



II. Glossary

Winnowing: to free (grain) from the lighter particles of chaff, dirt, etc., especially by throwing it into the air and allowing the wind or a forced current of air to blow away impurities.

Insoluble fiber: **Dietary fiber** or **roughage** is the indigestible portion of food derived from plants. It has two main components:

- Soluble fiber, which dissolves in water, is readily fermented in the colon into gases and physiologically active byproducts, and can be prebiotic and viscous. It delays gastric emptying which in turn can cause an extended feeling of fullness.
- Insoluble fiber, which does not dissolve in water, is metabolically inert and provides bulking, or it can be prebiotic and metabolically ferment in the large intestine. Bulking fibers absorb water as they move through the digestive system, easing defecation.

Lecithin: Lecithin is a generic term for any group of yellow-brownish fatty substances occurring in animal and plant tissues,

EDTA: Ethylenediaminetetraacetic acid, also known by several other names, is a chemical used for both industrial and medical purposes. It is an aminopolycarboxylic acid and a colourless, water-soluble solid

Phytates: *Phytates* (and phytic acid) are antioxidant compounds found in whole grains, legumes, nuts and seeds. Phytic acid (known as inositol hexakisphosphate (IP6), inositol polyphosphate, or *phytate* when in salt form), discovered in 1903, a saturated cyclic acid, is the principal storage form of phosphorus in many plant tissues, especially bran and seeds.

Gallstones: A *gallstone* is a stone formed within the gallbladder out of bile components.

Wheezing: *Wheezing* is a sign that a person may be having breathing problems. The sound of *wheezing* is most obvious when breathing out (exhaling).



Asthma: *Asthma* is a chronic disease involving the airways in the lungs. ... This makes it difficult for air to move in and out of the lungs, causing symptoms such as coughing, wheezing, shortness of breath and/or chest tightness.

Porridges: *Porridge* is a dish made by boiling ground, crushed, or chopped starchy plants – typically grain – in water or milk.

