

GLOSSARY

Dietary minerals: Dietary minerals are the chemical elements required by the living organisms, other than four elements, carbon, hydrogen, nitrogen and oxygen.

Cruciferous vegetables: **Cruciferous vegetables** are vegetables of the family Brassicaceae (also called Cruciferae). These vegetables are widely cultivated, with many genera, species, and cultivars being raised for food production such as cauliflower, cabbage, , broccoli, Brussels sprouts and similar green leafy vegetables

Adenosine tri Phosphate: ATP is a coenzyme that stores energy, we need to do just about everything we do.

Anemia: Deficiency of iron in the body leads to a condition known as anemia.

Electrolyte: Are the minerals in our blood and other body fluids that carry an electric charge.

Hemoglobin: The oxygen carrying protein in red Blood cell.

Myoglobin: A protein that helps to store oxygen in our body muscle.

Osteoporosis: Osteoporosis is a condition that causes bone to become very weak and brittle to the extent that minor strains such as bending can result in fracture.

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.

Hyperthyroidism and Hypothyroidism: In simple terms, with hypothyroidism, or underactive thyroid, the thyroid gland doesn't make enough thyroid hormone for the body's needs. With hyperthyroidism, or overactive thyroid, the thyroid makes too much

Macronutrient: The dietary macronutrient groups are carbohydrates, proteins, and fats.

Micronutrient: Vitamins and minerals that are required in the human diet in very small amounts.