

SuperTracker Glossary

Added sugars – Sugars, syrups, and other caloric sweeteners that are added to foods during processing, preparation, or consumed separately. Added sugars do not include naturally occurring sugars such as those in fruit or milk. 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 syrup, molasses, raw sugar, turbinado sugar, trehalose, and sucrose.

Aerobic activities – Activity in which the body's large muscles move in a rhythmic manner for a sustained period of time. Aerobic activity, also called endurance activity, improves cardiorespiratory fitness. Examples include walking, running, and swimming, and bicycling.

Body mass index (BMI) – A measure of weight in kilograms (kg) relative to height in meters (m) squared. BMI is considered a reasonably reliable indicator of total body fat, which is related to the risk of disease and death. BMI status categories include underweight, healthy weight, overweight, and obese. 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.

Bone-strengthening activities – Physical activity primarily designed to increase the strength of specific sites in bones that make up the skeletal system. Bone strengthening activities produce an impact or tension force on the bones that promotes bone growth and strength. Running, jumping rope, and lifting weights are examples of bone-strengthening activities.

Calorie – Unit of (heat) energy available from the metabolism of food that 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.

Calorie balance – The balance between calories consumed through eating and drinking and those expended through physical activity and metabolic processes.

Calorie density – Amount of calories provided per unit of food weight. Also known as “energy density.” Foods high in water and/or dietary fiber typically have fewer calories per gram and are lower in calorie density, while foods higher in fat are generally higher in calorie density. Calorie density is most useful when considering the eating pattern in its entirety. A healthy eating pattern with low calorie density can include consumption of a small amount of some calorie-dense foods (such as olive oil and nuts). An eating pattern low in calorie density is characterized by a relatively high intake of vegetables, fruit, and dietary fiber and a relatively low both lipids and proteins (lipoproteins). Three major classes of lipoproteins are found in the serum of a fasting individual: low-density lipoprotein (LDL), high-density lipoprotein (HDL), and very-low-density lipoprotein (VLDL). Another lipoprotein class, intermediate-density lipoprotein (IDL), resides between VLDL and LDL; in clinical practice, IDL is included in the LDL measurement. Elevated lipid levels in the blood is known as hyperlipidemia.

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

Diabetes – A disorder of metabolism—the way the body uses digested food for growth and energy. In diabetes, the pancreas either produces little or no insulin (a hormone that helps glucose, the body's main

SuperTracker Glossary

source of fuel, get into cells), or the cells do not respond appropriately to the insulin that is produced. The three main types of diabetes are type 1, type 2, and gestational diabetes. About 90 to 95 percent of people with diabetes have type 2. This form of diabetes is most often associated with older age, obesity, family history of diabetes, previous history of gestational diabetes, physical inactivity, and certain ethnicities. About 80 percent of people with type 2 diabetes are overweight. Prediabetes, also called impaired fasting glucose or impaired glucose tolerance, is a state in which blood glucose levels are higher than normal but not high enough to be called diabetes.

Dietary Reference Intakes (DRIs) – A set of nutrient-based reference values that expand upon and replace the former Recommended Dietary Allowances (RDAs) in the United States and the Recommended Nutrient Intakes (RNIs) in Canada. They include: that either cannot be synthesized by the body at all, or cannot be synthesized in amounts adequate for good health, and thus must be obtained from a dietary source. Other food components, such as dietary fiber, while not essential, also are considered to be nutrients.

Empty Calories – Calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Estimated Calories Burned – Calories burned for an average person performing a selected physical activity.

Fats – One of the macronutrients.

- **Monounsaturated fatty acids** – Monounsaturated fatty acids (MUFAs) have one double bond. Plant sources that are rich in MUFAs include nuts and vegetable oils that are liquid at room temperature (e.g., canola oil, olive oil, and high oleic safflower and sunflower oils).
- **Polyunsaturated fatty acids** – Polyunsaturated fatty acids (PUFAs) have two or more double bonds and may be of two types, based on the position of the first double bond.
 - **Omega-6 PUFAs**—Linoleic acid, one of the *n*-6 fatty acids, is required but cannot be synthesized by humans and, therefore, is considered essential in the diet. Primary sources are liquid vegetable oils, including soybean oil, corn oil, and safflower oil. Also called *n*-6 fatty acids.
 - **Omega-3 PUFAs** – Alpha-linolenic acid is an *n*-3 fatty acid that is required because it is not synthesized by humans and, therefore, is considered essential in the diet. It is obtained from plant sources, including soybean oil, canola oil, walnuts, and flaxseed. Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are long chain *n*-3 fatty acids that are contained in fish and shellfish. Also called *n*-3 fatty acids.
- **Saturated fatty acids** – Saturated fatty acids have no double bonds. Examples include the fatty acids found in animal products, such as meat, milk and milk products, hydrogenated shortening, and coconut or palm oils. In general, foods with relatively high amounts of saturated fatty acids are solid at room temperature.
- **Trans fatty acids** – Unsaturated fatty acids that contain one or more isolated double bonds in a *trans* configuration produced by chemical hydrogenation. Sources of *trans* fatty acids include hydrogenated/partially hydrogenated vegetable oils that are used to make shortening and commercially prepared baked goods, snack foods, fried foods, and margarine. *Trans* fatty acids also are present in foods that come from ruminant animals (e.g., cattle and sheep). Such foods include dairy products, beef, and lamb.

Fortification – The addition of one or more essential nutrients to a food, whether or not it is normally contained in the food. Fortification may be used for the purpose of preventing or correcting a deficiency in

SuperTracker Glossary

the population or specific population groups; to restore naturally occurring nutrients lost during processing, storage, or handling; or to increase the nutrient level above that found in comparable food and to serve as a meaningful source of the specific nutrient.

Hypertension – A condition, also known as high blood pressure, in which blood pressure remains elevated over time. Hypertension makes the heart work too hard, and the high force of the blood flow can harm arteries and organs, such as the heart, kidneys, brain, and eyes. Uncontrolled hypertension can lead to heart attacks, heart failure, kidney disease, stroke, and blindness. Prehypertension is defined as blood pressure that is higher than normal but not high enough to be defined as hypertension.

Macronutrient – A dietary component that provides energy. Macronutrients include protein, fats, carbohydrates, and alcohol.

Moderate Intensity Equivalent (MIE) Minutes (ages 6-17) – Every minute of vigorous activity counts as two minutes of moderate activity. For example, 30 minutes of vigorous activity is equivalent to 60 MIE minutes. Light intensity activity does not count toward MIE minutes

Moderate Intensity Equivalent (MIE) Minutes (ages 18-120) – Every minute of vigorous activity counts as two minutes of moderate activity. For example, 30 minutes of vigorous activity is equivalent to 60 MIE minutes. Light intensity activity and activity less than 10 minutes in duration do not count toward MIE minutes.

Muscle-strengthening activity (strength training, resistance training, or muscular strength and endurance exercises) – Physical activity, including exercise, that increases skeletal muscle strength, power, endurance, and mass.

Nutrient dense – Nutrient-dense foods and beverages provide vitamins, minerals, and other sub-stances that may have positive health effects, with relatively few calories. The term “nutrient dense” indicates the nutrients and other beneficial sub-stances in a food have not been “diluted” by the addition of calories from added solid fats, added sugars, or added refined starches, or by the solid fats naturally present in the food. Nutrient-dense foods and beverages are lean or low in solid fats, and minimize or exclude added solid fats, sugars, starches, and sodium. Ideally, they also are in forms that retain naturally occurring components, such as dietary fiber. All vegetables, fruits, whole grains, seafood, eggs, beans and peas, unsalted nuts and seeds, fat-free and low-fat milk and milk products, and lean meats and poultry—when prepared without solid fats or added sugars—are nutrient-dense foods.

Oils – Fats that are liquid at room temperature. Oils come from many different plants and from seafood. 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 oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no *trans* fats. Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. A few plant oils, including coconut oil and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered solid fats. Hydrogenated oils that contain *trans* fats also should be considered solid fats for nutritional purposes.

Ounce-equivalent (oz-eq) – The amount of a food product that is considered equal to 1 ounce from the grain group or the protein foods group. An oz-eq for some foods may be less than a measured ounce if the food is concentrated or low in water content (nuts, peanut butter, dried meats, or flour), more than an ounce if the food contains a large amount of water (tofu, cooked beans, cooked rice, or cooked pasta).

Paperwork Reduction Act Statement – According to the Paperwork Reduction Act of 1995, no persons are required to respond to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0535 (expiration date: July 31, 2012).

SuperTracker Glossary

The time required to complete this information collection is estimated to average 12 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information.

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

Protein – One of the macronutrients. Protein is the major functional and structural component of every cell in the body. Proteins are composed of amino acids, nine of which cannot be synthesized to meet the body's needs and therefore must be obtained from the diet. The quality of a source of dietary protein depends on its ability to provide the nitrogen and amino acid requirements that are necessary for the body's growth, maintenance, and repair.

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 and enriched with thiamin, riboflavin, niacin, and iron, and fortified with folic acid as required by U.S. regulations.

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.

Serving size – A standardized amount of a food, such as a cup or an ounce, used in providing information about a food within a food group, such as in dietary guidance. Serving size on the Nutrition Facts label is determined based on the Reference Amounts Customarily Consumed (RACC) for foods that have similar dietary usage, product characteristics, and customarily consumed amounts for consumers to make “like product” comparisons.

Solid fats – Fats that are usually not liquid at room temperature. Solid fats are found in most animal foods but also can be made from vegetable oils through hydrogenation. Some common solid fats include: butter, beef fat (tallow, suet), chicken fat, pork fat (lard), stick margarine, coconut oil, palm oil, and shortening. Foods high in solid fats include: full-fat (regular) cheese, cream, whole milk, ice cream, well-marbled cuts of meats, regular ground beef, bacon, sausages, poultry skin, and many baked goods (such as cookies, crackers, donuts, pastries, and croissants). Solid fats contain more saturated fatty acids and/or *trans* fatty acids, and less monounsaturated or polyunsaturated fatty acids than do most oils, which are liquid at room temperature.

Sugar-sweetened beverages – Liquids that are sweetened with various forms of sugars that add calories. These beverages include, but are not limited to, soda, fruit ades and fruit drinks, and sports and energy drinks.

USDA Privacy Statement – Information presented on the USDA website is considered public information and may be distributed or copied. Use of appropriate byline/photo/image credits is requested.

1. For site security purposes and to ensure that this service remains available to all users, this government computer system employs software programs to monitor network traffic to identify unauthorized attempts to upload or change information, or otherwise cause damage.
2. Except for authorized law enforcement investigations, no other attempts are made to identify individual users or their usage habits. Raw data logs are used for no other purposes and are scheduled for regular destruction in accordance with National Archives and Records Administration [General Schedule 20](#).
3. Unauthorized attempts to upload information or change information on this service are strictly prohibited and may be punishable under the [Computer Fraud and Abuse Act of 1986](#) and the [National Information Infrastructure Protection Act](#).

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

SuperTracker Glossary

must retain nearly 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 are also a source of dietary fiber.

Vigorous-intensity physical activity – On an absolute scale, physical activity that is done at 6.0 or more times the intensity of rest. On a scale relative to an individual's personal capacity, vigorous-intensity physical activity is usually a 7 or 8 on a scale of 0 to 10.