

Glossary:

1. Recommended Dietary Allowances (RDA): the average daily dietary nutrient intake level sufficient to meet the nutrient requirement of nearly all healthy individuals in a particular life stage and gender group.
2. Adequate Intake: a recommended average daily intake level based on observed or experimentally determined approximations or estimates of nutrient intake by a group (or groups) of apparently healthy people, that are assumed to be adequate — used when an RDA cannot be determined. In the Indian context, this is referred to as acceptable Intake.
3. Physiology: It is a branch of biology which deals with normal functioning of the body.
4. Homeostasis: The process where the human body regulates itself to maintain a stable internal environment despite changes in the external environment.
5. Neurotransmitters: It is a chemical substance that is released from a nerve cell and transmits a nerve impulse across the synapse.
6. Nutritional status: It is the state of the body as a result of the foods consumed. It can also be defined as the levels of nutrients in the body and the ability of those to maintain normal metabolic integrity.
7. Millets: Millets are cereal like crops which are resistant and grow under dry high temperature.
8. Cereals: Cereals are edible grains of grass family.
9. Balanced diet: A diet comprising of proper proportions of macro-nutrients and micro-nutrients necessary to maintain good health.
10. Sedentary activity: It refers to the energy expenditure ≤ 1.5 metabolic equivalents usually involving minimum activity such as sitting and walking.
11. Portion size: The amount of food eaten during a single eating occasion.
12. Infancy: The stage of development from birth upto one year of age.
13. Adolescent: Children of age between 13 to 18 years.
14. Food pyramid: It is a nutrition guide including the food groups, of what to eat each day. Foods that form the base of the pyramid are to be eaten adequately, foods included in the center to be eaten moderately and food at the apex to be eaten sparingly.
15. Food plate: It is a nutrition guide