

# CHAPTER 1

## WHAT YOU EAT AND WHY

### KEY TERMS

Adipose tissue	Carbohydrate	Element
Alcohol	Cell	Endorphins
Amino acid	Chemical reaction	Enzyme
Animal model	Cholecystokinin (CCK)	Epidemiology
Appetite	Compound	Fatty acid
Atom	Control group	Fiber
Body Mass Index (BMI)	Double-blind study	Gastrointestinal (GI) tract
Bond	Electrolytes	Genes
Ghrelin	Macronutrient	Registered Dietitian (RD)
Glucose	Megadose	Scurvy
Hormone	Metabolism	Satiety
Hunger	Micronutrient	Saturated Fatty Acid
Hypothalamus	Mineral	Serotonin
Incidence	Neuropeptide Y	Solvent
Infectious disease	Nutrients	Stroke
Inorganic	Organic	Trans Fatty Acid
Ion	Osteoporosis	Triglyceride
Kilocalorie (kcal)	Peer-reviewed journal	Unsaturated Fatty Acid
Leptin	Placebo	Vitamin
Lipid	Protein	Water