# Resources and Definitions

<table>
<thead>
<tr>
<th><strong>Term:</strong></th>
<th><strong>Definition:</strong></th>
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<tbody>
<tr>
<td>Whole Foods</td>
<td>A food in its natural form, without added or subtracted ingredients.</td>
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<tr>
<td>Whole Grains</td>
<td>A grain with all 3 parts “intact” (whole). Examples: brown rice, wild rice, millet, steel cut or rolled oats (not instant), barley.</td>
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<tr>
<td>Legumes</td>
<td>Beans, lentils, peas and other plant-based proteins with beneficial fiber, complex carbohydrates and many other nutritional benefits.</td>
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| “Good” vs “Bad” fats | Fats that occur naturally in plants are beneficial; those created in a factory and/or processed with heat and chemicals cause health problems and inflammation.  
~Examples of beneficial fats include: olive oil, nut and seed oils like sunflower or sesame, nuts, seeds, olives, avocado, coconut oil and butter in small amounts.                                                                                     |
| Sugar           | All sweeteners are sugar, even if they are ‘natural’ but the quality (glycemic index) varies, and matters. Anything ending in “-ose” is a sugar, such as dextrose, maltose, fructose, etc.  
~ Honey and maple syrup are the most naturally occurring, and each contain trace minerals, vitamins and nutrients, they still, however, contain fructose which is the same sugar found in cane sugar.  
~ Other, more processed sugars like cane sugar, corn syrup and chemical sweeteners, are more processed, have a higher glycemic index and are even harder for the body to digest.  
~ **Artificial sweeteners** (aspartame, splenda, nutrasweet, saccharin, sucralose, etc) are confusing to the body, cause the good bacteria in the gut to shift to be less healthy and are tied to a lot of health problems: reflux/heartburn, weight gain especially around the waist, greater risk of developing diabetes, cholesterol problems, high blood pressure, and digestive problems like constipation and diarrhea. |
### Cooking Techniques
- **Stir frying/sauteing**: cooking quickly in a pan on the burner with oil or other fat, medium heat.
- **Roasting/baking**: dry heat cooking in the oven at a relatively high temperature (350-400 F) great for vegetables, proteins and baked goods.
- **Blanching or steaming**: cooking food above or in liquid until tender, without any added fat.

### Macronutrients
- Fats, Carbohydrates, Proteins.

### Organic and Natural Foods
- **Organic**: indicates whether a food was grown or produced with unnatural chemicals or pesticides. It does NOT by itself indicate the healthfulness of a product or food.
- **Natural**: a fairly ambiguous marketing term used to indicate whether a food is natural. It still can be used for highly processed foods so it is always best to look for foods with 5 or fewer ingredients, and words you understand.

### Mindful Eating
- Paying attention to your food and yourself, being present and appreciating the gift that food can be; taking a breath, eating slowly and intentionally.