lipoprotein cholesterol (HDL-C)**—Blood cholesterol often called “good” cholesterol; carries cholesterol from tissues to the liver, which removes it from the body.
 - **Low-density lipoprotein cholesterol (LDL-C)**—Blood cholesterol often called “bad” cholesterol; carries cholesterol to arteries and tissues. A high LDL-C level in the blood leads to a buildup of cholesterol in arteries.

- **Dietary cholesterol**—Cholesterol found in foods of animal origin, including meat, seafood, poultry, eggs, and dairy products. Plant foods, such as grains, vegetables, fruits, and oils, do not contain dietary cholesterol.

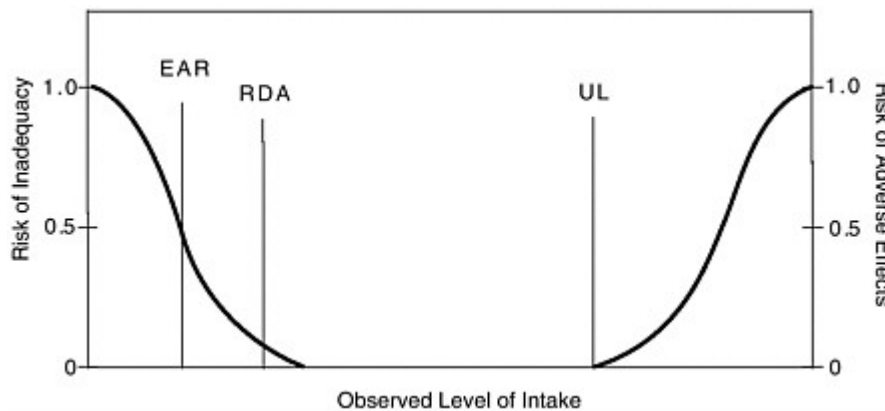
Complementary feeding— The process that starts when human milk or infant formula is complemented by other foods and beverages. The complementary feeding period typically continues to age 24 months as the young child transitions fully to family foods.

Complementary foods and beverages (CFB)—Foods and beverages (liquids, semisolids, and solids) other than human milk or infant formula provided to an infant or young child to provide nutrients and energy.

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

Dietary pattern—The quantities, proportions, variety, or combination of different foods, drinks, and nutrients in diets, and the frequency with which they are habitually consumed.

Dietary Reference Intakes (DRIs)—Nutrient reference values developed by the National Academies of Sciences, Engineering, and Medicine that are specific on the basis of age, sex, and life stage and cover more than 40 nutrient substances. The DRIs provide reference values for vitamins, minerals, and other nutrients that: 1) indicate daily intake amounts that meet the needs of most healthy people, and 2) set intake levels not to exceed to avoid harm. They include the values shown in the graphic (dslid.nlm.nih.gov/dslid/dri.jsp) and are described here.



- **Acceptable Macronutrient Distribution Ranges (AMDR)**—Range of intake for a particular energy source that is associated with reduced risk of chronic disease while providing intakes of essential nutrients. If an individual's intake is outside of the AMDR, there is a potential of increasing the risk of chronic diseases and/or insufficient intakes of essential nutrients.
- **Adequate Intakes (AI)**—A recommended average daily nutrient intake level based on observed or experimentally determined approximations or estimates of mean nutrient intake by a group (or groups) of apparently healthy people. This is used when the Recommended Dietary Allowance cannot be determined.
- **Chronic Disease Risk Reduction Intakes (CDRR)**—The lowest level of intake for which a sufficient strength of evidence exists to characterize a chronic disease risk reduction. This nutrient reference value is currently available only for sodium.
- **Estimated Average Requirements (EAR)**—The average daily nutrient intake level estimated to meet the requirement of half the healthy individuals in a particular life stage and sex group.
- **Recommended Dietary Allowance (RDA)**—The average dietary intake level that is sufficient to meet the nutrient requirement of nearly all (97 to 98 percent) healthy individuals in a particular life stage and sex group.
- **Tolerable Upper Intake Level (UL)**—The highest average daily nutrient intake level likely to pose no risk of adverse health effects for nearly all individuals in a particular life stage and sex group. As intake increases above the UL, the potential risk of adverse health effects increases.

Dietary supplement—A product intended to supplement the diet that contains one or more dietary ingredients (including vitamins, minerals, herbs or other botanicals, amino acids, and Scientific Report of the 2020 Dietary Guidelines Advisory Committee

other substances) intended to be taken by mouth as a pill, capsule, table, or liquid, and that is labeled on the front panel as being a dietary supplement.

Eating occasion—Ingestive event, including a meal, snack or beverage during which any caloric or non-caloric food or beverage is consumed (see **Frequency of eating**).

Essential calories—The energy associated with the foods and beverages ingested to meet nutritional goals through choices that align with the USDA Food Patterns in forms with the least amounts of saturated fat, added sugars, and sodium.

Exclusive human milk feeding—Feeding human milk alone and not in combination with infant formula and/or complementary foods and beverages (including water), except for medications or vitamin and mineral supplements.

Fats—One type of macronutrient (see **Solid fats** and **Oils**).

- **Monounsaturated fat**—Monounsaturated fats have one double bond. They are found in both animal and plant products. Plant sources that are rich in monounsaturated fat include nuts and vegetable oils that are liquid at room temperature (e.g., canola oil, olive oil, high oleic safflower and sunflower oils).
- **Polyunsaturated fat**—Polyunsaturated fats have two or more double bonds and may be of two types, based on the position of the first double bond. Polyunsaturated fats are found in many different plants and some fish sources.
 - **Omega-3 fatty acids**—The three main omega-3 fatty acids are alpha-linolenic acid (ALA), eicosapentaenoic acid (EPA), and docosahexaenoic acid (DHA). Alpha-linolenic acid is required because it cannot be synthesized by humans and, therefore, is considered essential in the diet. Primary sources include soybean oil, canola oil, walnuts, and flaxseed. EPA and DHA are very long chain omega-3 fatty acids that are found in fish and shellfish.
 - **Omega-6 fatty acids**— There are four main omega-6 fatty acids: linoleic acid (LA), arachidonic acid (ARA), gamma linoleic acid (GLA), and conjugated linoleic acid (CLA). Linoleic acid is required because it cannot be synthesized by humans and, therefore, is considered essential in the diet. Primary sources of LA are nuts and liquid vegetable oils, including soybean oil, corn oil, and safflower oil.

- **Saturated fat**—Saturated fats have no double bonds. Major sources include animal products, such as meat and dairy products, and tropical oils such as coconut or palm oils. In general, fats high in saturated fatty acids are solid at room temperature.
- **trans fat**—*Trans* fats are unsaturated fatty acids that contain one or more isolated (i.e., nonconjugated) double bonds in a *trans* configuration. *Trans* fatty acids present in foods that come from ruminant animals (e.g., cattle and sheep). Such foods include dairy products, beef, and lamb.

Food categories—A method of grouping similar foods in their as-consumed forms, for descriptive purposes. The USDA/ARS has created 150 mutually exclusive food categories to account for each food or beverage item reported in What We Eat in America (WWEIA), the food intake survey component of the National Health and Nutrition Examination Survey (for more information, visit: <http://seprl.ars.usda.gov/Services/docs.htm?docid=23429>). Examples of WWEIA Food Categories include soups, nachos, and yeast breads. When food items that contain multiple ingredients are assigned to food categories, they are not disaggregated into their component parts. For example, all pizzas are put into the pizza category (see **Food groups**).

Food environments—Factors and conditions that influence food choices and food availability. These environments include settings such as home, child care (early care and education), school, after-school programs, worksites, food retail stores and restaurants, and other outlets where individuals and families make eating and drinking decisions. The food environment also includes macro-level factors and includes food marketing, food production and distribution systems, agricultural policies, Federal nutrition assistance programs, and economic price structures.

Food groups—A method of grouping similar foods for descriptive and guidance purposes. Food groups in the USDA Food Pattern are defined as fruits, vegetables, grains, dairy, and protein foods. Some of these groups are divided into subgroups, such as dark-green vegetables or whole grains, which may have intake goals or limits (for more information, see **Appendix E3.1 Table A1. USDA Healthy U.S.-Style Food Patterns—Intake Amounts**). When mixed dishes are assigned to food groups, they are disaggregated into their major component parts. For example, pizza may be disaggregated into the grain (crust), dairy (cheese), vegetable (sauce and toppings), and protein foods (toppings) food groups.

Food pattern modeling—The process of developing and adjusting daily intake amounts from food categories or groups to meet specific criteria, such as meeting nutrient intake goals, limiting nutrients or other food components, or varying proportions or amounts of specific food categories or groups.

Food security—A condition in which all people, now and in the future, have access to sufficient, safe, and nutritious food to maintain a healthy and active life.

Fortification—The deliberate addition of one or more essential nutrients to a food, whether or not it is normally contained in the food. Fortification may be used to prevent or correct a demonstrated deficiency in the population or specific population groups; restore naturally occurring nutrients lost during processing, storage, or handling; or to add a nutrient to a food at the level found in a comparable traditional food. When cereal grains are labeled as enriched, it is mandatory that they be fortified with folic acid.

Frequency of eating—The number of daily eating occasions (see **Eating occasion**).

Food components of public health concern—Nutrients and other dietary components that are overconsumed or underconsumed (compared to Dietary Reference Intake recommendations and to biological measures of the nutrient when available) and linked in the scientific literature to adverse health outcomes in the general population or in a subpopulation.

Gestational diabetes—Diabetes occurring during pregnancy in women not previously diagnosed with diabetes.

Gestational weight gain—Weight a woman gains during pregnancy.

Health—A state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

Human milk—A mother's own milk provided at the breast (i.e., nursing) or expressed and fed fresh or after refrigeration or freezing.

Human milk feeding—Feeding human milk alone or in combination with infant formula and/or complementary foods and beverages, such as cow milk.

Hypertensive disorders of pregnancy—Disorders occurring during pregnancy that include gestational hypertension, preeclampsia, and eclampsia.

Infant formula—A food that is represented for special dietary use solely as a food for infants by reason of its simulation of human milk or its suitability as a complete or partial substitute for human milk.

Isocaloric—Having the same energy values. For example, two dietary patterns that vary in macronutrient proportions but have the same energy content are isocaloric.

Lean meat—Any meat with less than 10 percent fat by weight, or less than 10 grams of fat per 100 grams, based on USDA and FDA definitions for food label use. Examples include 95 percent lean ground beef, cooked; broiled beef steak, lean only eaten; baked pork chop, lean only eaten; roasted chicken breast or leg, no skin eaten; and smoked/cured ham, lean only eaten.

Life stages—The age groups defined by the NHANES sampling weights or by the DRI age-sex groups.

- Infants and toddlers (birth to less than 24 months)
- Children and adolescents (ages 2 to 19 years)
- Adults (ages 20 to 64 years)
- Pregnant women (20 to 44 years)
- Lactating women (20 to 44 years)
- Older adults (ages 65 years and older)

Macronutrient—A dietary component that provides energy. Macronutrients include protein, fats, and carbohydrates. Alcohol also provides energy but, for purposes of the Committee's report, it is not considered when discussing macronutrients. Diets based on macronutrient distribution were considered as those in which at least once macronutrient proportion was outside of the AMDR (see **Acceptable Macronutrient Distribution Range**). More information on diets based on macronutrient proportions can be found in *Part D. Chapter 2: Food, Beverage, and Nutrient Consumption During Pregnancy*, *Part D. Chapter 3: Food, Beverage, and Nutrient Consumption During Lactation*, and *Part D. Chapter 8: Dietary Patterns*.

Neurocognitive—Having to do with the ability to think and reason, including the ability to concentrate, remember things, process information, learn, speak, and understand.

Neurocognitive development—The maturation during infancy and childhood of the ability to think and reason. Domains include: cognitive development, language and communication development, movement and physical development, and social-emotional and behavioral development. Outcomes that affect, or can be affected by, neurocognitive development include academic performance, attention deficit disorder (ADD) or attention-deficit/hyperactivity disorder (ADHD), anxiety, depression or autism spectrum disorder (ASD).

Nutrient-dense foods—Foods that are naturally rich in vitamins, minerals, and other substances and that may have positive health effects; that are lean or low in solid fats and do not have added solid fats, sugars, starches, or sodium; and that retain naturally-occurring components, such as fiber. All vegetables, fruits, whole grains, fish, eggs, and nuts prepared without added solid fats or sugars are considered nutrient-dense, as are lean or low-fat forms of fluid milk, meat, and poultry prepared without added solid fats or sugars. Nutrient-dense foods provide substantial amounts of vitamins and minerals (micronutrients) and relatively few calories compared to forms of the food that have solid fat and/or added sugars.

Nutrient-Dense Representative Foods—For the purpose of USDA’s food pattern modeling, nutrient-dense representative foods are those within each item cluster in forms with the least amounts of added sugars, sodium, and solid fats.

Nutrition Evidence Systematic Review (NESR)—Formerly known as the Nutrition Evidence Library (NEL), NESR specializes in conducting food- and nutrition-related systematic reviews. NESR systematic reviews are research projects that answer important public health questions by using rigorous and transparent methods to search for, evaluate, analyze, and synthesize the body of scientific evidence on topics relevant to Federal policy and programs. For more information, visit: nesr.usda.gov.

Oils—Fats that are liquid at room temperature. Oils come from many different plants and some fish. Some common oils include canola, corn, olive, peanut, safflower, soybean, and sunflower oils. A number of foods are naturally high in oils, such as: nuts, olives, some fish, and avocados. Foods that are mainly made up of oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no *trans* fats. Oils are high in monounsaturated or polyunsaturated

fats, and lower in saturated fats than solid fats. A few plant oils, termed tropical oils, including coconut oil, palm oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered as solid fats. Partially-hydrogenated oils that contain *trans* fats should also be considered as solid fats for nutritional purposes (see **Fats**).

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

Portion size—The amount of a food served or consumed in one eating occasion (see **Eating occasion**).

Postpartum weight loss—Change in weight from baseline during the postpartum period to a later time point during the postpartum period.

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

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

- **Animal protein**—Protein from meat, poultry, seafood, eggs, and milk and milk products.
- **Vegetable protein**—Protein from plants such as dry beans, whole grains, fruit, nuts, and seeds.

Protocol—A plan used by the 2020 Dietary Guidelines Advisory Committee to conduct a systematic review of a scientific question.

Reference Amount Customarily Consumed (RACC)—The serving size listed on a Nutrition Facts Label, which is based on a reference amount of food or beverage that is commonly eaten at a single eating occasion, as determined by the Food and Drug Administration.

Refined grains—Grains and grain products missing the bran, germ, and/or endosperm; any grain product that is not a whole grain. Many refined grains are low in fiber but enriched with thiamin, riboflavin, niacin, and iron, and fortified with folic acid.

Sarcopenia—A progressive and generalized loss of skeletal muscle mass, alone or in conjunction with either or both low muscle strength and low muscle performance.

Seafood—Marine animals that live in the sea and in freshwater lakes and rivers. Seafood includes fish, such as salmon, tuna, trout, and tilapia, and shellfish, such as shrimp, crab, and oysters.

Socioeconomic status—An economic and sociologic measure defined by factors such as income in dollars, income as a percent of the poverty ratio, food security, eligibility for federal assistance programs, or level of education.

Solid fats—Fats that are usually solid at room temperature. Solid fats are found in animal foods except for seafood, and can be made from vegetable oils through hydrogenation. Some tropical oil plants, such as coconut and palm, are considered as solid fats due to their fatty acid composition. Solid fats contain more saturated fats and/or *trans* fats than liquid oils (e.g., soybean, canola, and corn oils), and lower amounts of monounsaturated or polyunsaturated fatty acids. Common fats considered to be solid fats include: butterfat, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine, shortening, coconut oil, palm oil and palm kernel oil. Foods high in solid fats include: butter, full-fat cheeses, creams, whole milk, full-fat ice creams, marbled cuts of meats, regular ground beef, bacon, sausages, poultry skin, and many baked goods made using these products (such as cookies, crackers, doughnuts, pastries, and croissants). The fat component of milk and cream (butter) is solid at room temperature (see **Fats**).

Sugar-sweetened beverages—Liquids that are sweetened with various forms of added sugars. These beverages include, but are not limited to, soda (regular, not sugar-free), fruitades, sports

drinks, energy drinks, sweetened waters, and coffee and tea beverages with added sugars. Also called calorically sweetened beverages.

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