دانشگاه علوم پزشکی بجنوردی
معاونت علما و اورژانس
آزمایشگاه کنترل مواد غذایی، آشامیدنی، آراشی و بهداشتی
fdolab@ajums.ac.ir
Dictionary of Food Science and Nutrition

OVER 5,000 TERMS CLEARLY DEFINED
### Specialist dictionaries

<table>
<thead>
<tr>
<th>Dictionary</th>
<th>ISBN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dictionary of Accounting</td>
<td>0 7475 6991 6</td>
</tr>
<tr>
<td>Dictionary of Agriculture</td>
<td>0 7136 7778 3</td>
</tr>
<tr>
<td>Dictionary of Banking and Finance</td>
<td>0 7136 7739 2</td>
</tr>
<tr>
<td>Dictionary of Business</td>
<td>0 7136 7918 2</td>
</tr>
<tr>
<td>Dictionary of Computing</td>
<td>0 7475 6622 4</td>
</tr>
<tr>
<td>Dictionary of Economics</td>
<td>0 7136 8203 5</td>
</tr>
<tr>
<td>Dictionary of Environment and Ecology</td>
<td>0 7475 7201 1</td>
</tr>
<tr>
<td>Dictionary of Human Resources and Personnel Management</td>
<td>0 7136 8142 X</td>
</tr>
<tr>
<td>Dictionary of ICT</td>
<td>0 7475 6990 8</td>
</tr>
<tr>
<td>Dictionary of Information and Library Management</td>
<td>0 7136 7591 8</td>
</tr>
<tr>
<td>Dictionary of Law</td>
<td>0 7475 6636 4</td>
</tr>
<tr>
<td>Dictionary of Leisure, Travel and Tourism</td>
<td>0 7475 7222 4</td>
</tr>
<tr>
<td>Dictionary of Marketing</td>
<td>0 7475 6621 6</td>
</tr>
<tr>
<td>Dictionary of Media Studies</td>
<td>0 7136 7593 4</td>
</tr>
<tr>
<td>Dictionary of Medical Terms</td>
<td>0 7136 7603 5</td>
</tr>
<tr>
<td>Dictionary of Nursing</td>
<td>0 7475 6634 8</td>
</tr>
<tr>
<td>Dictionary of Publishing and Printing</td>
<td>0 7136 7589 6</td>
</tr>
<tr>
<td>Dictionary of Science and Technology</td>
<td>0 7475 6620 8</td>
</tr>
</tbody>
</table>

### Easier English™ titles

<table>
<thead>
<tr>
<th>Title</th>
<th>ISBN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easier English Basic Dictionary</td>
<td>0 7475 6644 5</td>
</tr>
<tr>
<td>Easier English Basic Synonyms</td>
<td>0 7475 6979 7</td>
</tr>
<tr>
<td>Easier English Dictionary: Handy Pocket Edition</td>
<td>0 7475 6625 9</td>
</tr>
<tr>
<td>Easier English Intermediate Dictionary</td>
<td>0 7475 6989 4</td>
</tr>
<tr>
<td>Easier English Student Dictionary</td>
<td>0 7475 6624 0</td>
</tr>
<tr>
<td>English Thesaurus for Students</td>
<td>1 9016 5931 3</td>
</tr>
</tbody>
</table>

### Check Your English Vocabulary workbooks

<table>
<thead>
<tr>
<th>Title</th>
<th>ISBN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic English</td>
<td>0 7475 6691 7</td>
</tr>
<tr>
<td>Business</td>
<td>0 7475 6626 7</td>
</tr>
<tr>
<td>Human Resources</td>
<td>0 7475 6997 5</td>
</tr>
<tr>
<td>Law</td>
<td>0 7136 7592 6</td>
</tr>
<tr>
<td>Living in the UK</td>
<td>0 7136 7914 X</td>
</tr>
<tr>
<td>Medicine</td>
<td>0 7136 7590 X</td>
</tr>
<tr>
<td>FCE +</td>
<td>0 7475 6981 9</td>
</tr>
<tr>
<td>IELTS</td>
<td>0 7136 7604 3</td>
</tr>
<tr>
<td>PET</td>
<td>0 7475 6627 5</td>
</tr>
<tr>
<td>TOEFL&lt;sup&gt;®&lt;/sup&gt;</td>
<td>0 7475 6984 3</td>
</tr>
<tr>
<td>TOEIC</td>
<td>0 7136 7508 X</td>
</tr>
</tbody>
</table>

Visit our website for full details of all our books: [www.acblack.com](http://www.acblack.com)
Preface

This dictionary provides a basic vocabulary of terms used in food science and nutrition. It is ideal for all students of food technology and related subjects, as well as those working for the first time in jobs such as catering, dietetics and public or environmental health.

Each headword is explained in clear, straightforward English. There are also supplements including nutrient RDAs and sources, a body mass index calculator, conversion tables for cooking and a guide to food hygiene procedure, as well as a list of key contacts in the fields of nutrition, health and food production.

Thanks are due to Emma Parker, Assoc. Nutr., for her valuable help and advice during the production of this book.
A

AA abbreviation 1. Alcoholics Anonymous 2. arachidonic acid
abattoir noun a place where animals are slaughtered for their meat
abdomen noun a space inside the body that contains the stomach, intestines, liver and other vital organs
abdominal cavity noun the space in the body below the chest
ABIM abbreviation Association of Bakery Ingredients Manufacturers
aboyeur noun same as kitchen clerk
abrosia noun abstinence from eating (technical)
asbsolute alcohol noun alcohol that contains no water
absorption noun the process of taking into the body substances such as proteins or fats that have been digested from food and enter the bloodstream from the stomach and intestines
absorption method noun a method of cooking rice in which it is removed from the heat after a while and allowed to soak up any remaining water (NOTE: Rice cooked in this way is also known as steamed rice.)
abstemious adjective tending not to eat or drink very much
ABV abbreviation alcohol by volume
a.c. abbreviation ante cibos
acacia gum noun same as gum arabic
acai noun a berry with very high concentrations of essential fatty acids and anthocyanins, considered a superfood
acarbose noun a drug used for treating type 2 diabetes
accelase noun a mixture of enzymes used for maturing cheese
accelerated freeze-drying noun a method of preserving food by heating it for a short time, then freezing it rapidly and drying it in a vacuum. Abbreviation AFD
Acceptable Daily Intake noun the amount of an additive that can be eaten without risk. Abbreviation ADI
accompaniment noun a small helping of food served with a dish, e.g. croutons served with fish soup or grated Parmesan cheese served with minestrone
ACE abbreviation angiotensin-converting enzyme
ACE inhibitor noun same as angiotensin-converting enzyme inhibitor
acesulphame K noun a type of sweetener
acetate noun a salt or ester of acetic acid
acetic acid noun an acid that turns wine into vinegar (NOTE: Acetic acid is also used as a preservative in food such as pickles.)
acetooacetate noun a ketone substance secreted by the liver which indicates a failure of metabolism
acetoglyceride noun a fat with a relatively low melting point, used for compounding shortening
acetoin noun a compound in butter
acetone noun a colourless volatile substance formed in the body after vomiting or during diabetes. & ketone
acetonuria noun excessive excretion of acetone in the urine, an indicator of diabetic acidosis
acetylcholine noun a substance that is released from the ends of some nerve fibres to transmit impulses to other nerve cells or to muscles
acetylcholinesterase noun an enzyme, present in blood and some nerve endings, that aids the breakdown of acetylcholine and suppresses its stimulatory effect on nerves
acetyl CoA abbreviation acetyl coenzyme A
acetyl coenzyme A noun a coenzyme produced during the metabolism of carbohydrates, fatty acids, and amino acids. Abbreviation acetyl CoA
ACFM abbreviation Association of Cereal Food Manufacturers
achalasia noun difficulty in swallowing
achlorhydria noun an acid deficiency in the digestive system
acholia noun a bile deficiency in the digestive system
acid noun a chemical substance that is able to dissolve metals
acidaminuria noun an excessive excretion of amino acids in urine
acid brilliant green BS noun the acid ingredient in some types of baking powder
acid food noun any food that leaves an acid residue after being metabolised. Compare basic food
acidic adjective referring to acids
acidic salts corrosion noun the rusting of a can
acidification noun the process of adding an acid to a food in order to preserve it (NOTE: The usual acids are acetic, citric and lactic, although benzoic acid is sometimes used.)
acidify verb to make a substance more acid, or to become more acid
acidimeter noun a device for measuring the acidity of a liquid
acidity noun the concentration of acid in a substance, of which pH is a measure
acidity regulator noun an additive used for controlling the pH of food
acidogenic adjective producing acids, or promoting the production of acids
acidophilus milk noun a cultured milk made from fresh milk that is allowed to go sour in a controlled way, of which yoghurt is a type
acidosis noun 1. a medical condition in which there are more acid waste products than usual in the blood because of a lack of alkali 2. same as acidity
acid protease noun a protein-digesting enzyme activated in stomach acid
acid reflux noun the regurgitation of gastric juices into the oesophagus, where the acid causes irritation and the burning sensation commonly referred to as heartburn

acid salt noun a chemical salt in which some of the acidic hydrogen atoms of the original acid have been replaced

acid-sensitive adjective used for describing bacteria that are made inactive by acidic conditions

acidulant noun an additive such as phosphoric acid which is added to food to lower its pH

acidulate verb to make a substance slightly acid, or to become slightly acid

ACMSF abbreviation Advisory Committee on Microbiological Safety of Food

acne noun an inflammation of the sebaceous glands during puberty which makes blackheads appear on the skin, which often then become infected and produce red raised spots

ACNFP abbreviation Advisory Committee on Novel Foods and Processes

acrid adjective having a strong bitter smell or taste

crodermatitis enteropathica noun zinc deficiency

crolein noun the acrid-smelling chemical produced by overheated fat, which causes eye and throat irritation

crylamide noun a chemical found in baked and fried foods, thought to increase the risk of cancer in humans

activated dough development noun a method of speeding up the first rising of dough by adding small quantities of other substances, e.g. ascorbic acid or cysteine (NOTE: These substances modify the properties of the gluten in the dough.)

activator noun any compound that stimulates enzymes

active oxygen method noun a method of measuring the susceptibility of fats to damage by oxidation

active packaging noun food packaging that interacts chemically or biologically with its contents to extend shelf-life or to modify the product during storage

active site noun the region of an enzyme molecule where a substance (substrate) is bound and acted upon by the enzyme

active transport noun a transfer of substances across a cell membrane for which energy is required

activity level noun a measurement of the number and function of enzymes in the digestive tract

acute adjective used for describing pain that is sharp and intense

acute benign hydrocephalus noun a short-lived reaction to a large overdose of vitamins A and D in small infants, causing extreme bulging of the fontanelle

acute cholecystitis noun inflammation of the gallbladder caused by a gallstone blocking the biliary duct

acute intermittent porphyria noun a type of porphyria that causes abdominal pain and nausea, treated with a high-glucose diet. Abbreviation AIP

acute toxicity noun a concentration of a toxic substance that is high enough to make people seriously ill

ADA abbreviation adenosine deaminase

ADA deficiency noun a genetic disease resulting from the deficiency of the metabolic enzyme adenosine deaminase, causing increased susceptibility to lymphomas and chronic infections
adaptation noun the process by which the senses become less sensitive to particular odours or flavours with repeated contact, which accounts for the tolerance of high levels of spices in some cultures

adaptogen noun a set of active ingredients in homeopathic remedies

ADD abbreviation attention deficit disorder

added water noun extra moisture added to a food product such as ham to increase its weight and bulk

addict noun a person who is addicted to a harmful drug

addiction noun a state of physiological or psychological dependence on a potentially harmful drug

additive noun a chemical substance that is added to food to improve its appearance, smell or taste, or to prevent it from going bad

adenine noun one of the four basic components of DNA

adenosine noun a compound, consisting of the base adenine and the sugar ribose, found in DNA, RNA and energy-carrying molecules such as ATP

adenosine deaminase noun an enzyme involved in the breakdown of adenosine in the body. Abbreviation ADA

adenosine triphosphatase noun full form of ATPase

adenosine triphosphate noun a chemical that occurs in all cells, but mainly in muscle, where it forms the energy reserve. Abbreviation ATP

adenylate cyclase noun an enzyme involved in the formation of cAMP from ATP

adephagy noun excessive eating (technical)

ADHD abbreviation attention deficit hyperactivity disorder

ADI abbreviation Acceptable Daily Intake

adipectomy noun a surgical operation to remove subcutaneous fat

adipolysis noun hydrolysis of fats during digestion by the action of enzymes

adiponectin noun a hormone that affects energy homeostasis

adipose noun fatty

adipose tissue noun tissue in which the cells contain fat

adipsia noun the absence of thirst (technical)

adoucir verb to make food less strong or salty

adrenal glands plural noun two endocrine glands at the top of the kidneys which secrete cortisol, adrenaline and other hormones

adrenaline noun a hormone secreted by the medulla of the adrenal glands that has an effect similar to the stimulation of the sympathetic nervous system. Also called epinephrine

adrenocortical adjective relating to the cortex of the adrenal glands

adulterant noun a cheaper substance added to food in order to increase its weight without changing its appearance (NOTE: Some are added legally, as is water in chicken.)

adulterate verb to make something less pure by adding inferior or unsuitable substances to it

adulterated adjective made less pure by the addition of inferior or unsuitable substances

adulteration noun the act of making something less pure by adding an inferior or unsuitable substance
Advisory Committee on Microbiological Safety of Food *noun* a statutory committee that provides advice to the government on matters of food safety. Abbreviation ACMSF

Advisory Committee on Novel Foods and Processes *noun* an independent body that advises the Food Standards Agency on matters relating to new foodstuffs and processes. Abbreviation ACNFP

adzuki bean, azuki bean *noun* a small, slightly sweet, reddish-brown bean from Japan and China, used as a pulse or ground into flour (NOTE: Its botanical name is *Phaseolus angularis*.)

-aemia *suffix* blood

aerate *verb* to allow air to enter a substance, especially soil or water

aerated bread *noun* bread made from dough that has been mechanically mixed with carbon dioxide without using yeast

aerating agent *noun* a substance that allows small bubbles of gas to be dispersed evenly in a liquid or solid foodstuff

aeration *noun* the process of adding air or oxygen to a liquid

aerobacter *noun* a genus of bacteria normally found in the intestine

aerobe *noun* a living thing, particularly a microorganism, that needs oxygen for metabolism. Compare anaerobe

aerobic *adjective* involving or requiring oxygen

aerobic exercise *noun* exercise such as walking, jogging, cycling and swimming that increase respiration and heart rates

aerobic metabolism *noun* the breakdown of carbon and fats into energy using oxygen

aerobic respiration *noun* the process in which oxygen that is breathed in is used to conserve energy as ATP

aerogastria *noun* a medical condition in which the stomach is distended by gas

Aeromonas *noun* a microorganism that causes food poisoning

aerophagy *noun* the swallowing of air while eating (technical)

aerosol *noun* a canister that contains liquid under pressure, usually one that releases the liquid as a fine spray

aetiology *noun* the causes of a disease

AFD *abbreviation* accelerated freeze-drying

affinage *noun* the process of ripening cheese

aflatoxin *noun* a toxin produced by a species of the fungus *Aspergillus*, especially *Aspergillus flavus*, which grows on seeds and nuts and affects stored grain

aftertaste *noun* a taste left in the mouth by food or drink after it has been swallowed

agar-agar *noun* a natural gelling agent made from seaweed, sometimes used instead of gelatine. Also called *seaweed gelatine* (NOTE: As it is plant-based, it is suitable for vegetarians.)

agastric *adjective* used for describing an animal that has no alimentary canal

age *verb* to store food or a wine for a period of time to enable it to develop a desired flavour or become more tender

aged *adjective* allowed to mature to develop flavour

ageing *noun* the process of improving a food by leaving it to age, as when game is hung, or by artificially ageing it using chemicals, as when oxidising agents are added to flour
ageusia noun loss of the sense of taste (technical)
agglomerate verb to treat something such as flour so that it forms larger, more dispersible particles
agglomerated flour noun flour in the form of large dispersible particles, easily wetted and dust-free
agitare verb to cause something to move vigorously or violently, e.g. by shaking or stirring it
Agricultural Industries Confederation noun a trade association for suppliers of feed, fertilisers, seeds and grain to the agricultural sector. Abbreviation AIC
agriculture noun the cultivation of land, including horticulture, fruit growing, crop and seed growing, dairy farming and livestock breeding
agri-food adjective used for describing industries that are involved in the mass-production, processing and inspection of food made from agricultural products
agrochemical noun any chemical used in farming, e.g. a fertiliser or pesticide
agroecology noun the study of the relationship between food production and the environment
agroindustry noun any industry dealing with the supply, processing and distribution of farm products
agronomy noun the scientific study of the cultivation of crops
agrophilous adjective used for describing pests, mould and bacteria that affect crops
AHP abbreviation Alliance for Health Professionals
AIC abbreviation Agricultural Industries Confederation
aioli noun mayonnaise flavoured with garlic, used especially to garnish fish and vegetables
AIP abbreviation acute intermittent porphyria
air-chilled adjective cooled using a blast chiller
air-conditioning noun a system for cooling and controlling the humidity and purity of the air circulating in a space
air-dry verb to remove moisture from something by placing it in a current of air
air entrainment noun the generation of small air bubbles to make food light, as by the action of yeast in bread
airtight adjective not allowing air to get in or out
ALA abbreviation alpha-lipoic acid
à la carte adjective used for describing a meal in which dishes are ordered separately from a menu
alactasia noun a deficiency of lactase in the small intestine
à la mode adjective served with ice cream
alanine noun an amino acid
albinuria noun a condition in which the urine is pale or white
albumen noun the white of an egg, containing albumin
albumen index noun a measure of egg quality which compares the ratio of the height of a mass of egg white to its diameter as it sits on a flat surface, with a higher index indicating higher quality
albumin noun a common water-soluble protein coagulated by heat, found in egg white, blood plasma and milk. ovalbumin
alible noun nourishing or providing nutrients

albumin index noun a measure of the freshness of an egg

alcohol noun 1. a pure colourless liquid that is formed by the action of yeast on sugar solutions and forms the intoxicating part of drinks such as wine and whisky. Symbol \( \text{C}_2\text{H}_5\text{OH} \). 2. any drink made from fermented or distilled liquid

alcoholopaemia noun the presence of ethanol in the blood

alcohol by volume noun the amount of alcohol in a drink, shown on the label. Abbreviation ABV

alcohol content noun the presence or concentration of pure ethanol in an alcoholic liquid

alcohol dehydrogenase noun an enzyme found in the liver and stomach that promotes the conversion of alcohols to aldehydes

alcoholic adjective containing alcohol ● noun a person who is addicted to drinking alcohol and shows changes in behaviour and personality as a result of this addiction

Alcoholics Anonymous noun an organisation of former alcoholics that helps people to overcome their dependence on alcohol by encouraging them to talk about their problems in group therapy. Abbreviation AA

alcohol intake noun the amount of alcohol consumed by a person during a given period such as a week

alcoholise verb to infuse something such as fruit with alcohol

alcoholism noun the excessive drinking of alcohol to an addictive degree

alcohol unit noun a measure of alcohol consumption, consisting of 10ml or 8g of absolute alcohol

alcoholuria noun the presence of alcohol in the urine

alcopop noun a drink, manufactured and sold commercially, that is a mixture of alcohol and a soft drink such as lemonade

aldehyde noun one of the main groups of organic compound hydrocarbons

al dente adjective used for describing pasta that is still firm when bitten, said to be perfectly cooked

aldolase noun an enzyme that aids the breakdown of fructose

aldosterone noun a hormone, secreted by the adrenal gland, that regulates the balance of sodium and potassium in the body and the amount of body fluid

ale noun a bitter beer brewed using barley and usually hops, especially one brewed and stored using traditional methods

aleurone layer noun a layer of cells under the bran coat on cereal grains

alfacalcidol noun a substance related to vitamin D, used by the body to maintain the right levels of calcium and phosphate, and also as a drug to help people who do not have enough vitamin D

algae plural noun tiny plants that live in water or in moist conditions, contain chlorophyll and have no stems, roots or leaves

algal bloom noun a rapid increase in the population of algae in an area of water

alginate noun a compound extracted from algae, used for bulking out ice cream and puddings

alginate noun a salt of alginic acid

alginate acid noun an insoluble powdery acid obtained from brown seaweed and used as a thickener in foods

alible adjective nourishing or providing nutrients
alimentary adjective providing food, or relating to food or nutrition
alimentary canal noun a tube in the body going from the mouth to the anus and including the throat, stomach and intestines, through which food passes and is digested
alimentary system noun same as digestive system
alimentation noun the act of taking in food (technical)
alipogenic adjective not forming fat
alkali noun a substance that neutralises acids and forms salts
alkaline phosphatase noun an enzyme that controls hydrolysis, used in the clinical diagnosis of many illnesses
alkaline tide noun an increase in blood pH caused by the secretion of gastric acid
alkalinity noun the concentration of alkali in a solution, measured in terms of pH
alkaloid noun a naturally occurring alkali in food, especially one that has an effect on the consumer
allantoin noun the oxidation of uric acid
allergen noun a compound that reacts with the proteins of the skin and mucous membranes of some people to cause rashes, irritation, asthma and other unpleasant symptoms (NOTE: Typical food allergies occur with strawberries, eggs, milk, cereal, fish, peas and nuts.)
allergenic adjective producing or triggering an allergy
allergenic potential noun an assessment of the potential of a GM food to produce an allergic reaction
allergy noun a sensitivity to particular substances that causes an unpleasant physical reaction
Alliance for Health Professionals noun a trade union federation with members that include the British Dietetic Association. Abbreviation AHP
allicin noun the chemical compound in garlic that gives it its characteristic smell and taste
Allium noun the Latin name for a family of plants including the onion, leek, garlic and chives
allogotrophia noun growth in one organ that occurs when nutrients from another organ leach into it
allosteric adjective used for describing a binding site on an enzyme at which interaction induces altered activity at another site
allotriogeusia noun a distorted sense of taste
allotriophagy noun a desire for unusual foods
allspice noun the ground dried berries of a tropical evergreen tree, used as a spice
almond noun a sweet nut from the almond tree
almond essence noun an alcoholic extract of fermented bitter almonds, used for giving an almond flavour to cakes and other foods (NOTE: Some almond essences are made from apricot kernels.)
almond flavouring noun a synthetic chemical product with an almond flavour and smell, much cheaper than almond essence and commonly used as a substitute
almond oil noun a delicate oil derived from bitter almonds, used in confectionery and for oiling dessert moulds
almond paste noun same as marzipan
aloe vera, aloe noun a soothing, moisturising extract made from the leaves of a species of aloe plant, used in drugs and cosmetics
alpha amylase *noun* an enzyme present in wheat seed, which changes some starch to sugar. Excessive amounts can result in loaves of bread with sticky texture.

alphafoetoprotein *noun* a blood protein produced in the liver, yolk sac and gastrointestinal tract of a foetus, used as an indicator of cancer and other diseases in adults

alpha-linolenic acid *noun* a fatty acid found in high proportion in walnut oil, soya oil and the leaf vegetable purslane (NOTE: It is said to be the reason why Cretans and Japanese have a low incidence of heart attacks.)

alpha-lipoic acid *noun* a sports supplement that maintains insulin sensitivity. Abbreviation ALA

alphatocopherol *noun* same as vitamin E

Alpine scurvy *noun* same as pellagra

aluminium *noun* a metallic element extracted from the ore bauxite. Symbol Al

aluminium calcium silicate *noun* E556

aluminium foil *noun* very thin, flexible aluminium used for wrapping for food and for cooking. Also called cooking foil, tin foil

aluminium sodium silicate *noun* E554

alveograph *noun* an instrument that uses a jet of air to measure the strength of dough prior to baking (NOTE: It works by injecting air into the dough at a fixed depth and flow rate and recording the pressure at which the resulting bubble bursts.)

Alzheimer's disease *noun* a disease in which a person experiences progressive dementia owing to nerve cell loss in specific brain areas, resulting in loss of mental faculties including memory

amaranth *noun* 1. a plant grown for ornament and sometimes as a grain crop or leafy vegetable 2. E123

amaretti *plural noun* small crisp Italian biscuits flavoured with almonds

ambient temperature *noun* the temperature of the air in which you live or work

ambient yoghurt *noun* yoghurt that may be stored at room temperature, without chilling

American Association of Analytical Chemists *noun* an association for scientists who analyse the compositions of foodstuffs, beverages and drugs. Abbreviation AOAC

American service *noun* a method of serving food in a restaurant by dividing it among individual plates in the kitchen rather than serving it from a platter at the table

American Society for Nutrition *noun* a professional research body that publishes a monthly journal on nutrition. Abbreviation ASN

Ames test *noun* a test of the capacity of a food additive to cause genetic mutation

amino *noun* any organic derivative of ammonia in which one or more hydrogen atoms is replaced with an alkyl group

amino acid *noun* a chemical compound that is broken down from proteins in the digestive system and then used by the body to form its own protein.  essential amino acids

aminoaciduria *noun* the presence of abnormal levels of an amino acid in the urine

aminogram *noun* a diagram of the composition of an amino acid

amino group *noun* a group of substances that consists of amino acids and amines

aminopeptidase *noun* an enzyme that removes amino acids from a peptide or protein

ammonia *noun* a strong-smelling gas that is a compound of nitrogen and hydrogen and is used to make artificial fertilisers, or in liquid form as a refrigerant. Symbol NH3

ammonium alginate *noun* a food additive used as an emulsifier, thickener and stabiliser
ammonium bicarbonate
noun a raising agent

ammonium chloride
noun a white crystalline material used in cough medicines

ammonium ferric citrate
noun E381

ammonium hydroxide
noun a solution of ammonia in water

ammonium phosphatide
noun a food additive used as an emulsifier and stabiliser for cocoa and chocolate products

ammonium polyphosphate
noun E545

amoeba
noun an organism that consists of a single cell (NOTE: The plural form is amoebae.)

amoebiasis
noun an infection caused by an amoeba, which, in the large intestine, can cause dysentery

amphetamine
noun a drug that stimulates the central nervous system, formerly used to treat depression and as an appetite suppressant

amuse-bouche, amuse-gueule
noun a small appetiser served before a meal or while the customer is looking at the menu

amydated pectin
noun a synthetic derivative of pectin that is more stable than the parent product. Also called E440

amylaemia
noun an excess of starch in the blood

amyrase
noun an enzyme that converts starch into maltose

amylopectin
noun a polysaccharide substance that is an insoluble component of starch

amylopeptic
adjective used for describing enzymes that are capable of making starch soluble

amylophagia
noun a morbid desire to eat starch

amylopsin
noun an enzyme that converts starch into maltose

amylose
noun a carbohydrate of starch

amyxorrhoea
noun the presence of undigested starch in stools, indicating amyrase deficiency

anabolic
adjective building up muscle or tissue

anabolism
noun the part of metabolism that builds up muscle or tissue

anacidity
noun the abnormal lack of hydrochloric acid in gastric juices

anaemia
noun a medical condition in which an unusually low level of red blood cells or haemoglobin makes it more difficult for the blood to carry oxygen, producing symptoms of tiredness and paleness of lips, nails and the inside of the eyelids

anaemic
adjective having anaemia

anaemotrophy
noun insufficient nourishment of the blood

anaerobe
noun a microorganism that lives without oxygen, e.g. the tetanus bacillus

anaerobic
adjective able to function without oxygen
anaerobic exercise noun exercise that involves the exchange of energy in the muscles without the use of oxygen
anaerobic metabolism noun the breakdown of carbon and fats into energy without the presence of oxygen
anaphylactic adjective relating to or caused by extreme sensitivity to a substance
anaphylactic shock noun a sudden severe, sometimes fatal reaction to something such as an ingested substance or a bee sting
anaphylaxis noun 1. extreme sensitivity to a substance introduced into the body 2. same as anaphylactic shock
anchovy noun a small fish with a strong, salty taste, used, e.g., on pizzas and in salade niçoise
anchovy essence noun a liquid extract of cured and salted anchovies used as a flavouring
anisakiasis noun a disease caused by a hookworm, with symptoms of weakness and anaemia. Also called hookworm disease
andrographis noun a herbal remedy said to boost the body’s immune system
androstenedione noun a dietary supplement that increases testosterone production, energy, strength and muscle development (NOTE: Unwanted side effects include disruption of hormonal balance, leading to aggressive behaviour, mood swings and hair loss.)
anencephaly noun a severe birth defect that can be prevented by the mother taking folic acid before and during pregnancy
angel hair noun pasta in the form of long, very fine strands
angelica noun a plant with dark green stems that are crystallised with sugar and used in confectionery
angina noun a medical condition in which lack of blood to the heart causes severe chest pains
angiotensin noun a hormone that causes blood pressure to rise, formed in the blood by a series of processes that can be influenced by drugs
angiotensin-converting enzyme noun same as ACE
angiotensin-converting enzyme inhibitor noun a drug that counters the effect of an enzyme that causes high blood pressure
Angostura bitters a trade name for a bitter-tasting flavouring for alcoholic drinks, made from herbs and spices
angular stomatitis noun inflammation at the corners of the mouth caused by vitamin B2 deficiency
animal fat noun fat rendered from animal sources, e.g. lard and ghee
animal heat noun same as diet-induced thermogenesis
animal nutrition noun the study of how to feed animals for maximum productivity
animal product noun any foodstuff or non-food product that comes from an animal, e.g. meat, eggs, leather and wool
animal testing noun the development of a drug or cosmetic product using animals as early testers, to determine the possible effects on humans
animal welfare noun the idea that animals raised on farms should be treated humanely and protected from unnecessary pain or distress
anisakiasis noun same as herringworm disease
anise noun a herb that produces a small aromatic fruit called aniseed that is used for flavouring
aniseed noun the seed of the anise plant
ankylostomiasis noun infection of the intestines by hookworms
annatto noun a yellowish-red dye made from the pulp around the seeds of a tropical tree, used as a food colouring
anorectic adjective suppressing the appetite
anorexia athletica noun compulsive overexercising, often a feature of eating disorders other than anorexia nervosa
anorexia nervosa noun a psychological condition, usually found in girls and young women, in which a person refuses to eat because of a fear of becoming fat
anorexigenic adjective same as anorectic
anosmia noun loss of the sense of smell
anoxia noun a complete absence of oxygen from the blood and bodily tissues
antacid adjective controlling the amount of acid that forms in the stomach and therefore preventing or easing heartburn ■ noun an antacid substance
ante cibos adverb marked on a prescription medicine to show that it should be taken before food. Abbreviation a.c.
antemetic adjective used for describing a medicine that relieves nausea
anthelmintic noun a substance that removes worms from the intestine ■ adjective removing worms from the intestine
anthocyanin noun a water-soluble plant pigment responsible for blue, violet and red colours
anthropometry noun the gathering of physical data from people for the purposes of statistical analysis
anti-adhesion adjective preventing bacteria from adhering to the walls of the digestive tract and developing further
antibacterial adjective destroying bacteria
antibiotic adjective stopping the spread of bacteria ■ noun a drug such as penicillin that is developed from living substances and stops the spread of microorganisms
antibiotic resistance noun the ability of a strain of bacteria over time to develop a resistance to the usual treatments
antibody noun a protein that is stimulated by the body to produce foreign substances such as bacteria, as part of an immune reaction
anticaking additive noun an additive that prevents food from becoming solid
anticholinesterase noun a substance that blocks nerve impulses by reducing the activity of the enzyme cholinesterase
anticoagulant noun a natural or synthetic agent that prevents the formation of blood clots
antidiarrhoeal noun a drug that treats diarrhoea
antidiuretic noun a drug that stops urine being formed
antiemetic noun a medicine that relieves feelings of nausea
antifoaming agent noun a substance that prevents excessive foaming in a food product
antigen noun a substance that stimulates the production of antibodies, e.g. a protein on the surface of a cell or microorganism
antihistamine noun a drug used to control the effects of an allergy that releases histamine
antimetabolite noun a compound that affects normal metabolism
antimicrobial adjective preventing the growth of microbes for hygienic purposes
antimotility agent noun a drug that relieves diarrhoea
antimycotic noun a substance that inhibits the growth of mould
antiobesic noun a drug that reduces or prevents obesity
antioxidant noun a substance that makes oxygen less damaging, e.g. in the body or in foods or plastics
antipasto noun a food served at the beginning of an Italian meal or as a snack
antiperistalsis noun a movement in the oesophagus or intestine that leads to vomiting
antisialagogue noun a drug that reduces the flow of saliva
antispattering agent noun an additive that stops oils from spattering when heated
antistaling agent noun a substance that makes bread and cakes stay fresh for longer
antivitamin noun a substance that interferes with the normal action of a vitamin
anuria noun a failure to produce urine
anus noun a short passage after the rectum at the end of the alimentary canal, leading outside the body between the buttocks and through which faeces are passed
AOAC abbreviation American Association of Analytical Chemists
AOC abbreviation Appellation d'Origine Contrôlée
aorta noun the main artery in the body, which sends blood containing oxygen from the heart to other blood vessels around the body
apastia noun a refusal to take food
aperient noun a laxative (technical)
apéritif noun an alcoholic beverage drunk before a meal
aphagia noun the refusal to eat or swallow
aphagosis noun an inability to eat
APM abbreviation aspartame
apoenzyme noun the protein part of an enzyme that only becomes catalytically active after it combines with a non-protein-supporting molecule (coenzyme)
apoprotein noun the protein part of a protein molecule that also contains a non-protein component
aposia noun same as adipsia
apositia noun aversion to food
Appellation d’Origine Contrôlée noun a certification for French wine that guarantees its origin and verifies that it meets production regulations in that region. Abbreviation AOC
appendix noun a small tube attached to the caecum that serves no function but can become infected, causing the dangerous condition appendicitis
appertisation noun the process of making food sterile
appertise verb to heat a substance to a high temperature, either by retorting or using the high temperature short time method of processing
appetiser, appetizer noun a snack taken with drinks before a meal
appetising adjective looking, smelling or tasting good

appetite suppressant noun a drug such as amphetamine that makes the user feel less hungry

apple noun the common hard, edible fruit of the apple tree *Malus domestica*

apple corer noun a tube-shaped implement used for removing the core from apples

apricot noun the small yellow fruit from the deciduous tree *Prunus armeniaca*, similar to a small peach, but not as juicy

apyrase noun an enzyme that aids the breakdown of ATP, producing energy

aquaculture noun the farming of sea and freshwater plants and animals for human consumption

arachidonic acid noun an essential fatty acid. Abbreviation AA

arborio noun a short-grained rice used for making risotto and other Italian dishes

arginase noun a liver enzyme involved in the production of urea

argininaemia noun a genetic disease that affects the body’s metabolisation of arginine

arginine noun an amino acid that helps the liver form urea

argininosuccinic aciduria noun a genetic disease that affects the formation of urea

argininosuccinic aciduria noun a genetic disease that affects the formation of urea

ariboflavinosis noun a deficiency of vitamin B2

Armagnac noun a brandy made in southwestern France

aroma noun the pleasant smell of something you can eat or drink

aroma chemical noun a chemical that can be either naturally or artificially manufactured, detected by the nose as an odour

aromatic adjective having a strong pleasant smell ■ noun a substance, plant or chemical that has a pleasant smell

aromatic hydrocarbon noun a compound such as benzene, with a ring of carbon atoms held by single and double bonds

aromatise verb to use herbs and spices to add flavours and aromas to a liquid (NOTE: For water-based liquids, the herbs or spices are boiled in it, whereas for oil-based liquids they are fried.)

arrhythmia noun a variation in the rhythm of the heartbeat

arrowroot noun a thickening agent in the form of a white powder made from the root of a West Indian plant

arteriosclerosis noun a medical condition in which calcium deposits in the arteries cause them to harden

artery noun a blood vessel that takes blood from the heart to the tissues of the body

arthritis noun a painful inflammation of a joint. || osteoarthritis, rheumatoid arthritis, reactive arthritis

artichoke noun any of three types of vegetable, the globe artichoke with a thistle-like head and edible fleshy leaves, the Jerusalem artichoke with edible tubers and the Chinese artichoke with edible tubers

artichoke heart noun a young globe artichoke eaten as a vegetable

artificial additive noun a substance added to food to improve its appearance, flavour, texture or shelf-life

artificial colour noun a colorant substance added to food to improve its appearance

artificial flavour noun a substance added to food to improve its flavour
artificial sweetener noun a synthetic substance used in place of sugar to sweeten food
artisanal food noun any food that has been made individually by hand
asafoetida noun a powdered resin from an Asian plant, used sparingly in Indian cookery to give a truffle-like flavour and improve digestion. Also called hing (NOTE: The resin is obtained from the root or stem latex of the plants Ferula asafoetida and Ferula narthex, found in Afghanistan and Iran.)
ascariasis noun a disease of the intestine and sometimes the lungs, caused by infestation with Ascaris lumbricoides
ascorbate noun a salt or ester of L-ascorbic acid used as an antioxidant
ascorbic acid noun vitamin C, found in fresh fruit
ascorbin stearite noun a form of vitamin C used as an antioxidant
-ase suffix enzyme
asepsis noun the process or methods of bringing about a condition in which no disease-causing microorganisms are present
aseptic adjective sterilised, or involving sterilisation, and therefore without infection
aseptic canning noun the canning of food in a sterile environment in which all containers have been separately sterilised as well as the food
aseptic packaging noun methods of food packaging designed to kill off germs (NOTE: The two methods are packaging in unsterilised containers at 124°C, closing and leaving at temperature until all contaminants are inactivated, or packaging in sterilised containers inside an apparatus that is itself sterilised.)
ashwagandha noun a plant used in ayurvedic medicine and as a rennet substitute for cheese-making
asitia noun an extreme dislike of food
ASN abbreviation American Society for Nutrition
asparaginase noun an enzyme that catalyses the breakdown of asparagine
asparagine noun an amino acid
asparagus noun a cultivated plant the new shoots of which are eaten as a vegetable
aspartame noun a protein produced from aspartic acid, used for making substances sweeter. Abbreviation APM
aspartic acid noun an amino acid
Aspergillus noun a genus of moulds, one of which produces aflatoxins
aspic noun 1. jelly made from the cooked juices of meat, poultry or fish 2. a form of salad, with small pieces of cold meat, poultry, eggs or vegetables set in firm aspic jelly in a mould
aspiration noun the action of breathing food particles into the lungs when eating
assiette noun a plate of cold meats
assimilate verb to take into the body’s tissues substances that have been absorbed into the blood from digested food
assimilation noun the action of assimilating food substances
Association of Bakery Ingredients Manufacturers noun a trade organisation representing manufacturers and suppliers of goods to the bakery industry. Abbreviation ABIM
Association of Cereal Food Manufacturers noun a trade organisation representing manufacturers and suppliers of breakfast cereals. Abbreviation ACFM
astaxanthin

**astaxanthin** *noun* the pink colouring in a small shrimp-like creature that gives the pink colour to the flesh of salmon (NOTE: Now fed to farmed salmon, which are generally pinker than wild salmon.)

astragalus

**astragalus** *noun* a plant extract said to boost the body’s immune system

astringency

**astringency** *noun* the ability of some foods to make the mouth feel dry and tight

-ate *suffix* a chemical compound derived from a particular element or compound

atheroma

**atheroma** *noun* a fatty deposit that causes atherosclerosis

atherosclerosis

**atherosclerosis** *noun* a condition in which deposits of fats and minerals form on the walls of an artery, especially the aorta or one of the coronary or cerebral arteries, and prevent blood from flowing easily

athrepsy

**athrepsy** *noun* malnourishment

Atkins diet

**Atkins diet** *noun* a plan to help people lose weight that suggests that they should eat a lot of protein and fat but little carbohydrate

atmit

**atmit** *noun* an enriched porridge that is highly nutritious, distributed by humanitarian agencies during times of famine

atmospheric steamer

**atmospheric steamer** *noun* a device used for cooking foods in steam at atmospheric pressure, making use of the fact that condensation of steam on the surface of the food or its container gives a very high rate of heat transfer

atom

**atom** *noun* a fundamental unit of a chemical element and the smallest part of an element that can exist independently

atonic non-functioning colon

**atonic non-functioning colon** *noun* a lack of muscle tone in the bowel leading to constipation and intestinal obstruction

ATP

**ATP** *abbreviation* adenosine triphosphate

ATPase

**ATPase** *noun* an enzyme that aids the breakdown of ATP into ADP with a release of energy. Also called *adenosine triphosphatase*

atrophy

**atrophy** *noun* the process of wasting away because of a lack of nutrients

attention deficit disorder

**attention deficit disorder** *noun* a condition in which a person is unable to concentrate, does things without considering their actions properly and has little confidence. It occurs mainly in children. Abbreviation *ADD*

attention deficit hyperactivity disorder

**attention deficit hyperactivity disorder** *noun* a condition in which a child has an inability to concentrate and shows disruptive behaviour. Abbreviation *ADHD*

aubergine

**aubergine** *noun* a shiny purple-black vegetable that is the fruit of plant *Solanum melongena*. Also called *eggplant*

audit

**audit** *noun* an official investigation into whether procedures are being followed

audition

**audition** *noun* in sensory analysis, the sense of sound

au gratin

**au gratin** adjective + *gratin*

AutismMedical

**AutismMedical** *noun* a charitable body that researches links between diet and autism

autoclave

**autoclave** *noun* a strong steel vessel in which pressure can be raised artificially, used for steam sterilisation and for creating chemical reactions at high temperature

autoimmune

**autoimmune** *adjective* used to describe an immune reaction in a person against antigens in his or her own cells

autolysate

**autolysate** *noun* a product of the process autolysis, by which cells are broken down by enzymes produced in the cells themselves

autolysin

**autolysin** *noun* an enzyme that causes autolysis

autolysis

**autolysis** *noun* the partial digestion of food by enzymes already present in it, as occurs e.g. when meat is hung
automated **adjective** worked automatically by machines

**automation** **noun** the use of machinery to save manual labour

**auxology** **noun** the study of human physical growth and development

**available nutrients** **plural noun** nutrients in food that can be digested and absorbed in the body (NOTE: Some nutrients are unavailable when bound to another compound, but cooking often frees them.)

**avena sativa** **noun** a stimulant and nutritive supplement

**avidin** **noun** a protein found in egg white that makes the vitamin biotin inactive

**avitaminosis** **noun** vitamin deficiency

**avocado** **noun** a pear-shaped green fruit with a rather savoury flavour and pulpy yellowish-green flesh, often used in salads

**axial load** **noun** the amount of pressure that food packaging can withstand when stacked before it is crushed

**azodicarbonamide** **noun** E927

**azo dye** **noun** a substance extracted from coal tar and added to food to give it colour

**azorubine** **noun** E122

**azyme** **noun** bread that has not undergone fermentation
baby food noun food that has been prepared or manufactured in such a way that it can be fed to a baby
baby milk noun a preparation that imitates the composition of human breast milk and that may be used for feeding babies
bacalao noun dried cod, salt cod, cod or ling
*Bacillus cereus* noun a pathogen found in cress sprouts
*Bacillus cereus* noun a bacterium that grows on rice and can cause food poisoning (NOTE: It is usually found in temperate countries in the form of spores. Symptoms are nausea and vomiting and occasionally diarrhoea.)
*Bacillus thuringiensis* noun the bacteria used in thuricide
back bacon noun a cut of bacon that provides very lean rashers, from the back of the pig in front of the rear haunches
back fat noun hard fat from the back of the pig, usually used in high-quality sausages
bacon noun salt meat from a pig, sliced into thin strips and cooked before serving (NOTE: There is no plural form: *some bacon, a pound of bacon; for a single piece say a rasher.*)
baconer noun a pig reared to produce bacon
bacon rasher noun a thin slice of bacon cut at right angles to the backbone. Also called rasher
bacteria plural noun submicroscopic organisms that help in the decomposition of organic matter, some of which are permanently present in the intestines of animals and can break down food tissue, and some of which cause disease (NOTE: The singular form is bacterium.)
bacterial contamination noun the state of something such as water or food that has been contaminated by bacteria
bacterial count noun the number of bacteria per unit weight or volume of a foodstuff, sometimes used as an indicator of food quality
bacterial flora plural noun, intestinal flora
bactericide noun a substance or agent that destroys bacteria
bacteriocin noun a substance produced by bacteria that is toxic to other bacteria, preventing them from growing
bacteriophage noun a virus that affects bacteria
bacteriostatic adjective causing bacteria to become inactive
bacteroid noun a rod-shaped or branched bacterium
bactometer noun a device for measuring bacteria levels in food
bad adjective deteriorated in quality to the point of being unfit to eat or drink
bad cholesterol noun cholesterol that is transported towards cells and tissue by low density lipoprotein (informal)
BADS abbreviation biologically active dietary supplement
bagel noun a ring-shaped bread roll with a slightly chewy texture
bagged salad noun pre-packaged salad in modified-atmosphere packaging
bagged snacks plural noun crisps and crisp-like products in foil packets
bagna cauda noun a warm sauce of olive oil, garlic and anchovies, served as a dip for raw vegetables
baguette noun a long loaf of French bread
bain-marie noun a pan holding hot water into which another vessel containing food to be cooked or heated is placed (NOTE: The plural form is bains-marie.)
bake verb to cook food, especially bread and cakes, in an oven
bake blind verb to bake pastry without the filling for a short time
baked beans plural noun haricot beans, cooked in a tomato sauce, traditionally baked in the oven with pieces of pork and molasses but now more generally available in tins
baked potato noun a potato baked in an oven without being peeled, then served cut open, with butter or various fillings, commonly cheese, chopped ham, baked beans and chilli. Also called jacket potato
baker noun a person whose job is to make bread and cakes
baker's yeast noun a strain of yeast used fresh in breadmaking (NOTE: It is a strain of the yeast Saccharomyces cerevisiae.)
bakery noun a shop or part of a shop where items of baked food, especially bread and cakes, are sold
bakeware noun trays and dishes used for baking food in the oven
baking noun a method of cooking by placing something such as a bread or cake mixture in an oven
baking apple noun same as cooking apple
baking chocolate noun same as bitter chocolate
baking parchment noun same as silicone paper
baking powder noun a mixture containing sodium bicarbonate, starch and acids that is used for making cakes rise when they are cooked
baking sheet noun a mixture containing sodium bicarbonate, starch and acids that is used for making cakes rise when they are cooked
baking soda noun sodium bicarbonate, especially when used as a raising agent in cookery
baking tray noun a flat metal tray used for baking food in an oven
balanced diet noun a diet that contains the right quantities of basic nutrients
Balance of Good Health noun a piechart representation of the proportions in which food groups should be consumed for health
balantidiasis noun a bacterial infection of the large intestine, causing diarrhoea and ulceration
Bali belly noun diarrhoea associated with travel in South East Asia or with eating South East Asian food (informal)

baller noun a kitchen implement used for cutting ball-shaped pieces from soft foods such as melons and cucumbers, consisting of half a hollow sphere with sharp edges on the end of a handle

balloon whisk noun a hand-held whisk made of stiff wires that form a loop at one end and are gathered into a covered handle at the other

balsamic vinegar noun thick rich Italian vinegar from unfermented grape juice, stored for years in wooden barrels

balti noun a spicy dish originally from Pakistan that is traditionally served in the bowl-shaped pan it is cooked in

bamboo noun a plant with long woody, often hollow stems that grows in dense clumps, native to tropical and semitropical areas

bamboo shoots plural noun young shoots from the bamboo plant, used in Chinese and Malaysian cooking

banana noun the long yellow curved fruit of a large tropical plant

BANT abbreviation British Association for Nutritional Therapy

barbecue noun 1. food cooked in the open air, over a charcoal fire 2. a meal or party where the food is cooked on a barbecue 3. a metal holder for charcoal over which food is cooked in the open air ■ verb to cook food over a barbecue

barbiturate noun a drug with sedative and hypnotic properties, belonging to a group of derivatives of barbituric acid

bar code noun a sequence of numbers and vertical lines identifying an item and often its price when interpreted by an optical scanner

bard verb to put a strip of fat or fatty meat over a joint of meat to prevent it from drying out when cooking

barding noun the practice of covering meat with strips of lard to prevent drying

barium noun a metal used in X-rays of the stomach and digestive tract. ◦ barium meal

barium meal noun a suspension containing a salt of the metal barium, given by mouth before X-raying the oesophagus, stomach, and upper intestine to help produce a clear image

barley noun a common cereal crop grown in temperate areas (NOTE: Its botanical name is Hordeum sativum.)

Barlow’s disease noun a disease in children caused by a vitamin C deficiency, analogous to scurvy in adults

barn egg noun an egg from chickens that are allowed the freedom to roam in barns

Barrett’s Oesophagus Foundation noun a charitable research body

basal metabolic rate noun the amount of energy used by the body in exchanging oxygen and carbon dioxide when at rest, formerly used as a way of testing thyroid gland activity. Abbreviation BMR

basal metabolism noun the chemical processes that convert food into energy which take place in the human body when it is at rest

base noun a substance that reacts with an acid to form a salt

basic food noun a type of food that leaves an alkaline residue after being metabolised. Compare acid food

basil noun a herb with strongly scented leaves, used especially in Italian cuisine. ◦ holy basil (NOTE: Its botanical name is Ocimum basilicum.)
basket meal noun a simple meal, usually of fried chicken, sausage or scampi, served in a basket with chips
basmati noun a type of aromatic long-grained rice widely used in Asian cooking
Basra belly noun diarrhoea associated with travel in the Middle East or with eating Middle Eastern food food (informal)
bass noun a name shared by various fish of the perch family found in rivers, lakes and seas and caught for food
baste verb to pour melted fat and juices over meat as it is cooking
baster noun a cooking utensil, consisting of a long tube with a rubber bulb attached at one end, with which to draw up cooking juices from the pot and release them over the food
batch code, batch mark noun a reference number indicating the batch in which a food product was manufactured, a required element in food labelling in the UK
batch production noun the production of food in batches
bat out verb to flatten a piece of raw meat with a cutlet bat so that it will cook faster
batter noun a thin liquid mixture of flour, eggs and milk, used for making foods such as pancakes or toad-in-the-hole, or for coating food before frying
battery farming noun a system of keeping very large numbers of chickens in a series of small cages
bay noun a small evergreen tree of the laurel family with stiff dark green aromatic leaves, used as a flavouring in cooking. Also called sweet bay, laurel (NOTE: Its botanical name is Laurus nobilis.)
bay leaf noun an aromatic leaf of a bay tree, used in cooking
BBQ abbreviation barbecue
BCA abbreviation body composition analysis
BCAA abbreviation branched-chain amino acid
BCB abbreviation British Cheese Board
BCCCA abbreviation Biscuit, Cake, Chocolate and Confectionery Alliance
bdelygmia noun an extreme aversion to food
beading noun ripples stamped onto a tin that expand slightly during heat processing, stopping the tin from bursting or deforming
bean noun 1, a seed or the long thin pod of various different plants, cooked and eaten 2, a dried seed that is ground and is used in cooking or to make drinks
bean curd noun same as tofu
bean sprouts plural noun shoots of beans, eaten especially in Chinese cooking
beard noun the fibrous threads by which mussels attach themselves to rocks
béarnaise sauce noun a savoury sauce for meat, thickened with egg yolk and flavoured with tarragon
beat verb to mix something fast, e.g. to combine ingredients or to incorporate air into a mixture
beater noun an implement for beating mixtures, e.g. a whisk
béchamel sauce noun a rich sauce made from milk thickened with butter and flour and served hot
bed noun a layer of food on which other foods are served
bee balm noun same as bergamot
beef noun meat from a cow or a bull
beefburger noun same as burger
beef dripping noun the fat collected from roasting beef or rendered from beef suet
beef protein noun isolated meat protein from beef, used as a bodybuilding supplement, to provide iron and to enrich other meats
beefsteak noun a slice of lean beef that can be grilled or fried
beefsteak tomato noun a large fleshy variety of tomato suitable for stuffing
beef stroganoff noun a dish consisting of thin strips of beef cooked with onions and mushrooms in a sour cream sauce
beef tea noun a drink made by boiling beef to extract the juices, formerly given to hospital patients as a digestible form of nourishment
beef Wellington noun a dish consisting of a fillet of beef covered in pâté de foie gras, wrapped in pastry, and baked
beet noun 1. an alcoholic drink made by fermenting malted grain, usually barley, ÷ ale, lager 2. a glass of beer
beeswax noun the dark yellow substance secreted by honeybees and used for building honeycombs
beet noun a genus of plants that includes the sugarbeet and the beetroot (NOTE: Genus Beta.)
beetroot noun a vegetable with a dark red root, often eaten cooked as salad, or pickled with vinegar
beetroot red noun a red food colouring extracted from beetroot. Also called betanin, E162
beet sugar noun sugar that has been extracted from sugar beet
beeturia noun the red colouring of urine after eating beetroot
behavioural approach noun a formal method of changing somebody’s habits and long-term behavioural patterns through education and guidance
BEIS abbreviation British Egg Information Service
belch noun a noise made through the mouth when air is suddenly forced up through the oesophagus from the stomach ÷ verb to make a noise through the mouth when air is suddenly forced up through the oesophagus from the stomach
belly noun 1. the abdomen or the stomach (informal) 2. the fatter central part of a muscle
belly pork noun same as pork belly
bench scraper noun a kitchen utensil used in the preparation of dough
benign adjective generally harmless
bentonite noun E558
benzalkonium chloride noun a colourless or pale yellow toxic liquid mixture, used as a biocide in the food industry
benzene noun a simple aromatic hydrocarbon produced from coal tar that is very carcinogenic
benzoate noun a salt of benzoic acid used as a food preservative (NOTE: Types are sodium benzoate, E211, potassium benzoate, E212 and calcium benzoate, E213.)
benzoic acid noun the simplest aromatic carboxylic acid, a white crystalline solid found in some natural resins (NOTE: It is used as a food preservative and in pharmaceuticals and cosmetics manufacture.)
bergamot noun 1. a hybrid citrus fruit, probably of Seville orange and sweet lime, used only for its highly perfumed rind oil that is sprayed on tea to produce Earl Grey (NOTE: Its botanical name is Citrus bergamia.) 2. a perennial lemon-scented herb used in salads and summer drinks. Also called bee balm (NOTE: Its botanical name is Monarda didyma.)

beri-beri noun a degenerative disease of the nerves caused by a deficiency of the vitamin thiamine and marked by pain, inability to move, and swelling

berry noun a small fleshy seed-bearing fruit of a bush, usually with many seeds in the same fruit, and the seeds enclosed in a pulp. © blackberry, blueberry, raspberry, strawberry (NOTE: The plural form is berries.)

best-before date noun an indication of when a food product will start to degrade from its optimum quality, a required element in food labelling in the UK. © display-until date, use-by date

best end noun a cut of meat, especially lamb, taken from the neck and formed of a series of chops joined together. © crown roast, rack of lamb

beta-apo-8’-carotenal (C30) noun an orange carotene compound extracted from fruit and vegetables, used as a food colouring. Also called E160(e) (NOTE: The more fat soluble ethyl ester, E160(f), is also available.)

beta-carotene noun same as carotene

beta glucan noun a soluble fibre present in oats that reduces blood cholesterol

beta-hydroxy beta-methylbutyrate noun a metabolite of leucine, used by body-builders to increase muscle gain. Abbreviation HMB

beta-hydroxybutyrate noun a ketone substance secreted by the liver that indicates a failure of metabolism

betanin noun same as beetroot red

beta-oxidation noun the breakdown of fatty acids during cellular metabolism to produce acetyl coenzyme A

Better Hospital Food Programme noun a campaign supporting quality food provision at NHS facilities

beurre manié noun a mixture of butter and flour, added at the last minute to soups or stews to make them thicken (NOTE: beurre manié comes from the French and means ‘kneaded butter’.)

beverage noun any drink, whether alcoholic or non-alcoholic

bezoar noun a hard ball of undigested food that causes an obstruction in the stomach

BFFF abbreviation British Frozen Food Federation

BFJ abbreviation British Food Journal

BFS abbreviation blow fill seal

BHA abbreviation 1. British Hospitality Association 2. butylated hydroxyanisole

bhaji noun an Indian food consisting of chopped vegetables in a spicy batter, deep-fried

BHT abbreviation butylated hydroxytoluene

BIA abbreviation bioelectrical impedance analysis

bibulous adjective tending to drink too much alcohol

bicarbonate of potash noun, E501

bicarbonate of soda noun same as sodium bicarbonate

Bifidobacterium noun a type of naturally-occuring probiotic
bilberry 24

bilberry noun a wild berry that is blue when ripe, eaten raw with sugar and cream or cooked in pies and jams

bile noun a yellowish-green fluid produced in the liver, stored in the gallbladder, and passed through ducts to the small intestine, where it plays an essential role in emulsifying fats

bile duct noun a tube that links the cystic duct and the hepatic duct to the duodenum

biliary calculus noun a gallstone (technical)

biliary colic noun a condition in which the duct that drains from the gallbladder is intermittently blocked by a gallstone

biliary duct noun the bodily tube that drains fluid from the gallbladder

bilirubin noun a red pigment in bile

bind verb to stick together, or cause things to stick together, so as to form a solid mass

binding agent noun an additive that makes prepared food keep its shape and texture

binding site noun a cavity on the surface of a protein that contains a pattern of amino acids arranged so that they can form a chemical bond only with a specific molecule

binge drinking noun the consumption of an excessive amount of alcohol in a short period of time for the purpose of becoming drunk

binge eating noun uncontrolled eating, especially when caused by bulimia

binge eating disorder noun a psychiatric disorder in which the person has a compulsion to overeat, but does not purge afterwards

binge-purge syndrome noun any disorder in which bingeing is followed by purging, e.g. bulimia

bioaccumulation noun the accumulation of substances such as toxic chemicals in increasing amounts up the food chain

bioactive adjective producing an effect in living tissue or in a living organism

bioavailability noun the extent to which a nutrient or medicine can be taken up by the body

bioavailable adjective used for describing the extent to which a nutrient or medicine can be taken up by the body

biochemistry noun the chemistry of living tissues

biocide noun a chemical designed to kill organisms, especially microorganisms

biodiversity, biological diversity noun the range of species, subspecies or communities in a specific habitat such as a rainforest or a meadow

bioelectrical impedance analysis noun an accurate method of measuring body fat using an electrical current. Abbreviation BIA

bioflavonoid noun any of various complex chemicals that are widely found in fresh raw fruits and vegetables, thought to protect the body’s stores of vitamin C

biofortification noun plant breeding or modification designed to give the food higher nutrient levels

biologically active dietary supplement noun a substance used for enriching food that contains nature-identical compounds in a concentrated form. Abbreviation BADS

biological preservation noun the preservation of food such as cheese by the presence of beneficial bacteria already in the food, which prevent others from settling

biological value noun a measure of protein quality, expressed as the amount of it that is absorbed and retained in the body. Abbreviation BV

biology noun the study of living organisms
biomarker noun a distinctive indicator of a biological or biochemical process, e.g. a chemical whose occurrence shows the presence of a disease
biopreservation noun the preservation of food using natural antimicrobial agents
bioproduct noun a consumer product made using biotechnology
biosurface noun the region on the surface of a protein, enzyme or receptor that acts as a binding site for molecules
biotech noun biotechnology (informal)
biochemistry noun the use of technology to manipulate and combine different genetic materials to produce living organisms with particular characteristics
biotin noun a type of vitamin B found in egg yolks, liver and yeast
bio yoghurt noun yoghurt containing naturally occurring probiotic bacteria
biphenyl noun a white or colourless crystalline substance used as a fungicide and applied as a preservative to the skins of citrus fruit. (NOTE: The preservative has E number E230.)
birth defect noun same as congenital anomaly (NOTE: The word 'defect' is now avoided as it can be offensive.)
biryani noun in South Asian cooking, a dish containing spicy coloured rice mixed with meat, fish or vegetables
biscotta noun 1. an Italian biscuit, especially of the kind often served with coffee in Italian restaurants 2. an Italian rusk
biscuit noun a small hard cake, usually sweet
Biscuit, Cake, Chocolate and Confectionery Alliance noun a trade organisation representing manufacturers in the biscuit, cake and confectionary industries. Abbreviation BCCCA
bisque noun a cream soup made with shellfish
bitter adjective not sweet • noun beer made bitter by the addition of hops
bitter almond noun an almond containing hydrogen cyanide, used as a flavouring
bitter chocolate noun chocolate containing 5% to 20% sugar, used for baking and confectionery rather than for eating. Also called baking chocolate
bitterness noun a bitter taste
bitter orange noun same as Seville orange
bitters noun same as Angostura bitters
bittersweet adjective smelling or tasting both bitter and sweet at the same time
bivalve noun any saltwater or freshwater invertebrate animal that has its body contained within two shells joined by a hinge, e.g. an oysters, mussel or clam
bixin noun a golden-yellow food colouring obtained from the seeds of achiote. (NOTE: The preservative has E number E160.)
black bean noun a black-seeded soya bean that is fermented for use in East Asian cookery
blackberry noun a small soft black berry, growing on plants with long spines, eaten in jams and pies. Also called bramble
black cohosh noun a herbal supplement used for treating menstrual and menopausal symptoms
blackcurrant noun a small round cultivated black berry, eaten cooked in jams and pies, used also in making soft drinks and liqueurs
black-eyed bean noun a small beige bean with a black spot
black grouse 26

black grouse noun a large grouse with a lyre-shaped tail, the male of which is black with white patches on its wings, native to Europe and western Asia. Also called black game, blackcock, greyhen (NOTE: Its scientific name is Lyrurus tetrix.)

black pepper noun a dark brown seasoning made by grinding pepper seeds that have not had their black outer covering removed

black PN noun ● E151

black pudding noun a dark sausage of varying thickness made with blood and fat, sometimes fried in slices and eaten for breakfast

black treacle noun same as treacle

blade noun 1. the sharp cutting part of a knife 2. a long thin flat part of some tools or machines, e.g. of a food mixer

blanch verb to cook vegetables for a short time in boiling water

blancmange noun a cold dessert similar to jelly, made with milk, sugar, flavourings and cornflour

bland adjective used for describing food that is not spicy, irritating or acid

blanquette noun a dish consisting of white meat such as veal cooked in a white sauce

blast chiller noun a machine for chilling food in a blast of freezing air

blast freezing noun a method of quick-freezing oddly-shaped food by subjecting it to a blast of freezing air

bleach verb to make something whiter or lighter in colour, or to become whiter or lighter in colour

bleach figure noun a measure of how bleached flour is

bleaching agent noun a compound such as chlorine or chlorine dioxide used for whitening flour and other foodstuffs

bleeding bread noun a bacterial infection of bread that stains it red

blend noun a mixture of different types ● verb to mix things together

blender noun a kitchen appliance used for mixing different food items together thoroughly

blind baking noun the practice of baking a pastry case without its filling for a short time, often using dried beans to prevent warping

blind testing noun a way of testing the efficacy of supplements using a test group and a control group for the purposes of comparison

blini noun a small pancake made with yeast and buckwheat flour, traditional in Russia and other parts of Eastern Europe

blood noun a red liquid moved around the body by the pumping action of the heart

blood alcohol level noun the concentration of alcohol in a person’s blood, expressed as millilitres of alcohol per litre of blood

blood cholesterol noun the concentration of cholesterol in the bloodstream, which increase the risk of coronary heart disease if too high

blood clotting noun the process by which blood changes from being liquid to being semi-solid and so stops flowing

blood group noun same as blood type

blood homocysteine noun the concentration of homocysteine amino acids in the blood stream

blood lipid profile noun a test which assesses the levels of LDL and HDL cholesterol and triglycerides in the blood, used to identify patients at risk of cardiovascular heart disease
blood pressure noun the pressure, measured in millimetres of mercury, at which the blood is pumped round the body by the heart
bloodstream noun the blood flowing round the body
blood sugar noun the amount of glucose in blood, regulated by insulin
blood sugar level noun the amount of glucose in the blood, which is higher after meals and in people with diabetes
blood type noun one of the different groups into which human blood is classified. Also called blood group
blood type diet noun a slimming plan based on the premise that different blood types respond best to different diets
bloom noun a white deposit on chocolate caused by fat diffusing to the surface
blow fill seal noun a fully automated method of packaging in which the package is formed, filled and sealed in a sterile enclosure without human intervention. Abbreviation BFS
blown can noun same as swell
blow torch noun a handheld device that produces a gas flame, used for heating the surface of dishes such as crème brûlée
BLT noun a bacon, lettuce and tomato sandwich
blue adjective used for describing meat cooked with the surface just seared brown and the inside still raw
blueberry noun a wild berry that is dark blue when ripe, eaten raw with sugar and cream, or cooked in pies and jams
blue cheese noun any cheese with a blue fungus growth in it, e.g. Stilton or Roquefort
blue-veined adjective used for describing cheese that is ripened by blue mould, causing a striped appearance
BMES abbreviation British Meat Education Service
BMI abbreviation body mass index
BMNES abbreviation British Meat Nutrition Education Service
BMR abbreviation basal metabolic rate
BMS abbreviation burning mouth syndrome
BNF abbreviation British Nutrition Foundation
boar noun a species of wild pig still hunted in parts of Europe and Asia. Also called wild boar (NOTE: Various species of the genus Sus.)
bodybuilding noun the practice of developing the muscles of the body through weight-lifting and diet
body composition analysis noun a method of testing the proportions of different fat and lean tissues that make up a person’s body. Abbreviation BCA
body fat composition noun the proportion of fat to lean tissues that makes up a person’s body, determined using body composition analysis. Abbreviation BCA
body fluid noun a liquid in the body, e.g. water, blood or semen
body image noun the mental image that a person has of their own body. Also called body schema
body mass index noun an index that expresses adult weight in relation to height. It is calculated as weight in kilograms divided by height in metres squared. A body mass index of less than 25 is considered normal, and one of over 30 implies obesity.
body water content 28

body water content noun the amount of water in body tissues

body weight noun a measure of how heavy a person is

boeuf bourguignon noun a dish of beef braised in red wine and brandy, served with button mushrooms and onions, fried diced bacon and often with croutons

BOGOF abbreviation buy one get one free

boil verb 1. to heat water until it reaches 100°C 2. to cook something by putting it in boiling water

boiled egg noun an egg that has been cooked by boiling in water

boiling pan noun a large container used in a kitchen for boiling food and making soup

boil-in-the-bag adjective stored in a sealed plastic bag and cooked by placing the bag in boiling water

bok choy noun same as pak choi

boletus noun a type of mushroom that has a rounded cap with pores rather than gills on the underside, of which cep mushrooms are a variety

bolognese adjective used for describing a pasta dish served with a sauce made with minced meat and tomatoes

bolus noun 1. a mass of food that has been chewed and is ready to be swallowed 2. a mass of food passing along the intestine

bomb calorimeter noun a device for measuring the amount of heat released during chemical combustion

bond verb to stick together, or make two surfaces stick together ■ noun a fundamental attractive force that binds atoms and ions in a molecule

bone noun any of the numerous solid structures in the body that make up the skeleton ■ verb to take the bones out of something such as a chicken (NOTE: For fish, it is more usual to say 'to fillet' before the fish is cooked, or 'to debone' at table.)

boned and rolled adjective used for describing a joint of meat with the bones removed and the flesh flattened, rolled up and tied for roasting

bone density noun the amount of strong mineralised fibres present in a bone, which prevent it being weak or brittle

bone formation noun the creation of new bone fibres within the body from calcium carbonate and calcium phosphate

boneless adjective used for describing meat and fish from which the bones have been removed in preparation for cooking or eating

bone loss noun the weakening of bone fibres caused by ageing or disease, causing conditions such as osteoporosis

bone mass noun the concentration of fibres in bone

bonemeal noun a fertiliser made of ground bones or horns, reduced to a fine powder

bone mineralisation noun the absorption of essential minerals into bone fibres

boner noun a kitchen implement designed for boning meat or fish

bone resorption noun the breakdown of the calcium in bone that is then reabsorbed into the bloodstream

bone strength noun the ability of bone to withstand pressure and shock without damage

bone structure noun 1. the system of jointed bones that forms the skeleton 2. the shape of a bone or set of bones

boning knife noun a thick sharp knife used for boning meat
booze noun alcoholic drink (informal)
boozey adjective containing alcohol or flavoured with alcohol
borage noun a European flowering plant with leaves that are used as a herb (NOTE: Its botanical name is Borago officinalis.)
borborygmus noun a rumbling noise in the abdomen, caused by gas in the intestine
Bord Bia noun the Irish Food Board, providing a link between food manufacturers and their existing and potential customers
boric acid noun a chemical once used as a preservative, no longer thought to be safe
borlotti bean noun a speckled, pinkish-brown bean related to the kidney bean and haricot bean, used in Mediterranean and East African cooking
boron noun a chemical element that is essential as a trace element for healthy plant growth (NOTE: The chemical symbol is B.)
borosilicate glass noun a heatproof and shockproof type of glass used for cooking utensils, marketed under the tradename Pyrex
borscht noun Russian soup, made with beetroot, other vegetables and small pieces of meat or sausage, eaten either cold or hot, with sour cream
bottle noun a narrow-necked container for liquids, made of glass or plastic ▶ verb 1. to put drink into bottles 2. to preserve food by heating it inside a glass jar with a suction cap
bottle feeding noun the act of giving a baby milk from a bottle, as opposed to breast feeding. Compare breast feeding
bottler’s sugar noun sugar that is subject to higher microbiological controls than other types of sugar so that it does not spoiled bottled goods
bottling noun a way of preserving food by sealing it in sterile glass bottles
botulimum noun a bacterium that causes botulism when it is present in food
botulimum cook noun the process of heating food until all the botulism spores are destroyed
botulism noun a type of food poisoning caused by badly canned or preserved food
bouillabaisse noun French fish soup, flavoured with olive oil and saffron
bouillie noun a type of pastry cream made from sugar, flour, eggs and milk heated gently
bouillon noun a clear liquid that is traditionally made by boiling meat, bones and vegetables together. It is sometimes served as a soup, but usually used as a stock for soups and stews.
bouillon cube noun same as stock cube
bouquet garni noun a bundle of herbs used for flavouring soups and stews, usually consisting of thyme, parsley and bay leaves
bovine adjective relating or belonging to the genus of ruminant animals that includes cattle, oxen, and buffalo
bovine somatotropin noun a growth hormone of cattle, formerly added to feed to improve milk production but banned in the EU since 2000. Abbreviation BST
bovine spongiform encephalopathy noun full form of BSE
bowel cancer noun cancer of the intestine, causing the formation of polyps on the intestinal wall
box scheme noun a regular arrangement in which a consumer pays to receive boxes of organic vegetables of a standard value, containing whichever vegetables are available and in season
BPC abbreviation British Potato Council
bradypepsia noun the fact of having a slow-working digestive system
bradyphagy noun extreme slowness when eating
bradyuria noun slowness while urinating
brain noun the part of the central nervous system situated inside the skull
braise verb to cook meat or vegetables in a covered pot with very little liquid
braising steak noun good-quality beef suitable for braising
bramble noun a wild blackberry
bran noun the outside covering of the wheat seed, removed when making white flour, but an important source of roughage and some vitamin B
branched-chain adjective used for describing a molecular structure that has side chains or branches attached to specific atoms of the original chain
branched-chain amino acid noun an amino acid that is an essential part of muscle protein, often used in bodybuilding supplements. Abbreviation BCAA
brand noun a well-known make of product, recognisable by its name or by its design
branded adjective displaying a brand name
branding griddle noun a cast-iron plate with raised parallel ribs, used for giving brown lines on grilled steaks or fish
brand name noun the name of a particular make of product
brandy noun an alcoholic spirit that is distilled from the fermented juice of grapes or other fruit. cognac, Armagnac
brassica noun any plant of the family that includes cabbage, kale, broccoli, cauliflower and mustard
brat pan noun a cooking pan for stewing, braising, poaching, etc., which can be tilted to drain off liquid
brawn noun chopped meat from the head of an animal, mixed with jelly to form a loaf
brazil nut noun a hard nut with a rough crescent-shaped shell from a tropical tree
BRC abbreviation British Retail Consortium
BRC Global Standard – Food noun a technical standard for companies supplying retailer-branded food products
bread noun food made from flour, water, a little fat or oil and usually a raising agent such as yeast or soda, then cooked in an oven
bread crumbs plural noun dried bread, crushed into powder, used for covering fish or meat before frying
breaded adjective covered with breadcrumbs before cooking
bread flour noun flour used for making bread, made from hard wheat that generally contains a high proportion of protein that aids rising
bread knife noun 1. a large knife with a serrated edge like a saw, used for cutting slices of bread from a loaf 2. a small knife put on the bread plate, used for spreading butter on pieces of bread and cutting them
bread sauce noun sauce made from white breadcrumbs, butter and milk, flavoured with onion, served hot as an accompaniment to roast chicken or turkey
breads spread noun butter, margarine or low-fat spread
bread stick noun a long thin cylindrical biscuit, eaten as an appetiser
breakfast cereal noun a breakfast food made from cereal grains, principally, maize, rice, wheat or oats, especially one that is commercially processed by precooking, pressing, drying and coating, generally eaten with milk.
bream noun 1. a deep-bodied seawater fish with a silver underside, of the genera Pagellus and Spondylus, found in the North East Atlantic. Also called red bream 2. a similar yellowish freshwater fish of the carp family, Abramis brama
breast noun meat from the chest part of a bird or animal
breast cancer noun a malignant tumour in a breast
breast feeding noun the practice of feeding a baby from the mother’s breasts, as opposed to from a bottle. Compare bottle feeding
breast milk noun the milk produced in the breasts of a woman who has recently had a baby
breatharianism noun a belief that intake of food and water is not necessary and that all the necessary nutrients can be obtained from sunlight
breathe verb (of wine) to rest in an open bottle, carafe or decanter before being served, believed by some to improve the flavour and bouquet
breed noun a group of animals of a particular species that have been developed by people over a period of time so that they have desirable characteristics ■ verb to reproduce, or cause animals or plants to reproduce
brettanomyces noun yeast that can produce unpleasant flavours in wine
brevibacterium noun a halophilic bacterium that grows on the outside of cheese when smeared with brine, causing the characteristic ‘smelly feet’ odour
brew verb 1. to prepare tea or coffee for drinking by infusing it to develop its flavour, or to infuse in order to develop flavour 2. to make beer or similar alcoholic drinks by a process of steeping, boiling, and fermenting grain with hops, sugar, and other ingredients
brewer’s yeast noun the yeast that is used in brewing beer, also used as a dietary source of vitamins, especially vitamin B
brigade noun a team of people working in a restaurant, generally divided into the kitchen brigade and the restaurant brigade
brill noun an edible flatfish that is closely related to the turbot, native to Europe (NOTE: Its scientific name is Scophthalmus rhombus.)
brilliant acid green BS noun a food colouring used in sweets, toiletries and perfumes
brilliant black PN noun • E151
brilliant blue FCF noun • E133
brine noun salt water used for preserving meat, fish and vegetables
brining noun the process of soaking vegetables in brine before pickling to remove water
brioche noun a sweet French bread roll made from a dough enriched with eggs and butter
brisket noun beef from the breast of an animal
British Association for Nutritional Therapy noun a not-for-profit organisation that provides lists of accredited nutrition practitioners. Abbreviation BANT
British Cheese Board noun a membership organisation representing cheese manufacturers in the UK. Abbreviation BCB
British Egg Information Service noun a body that provides nutritional information and recipes for eggs, and also industry statistics. Abbreviation BEIS
British Food Journal noun a scientific publication reporting research affecting the British food production industries. Abbreviation BFJ
British Hospitality Association noun an association representing the British hotel, restaurant and catering industry. Abbreviation BHA

British Journal of Nutrition noun a scientific publication reporting research affecting the British nutrition industry

British Liver Trust noun a charitable research body

British Meat Education Service noun an industrial sponsor of food-related education in Britain. Abbreviation BMES

British Meat Nutrition Education Service noun a body working for the British meat industry to provide public guidance on having a healthy diet. Abbreviation BMNES

British Nutrition Foundation noun an organisation that works in partnership with scientific institutions, the government and the food industry to disseminate nutritional information. Abbreviation BNF

British Potato Council noun a non-departmental government body which works to promote British potatoes. Abbreviation BPC

British Poultry Council noun a membership-based trade association representing British poultry farmers and processors. Abbreviation BPC

British Retail Consortium noun a trade association representing the whole range of retailers. Abbreviation BRC

British Soft Drinks Association noun a body representing the interests of UK soft drink manufacturers. Abbreviation BSDA

brittle bone disease noun same as osteoporosis

Brix scale noun a hydrometer scale used for measuring the sugar content of a solution at a particular temperature

broach noun a spit for roasting meat over a fire

broad bean noun a large flat green seed cooked and eaten as a vegetable

broccoli noun a vegetable that has a cluster of tight green, purple or white flower buds on the end of a broad stalk

brochette noun a small skewer on which chunks of food, especially meat or fish, are grilled and roasted

broil verb to grill meat

broiler noun a chicken that is young and tender and may be cooked by grilling

bromatology noun the science of food and nutrition

bromatotoxin noun a toxin created by bacteria fermenting in food

bromatotoxism noun food poisoning caused by a bromatotoxin

bromelain noun an enzyme extracted from pineapples, used in alternative medicine to help the digestion of proteins, reduce blood clotting, counter inflammation, and boost immunity

bromine noun a pungent substance used to fumigate grain, which can build up to toxic levels in the human body

bromopnea noun same as halitosis

broth noun a light soup

brown adjective 1. with a colour like earth or wood 2. unprocessed

brown adipose tissue noun fat stored in the body that is metabolically active and burned if needed. Compare white adipose tissue
buffet noun a meal in which the food is laid out in dishes on a table and each person helps himself or herself

brown braising noun the practice of sealing meat in oil by browning it on all sides prior to braising on a bed of chopped root vegetables

brown bread noun bread made from brown flour

brown fat noun same as brown adipose tissue

brown FK noun E154

brown flour noun wheat flour containing between 80% and 90% of the dehusked grain and all of the wheat germ. Also called wheatmeal flour

brown HT noun E133

brownie noun a small chocolate cake

browning reaction noun a chemical reaction in food that causes it to turn brown. ⇢ Maitland reaction

brown rice noun rice that still has its outer covering

brown roux noun a roux consisting of four parts of fat with five parts of soft plain flour cooked until the flour is light brown in colour, used for thickening soups

brown stock noun stock made with bones and vegetables that have been browned in the oven

brown sugar noun an unrefined or partly refined sugar in the form of large brown crystals. ⇢ demerara sugar

brucellosis noun a disease that can be caught from cattle or goats or from drinking infected milk, spread by a species of the bacterium Brucella

bruise verb to crush food slightly to extract juice from it or bring out its flavour

brunch noun a meal that is a combination of breakfast and lunch, served at some point between mid morning and early afternoon

bruschetta noun Italian bread toasted and drizzled with olive oil, usually served with added garlic and chopped tomatoes

brush verb to coat foods before, during or after cooking with a substance such as milk, fat, oil or beaten egg using a small brush

Brussels sprout noun a small round green edible shoot from a type of cabbage

BS 5750 noun the British Standard of excellence in quality management

BSDA abbreviation British Soft Drinks Association

BSE noun a disease that affects the nervous system of cattle, believed to be caused by a transmissible protein particle and related to Creutzfeldt-Jakob disease in humans. Full form bovine spongiform encephalopathy

BST abbreviation bovine somatotropin

buckwheat noun a grain crop that is ground into flour, used for making pancakes and, in Japan, noodles

buffalo mozzarella noun a fresh mozzarella cheese made from a combination of water buffalo milk and cow’s milk

buffalo wings plural noun fried chicken wings, usually served in barbecue sauce

buffer noun 1. a substance that keeps a constant balance between acid and alkali 2. a solution in which the pH is not changed by adding acid or alkali ⇢ verb to prevent a solution from becoming acid

buffet noun a meal in which the food is laid out in dishes on a table and each person helps himself or herself
bulgur

bulgur, bulgur wheat noun wheat that has been parboiled, dried and cracked into small pieces, a common ingredient in southwestern Asian and vegetarian cooking

bulimia, bulimia nervosa noun a psychological condition in which a person overeats uncontrollably and follows this with behaviour designed to prevent weight gain, e.g. vomiting, use of laxatives or excessive exercise

bulk-forming laxative noun a laxative substance such as bran that works by swelling and moistening the contents of the bowel

bulk forming agent noun an additive that causes a substance to stick together as a mass

bulk sweetener noun a sweetening agent used in the food manufacturing industry

bun tray noun an oven baking tray with small reservoirs for making individual buns

burdock noun a detoxifying supplement

burger noun a round, flat cake of minced beef, grilled or fried and usually served in a toasted bread roll. Also called beefburger, hamburger

burn verb 1. to cook something too much, so that it becomes brown or black • noun an injury to skin and tissue caused by light, heat, radiation, electricity or chemicals

burning foot syndrome noun neuralgic pain in the feet caused by severe deficiency of protein and B vitamins

burning mouth syndrome, burning tongue syndrome noun a burning pain in the mouth, lips and tongue, thought to be caused by nutritional deficiencies. Abbreviation BMS

burp noun a noise made through the mouth when air is suddenly forced up through the oesophagus from the stomach • verb 1. to make a noise through the mouth when air is suddenly forced up through the oesophagus from the stomach 2. to remove the excess oxygen in modified atmosphere packaging

burrito noun in Mexican cooking, a flour tortilla with a filling of meat, beans or cheese

butcher noun someone whose job is preparing and selling uncooked meat • verb to slaughter and prepare the meat of an animal for food

butcher’s knife noun a specialist chef’s knife suitable for cutting large pieces of meat

butchery noun the work of using knives or other tools to remove meat from an animal’s carcass

butter noun solid yellow fat made from cream

butter-basted poultry noun ready-basted poultry in which the injected basting mixture contains butterfat

butter bean noun a large flat cream-coloured bean, dried before cooking

butter cream noun a cake filling or coating made by whisking butter with an equal part of icing sugar or caster sugar (NOTE: It can be made less rich by replacing some of the butter with milk or coffee.)

butterfat noun the natural fats found in dairy products

butterfly verb to split a piece of food such as meat or fish along its length, separating it into halves that remain joined

butterfly chop noun a thick chop cut through until almost separated, opened out and flattened to look like a pair of butterfly wings prior to cooking

butterfly cut noun a preparation technique in which a piece of meat, fish or seafood is cut through until almost separated then flattened out to look like a butterfly

butter knife noun a small knife with a broad blunt blade, used for spreading butter

buttermilk noun thin milk left after butter has been churned
butternut squash noun a beige-coloured squash that is shaped like a club and has firm yellow-orange flesh
button mushroom noun a small white mushroom with a round cap
butylated hydroxyanisole noun an antioxidant and preservative in food, currently undergoing research to determine its carcinogenic properties. Abbreviation BHA
butylated hydroxytoluene noun a common additive used in processed foods containing fat to prevent the fat from oxidising. Abbreviation BHT
butyrate noun a salt or ester of butyric acid
butyric acid noun a fatty acid found in milk
buy one get one free noun a special offer in which two items may be purchased for the price of one. Abbreviation BOGOF
BV abbreviation biological value
B vitamin noun a water-soluble vitamin belonging to a group that is essential to the working of some enzymes (NOTE: The B vitamins are B1 thiamine, B2 riboflavin, B6 pyridoxine, B12 cobalamin, B5 pantothenic acid, folic acid and biotin.)
by-catch noun fish or sea mammals caught during fishing but not required and thrown back dead into the sea
by-product noun something additional produced during a process, often something useful or commercially valuable
cabbage noun a green leafy vegetable with a round heart or head

cachexia noun severe wasting caused by serious illness

cacogastric adjective having poor digestion

cacogeusia noun an unpleasant taste in the mouth

cadmium noun a toxic compound which may contaminate soil and which leads to severe poisoning and organ failure

caecum noun a wide part of the intestine that leads to the colon

caesar salad noun a salad made with lettuce, croutons, Parmesan cheese and anchovies, with an egg-based dressing

caesium noun a highly-reactive element which can enter the food chain through radiation disasters such as Chernobyl, rendering the food unsafe for consumption

cafeteria noun a self-service restaurant, especially used by the staff in an office building or factory

cafeteria service noun a way of serving food in which the customer takes a tray and helps himself or herself to hot or cold food from a buffet and pays for it at a till on leaving the buffet

cafetiere noun a coffee pot in which you push down a filter once the coffee has brewed

caffeine noun a stimulant found in coffee, tea and cola nuts

Cajun adjective cooked in a style that was developed by the French Canadians who settled during the 18th century in Southern USA and is based on rice, okra and crayfish

cake noun a sweet food made from flour, sugar, eggs, milk and other ingredients, baked in an oven • verb to form into a solid mass

cake stand noun 1. a round rotating platform on which a cake is placed for decoration 2. a round platform on a pedestal for displaying a cake

cake tin noun a tin for baking or keeping cakes in

cal abbreviation calorie

calabrese noun a variety of broccoli with a large central head

calamari plural noun squid served as food, especially in Mediterranean cookery

calcinosis noun deposits of calcium in body tissues

calciol noun naturally occurring vitamin D
calcium noun a metallic chemical element that is a major component of bones and teeth and is essential for various bodily processes, e.g. as blood clotting (NOTE: The chemical symbol is Ca.)
calcium acetate noun • E263
calcium alginate noun • E404
calcium benzoate noun • E213
calcium-binding protein noun a protein which is activated by calcium ions and interacts with other proteins controlling neuronal function
calcium bisulphite noun a chemical preservative used diluted with water
calcium carbonate noun a white insoluble solid formed from animal organisms that is naturally abundant and is found in chalk, limestone and marble, used in the production of antacids and toothpaste
calcium chloride noun • E509
calcium citrate noun • E333
calcium disodium EDTA noun • E385
calcium formate noun • E238
calcium gluconate noun • E578
calcium hydrogen malate noun • E352
calcium hydrogen orthophosphate noun a food additive used as an acidity regulator
calcium hydrogen sulphite noun • E227
calcium hydroxide noun a white alkaline powder used in acid soil treatment and in glass manufacture. Also called slaked lime
calcium lactate noun • E327
calcium L-ascorbate noun • E302
calcium magnesium carbonate noun a stone sometimes sold ground as a calcium supplement
calcium malate noun • E352
calcium oxide noun a chemical used in many industrial processes and also spread on soil to reduce acidity. Also called quicklime
calcium polyphosphate noun • E544
calcium salt noun a crystalline compound formed from the neutralisation of an acid solution containing calcium
calcium silicate noun • E552
calcium sorbate noun • E203
calcium stearoyl-2-lactylate noun • E482
calcium sulphate noun • E516
calcium sulphite noun • E226
calcium tetrahydrogen diorthophosphate noun a type of calcium phosphate
calculus noun a hard stone formed in the kidneys, gallbladder or ureters
calf noun a young cow or bull of a domestic breed of cattle. • veal (NOTE: The plural is calves.)
calmodulin
noun a calcium-binding protein found in the cells of most living organisms that controls many enzyme processes

calorie
noun a unit of measurement of energy in food. Abbreviation cal

calorie-controlled
adjective used for describing a diet that is low in calories for the purposes of losing weight

calorie-dense
adjective used for describing food and drink that is high in calories with comparatively few essential nutrients

Calorie Restriction for Longevity
noun a dietary plan that is rich in nutrients but low in calories, on the premise that this can extend a person’s life expectancy. Abbreviation CRL

calorific
adjective used for describing food and drink that contains many calories and is therefore likely to be fattening

calorific value
noun the number of calories that a particular amount of a food or drink contains

Cambridge diet
noun a dietary plan that is very low in calories while providing enough of each nutrient to prevent tissue damage

camomile tea
noun a tea made from camomile flowers, used as an antioxidant, anti-inflammatory and mild sedative

cAMP
noun a derivative of adenosine triphosphate that plays an important role in glycogenolysis and lipolysis. Full form cyclic adenosine monophosphate

campylobacter
noun a bacterium that is a common cause of food poisoning in humans

campylobacter enteritis
noun an intestinal infection by the organism Campylobacter jejuni, usually acquired from contaminated water, milk or poultry

can
noun a metal container for food or drink ■ verb to preserve food or drink by sealing it in special metal containers

canapé
noun a small piece of bread or savoury biscuit with a topping, served as a snack, especially with drinks

cancer
noun a malignant growth or tumour that develops in tissue and destroys it, can spread by metastasis to other parts of the body and cannot be controlled by the body itself

cancer cell
noun a mutated cell in the body that quickly multiplies, forming a tumour that may spread into surrounding tissue

can defect
noun a fault in a can such as a split seam that may lead to contamination of the contents

candied
adjective cooked in sugar until crystallised as a method of preservation

candied fruit
noun decorative pieces of fruit covered with crystalline sugar, achieved by soaking them in a heavy sugar syrup until all the water is replaced with the syrup, then drying them. Also called crystallised fruit, preserved fruit

candling
noun a checking process in which eggs are passed over a source of light that detects blood spots in the egg or cracks in the shell

candy
noun 1. a sweet food, made with sugar 2. a piece of this food

cane sugar
noun sucrose obtained from sugar cane or sugar beet

cannellini bean
noun a large variety of haricot bean that is widely used in Italy (NOTE: Its botanical name is Phaseolus vulgaris.)

cannelloni
noun a type of wide tube-shaped pasta, stuffed with a meat, cheese or spinach filling

canner’s sugar
noun sugar that is subject to higher microbiological controls than other types of sugar so that it does not spoiled canned food
cannery noun a factory where food is packaged into tins
canning noun a way of preserving food by sealing it in sterile metal containers
can opener noun a tool for opening cans. Also called tin opener
cantaloupe noun a small round melon with a ridged scaly rind and aromatic orange flesh (NOTE: The plant’s botanical name is *Cucumis melo cantalupensis*.)
canthaxanthin noun a reddish pigment in water insects that colours the yolks of duck eggs
CAP abbreviation Common Agricultural Policy
caper noun the flowerbud of a Mediterranean bush, pickled and used in sauces or as a garnish for fish and meat
capillary noun an extremely narrow thin-walled blood vessel that connects small arteries (arterioles) with small veins (veins) to form a network throughout the body
capon noun an edible cockerel that grows and increases in weight more rapidly than other birds because it has been castrated
cappuccino noun frothy Italian coffee, with whipped milk and a sprinkling of powdered chocolate
capric acid noun a type of fatty acid
caproic acid noun a type of fatty acid
caprylic acid noun a type of fatty acid
capsaicin noun the primary and hottest type of capsainoid
capsaicinoid noun a chemical compound that produces a burning sensation, responsible for the heat in chilli peppers
capsanthin noun a pungent flavouring and pink food colouring obtained from paprika. Also called capsorubin
capsicum noun strictly, any of various pod-like vegetables but, commonly, a red, yellow or green pepper
carafe noun a narrow-necked glass jar used for serving wine or water
caramel noun 1. a sweet made with sugar and butter 2. burnt sugar
caramelize verb 1. to heat sugar until it becomes brown 2. to cook food such as onions slowly until they become brown
caraway noun a plant with seeds that are used as a flavouring in bread and cakes
caraway seed noun a spice that is the dried seed of the caraway plant
carb noun a carbohydrate, or a high-carbohydrate food (informal)
carb blocker noun a sports supplement that helps weight loss by blocking the breakdown of carbohydrates
carbohydrase noun an enzyme that aids the breakdown of a carbohydrate
carbohydrate noun an organic compound derived from sugar, the main ingredient of many types of food
carbohydrate loading noun a controversial practice of first starving the body of carbohydrates, then following a high-carbohydrate diet just before an athletic event in an attempt to increase performance
carbon noun one of the common non-metallic elements, an essential component of living matter and organic chemical compounds (NOTE: The chemical symbol is C.)
carbonade noun a stew made with beef and onions cooked in beer
carbon adsorption
noun the process of removing impurities from water using finely powdered carbon

carbonated
adjective used for describing a liquid that has had carbon dioxide put into it to make it fizzy

carbon black
noun a fine carbon powder derived from petroleum or natural gas and used as a pigment and in making rubber

carbon dioxide
noun a colourless gas produced when carbon is burnt with oxygen (NOTE: Its chemical symbol is CO₂)

carborundum stone
noun a hard stone used for sharpening knives, made from finely powdered silicon carbide fused together (NOTE: It is often shaped like a steel and is used in the same way, but it causes more wear than a conventional steel.)

carboxylglutamate
noun a derivative of glutamate

carboxypeptidase
noun a protein-digesting enzyme secreted from the pancreas

carcass
noun the dead body of an animal, especially one slaughtered and prepared for use as meat

carcinogen
noun a substance that causes cancer

carcinogenic
adjective causing cancer

cardamom
noun the aromatic pods and seeds of a tropical plant, used whole or crushed as a spice or flavouring

cardiac
adjective of the heart, or relating to the heart

cardiac sphincter
noun same as lower oesophageal sphincter

cardiomyopathy
noun a disorder of the heart muscle

cardioprotective
adjective used for describing food that is healthy for the heart

cardiospasms
noun same as achalasia

cardiovascular
adjective relating to the heart and the blood circulation system

cardiovascular disease
noun reduced function of the heart and arteries caused by excessive intake of saturated fats. Abbreviation CVD

caries
noun dental decay

cariogenic
adjective used for describing a substance that causes caries

carmimative
noun a drug that relieves excess wind in the digestive tract

carnosine
noun E122

carnauba wax
noun wax obtained from the young leaves of a Brazilian palm tree, used as a glazing agent. Also called E903

carnitine
noun a derivative of lysine

carnivore
noun an animal that eats meat,_tt_ herbivore, omnivore

carnivorous
adjective 1. used for describing animals that eat meat 2. used for describing plants that trap and digest insects

carnosine
noun a sports supplement

carob
noun an edible powder with a taste similar to that of chocolate, made from the seeds and pods of an evergreen tree

Caroline Walker Trust
noun an organisation offering nutrition education for vulnerable groups, e.g. children and elderly people. Abbreviation CWT

carotene
noun an orange or red pigment in carrots, egg yolk and some oils, converted by the liver into vitamin A
carotenoid noun an orange or red plant pigment belonging to a group that includes carotenes

carp noun a large fish with a single fin on its back, found worldwide in lakes and slow-moving rivers and widely bred for food (NOTE: Its scientific name is Cyprinus carpio.)

carpaccio noun a dish of raw beef sliced thinly, moistened with olive oil and lemon juice and seasoned

carrageenan noun a complex carbohydrate obtained from edible red seaweeds, especially the seaweed Irish moss, used in the commercial preparation of food and drink

carrot noun a bright orange root vegetable eaten boiled, steamed or braised, and also shredded cold for use in salads

carte du jour noun 'menu of the day', a list of special dishes prepared for the day and not listed in the printed menu

cartilage noun the tough elastic tissue that is found in the nose, throat, and ear and in other parts of the body

cartouche noun a round or oval piece of paper that is placed on top of food while it is being cooked in liquid, to keep the solid ingredients submerged

carve verb to cut up meat and poultry

carvery noun a restaurant or section of a restaurant where roast or baked joints of meat or poultry are sliced to order and served

carving fork noun a large fork used for holding meat still when carving

carving knife noun a large sharp knife used for carving

CAS abbreviation controlled atmosphere storage

casease noun a bacterial enzyme that aids the breakdown of casein

case-control study noun an epidemiological research method in which people who have developed a disease such as cancer are studied alongside people who have not, and the differences and possible causes analysed

casein noun a protein found in milk

casein mark noun a mark on the rind of a cheese that gives the date and place of manufacture and any quality designations

caseose noun a chemical produced in the digestion of cheese

CASH abbreviation Consensus Action on Salt and Health

cash crop noun a crop which is grown to be sold for money, rather than to provide food for the farmer

cashew noun a kidney-shaped nut that is edible when roasted

casing noun the tube that encloses the meat mixture of a sausage or similar product, nowadays often plastic but traditionally a part of an animal’s alimentary canal from the gullet to the rectum

cassava noun a large thick-skinned tuber that is poisonous when raw and untreated but like the potato when boiled, used as a vegetable in many tropical countries, and as a source of tapioca. Also called manioc

casserole noun 1. an ovenproof covered dish 2. food cooked in a covered dish in the oven • verb to cook something in a casserole

cassoulet noun a French stew of haricot beans cooked in a casserole with meat

caster sugar noun finely ground white sugar, often used in baking

castor oil noun an oil derived from the seeds of the castor oil plant, used as a common purgative (NOTE: The plant's botanical name is Ricinus communis.)
catabolism noun the part of metabolism that releases energy from food

catalase noun an enzyme that splits hydrogen peroxide

catalyse verb to act as a catalyst in helping to make a chemical process take place

catalyst noun a substance that produces or helps a chemical reaction without itself changing

catecholamine noun a compound belonging to a class that act as neurotransmitters or hormones

caterer noun a person or company supplying food and drink, especially for parties or similar events

catering noun the business of supplying food and drink for parties or similar events

catering urn noun a large container for holding or boiling water

cater to verb to provide and serve prepared food for a group of people as part of an event, e.g. a private party or a business

catfish noun a scaleless, usually freshwater fish with long whiskers around its mouth

cathepsin noun an enzyme that hydrolyses proteins

cauldron noun a large deep pan for cooking

cauliflower noun a cabbage-like vegetable with an edible large white flower head

ciaustic soda noun a compound of sodium and water used to make soap and to clear blocked drains. Also called sodium hydroxide

caviar noun 1, the salted roe of a large fish, particularly the sturgeon, eaten as a delicacy 2, any prepared fish roe in which the eggs are separated so as to resemble sturgeon caviar, e.g. lumpfish roe

cavity noun a hole or space inside the body

cayenne pepper noun a very hot-tasting red spice made from the seeds and pods of the chilli, different from chilli powder in that the latter often also contains oregano and garlic

CCP abbreviation critical control point

CDC abbreviation Center for Disease Control and Prevention

CDP abbreviation chef de partie

CDRC abbreviation Coeliac Disease Resource Centre

celeriac noun a vegetable with a thick root tasting like celery, often eaten grated as a salad or used to make a purée

celery noun a white- or green-stemmed plant eaten cooked as a vegetable or, more frequently, raw in salads

celery seeds plural noun the small brown seeds of a wild celery plant native to southern Europe, used as a flavouring in pickles, tomato ketchup and tomato juice (NOTE: The plant’s botanical name is Apium graveolens.)

cell noun a tiny unit of matter which is the base of all plant and animal tissue

cell division noun the way in which a cell reproduces itself

cell membrane noun a membrane enclosing the cytoplasm of a cell

cellulase noun an enzyme that converts cellulose into sugars

cellulite noun fatty deposits beneath the skin that give a lumpy or grainy appearance to the skin surface, especially on the thighs or buttocks

cellulose noun a carbohydrate that makes up a large percentage of plant matter
cell wall noun the outermost layer of a cell in plants and some fungi, algae and bacteria, providing the cell with protection and support
Celsius scale noun a scale of temperature where the freezing point of water is 0° and the boiling point is 100°, a Fahrenheit scale
Center for Disease Control and Prevention noun part of the US Department of Health and Human Services, which conducts research into public health threats. Abbreviation CDC
Center for Food Safety and Applied Nutrition noun a centre forming part of the US Food and Drug Administration, with responsibility for the safety of foods, cosmetics and medicines. Abbreviation CFSAN
centigrade noun a Celsius scale
centilitre noun a unit of measure equal to 10 millilitres or one hundredth of a litre. Abbreviation cl
centralised service noun a way of serving food in which trays or plates of food are completely prepared and laid out in the main kitchen and dispatched from there
central obesity noun the condition of being ‘apple-shaped’, with subcutaneous fat being deposited mainly around the abdomen
centrifugation noun the separation of the components of a liquid in a centrifuge. Also called centrifuging
centrifuge noun a device that separates the components of a liquid by spinning it rapidly • verb to separate liquids by using centrifugal force
cep noun an edible woodland mushroom with a shiny brown cap and a creamy-coloured underside
cephalopod noun any of a class of marine invertebrate animals with a well-developed head and tentacles, e.g. an octopus, squid or cuttlefish
cereal noun a grain crop, e.g. wheat, barley or maize
cereal product noun any foodstuff made from cereals, e.g. flour, rice and couscous
cerelose noun a commercial preparation of glucose
ceviche noun a South American dish of raw fish or shrimp marinated in lemon or lime juice and served as a type of salad with chopped onions and tomatoes
CFA abbreviation Chilled Food Association
CFSAN abbreviation Center for Food Safety and Applied Nutrition
chafing dish noun a dish that keeps food hot at the table
chafing lamp noun a small alcohol-burning lamp lit under a chafing dish. Also called flambé lamp
chalasia noun relaxation of the lower oesophageal sphincter causing gastric reflux
chambré adjective served at room temperature
champ noun an Irish dish of mashed potatoes with milk and spring onions, eaten with melted butter
champignon noun a mushroom, especially one cultivated for eating
change of life noun same as menopause
Chantilly noun sweetened whipped cream that is often flavoured with vanilla
chapati noun a piece of flat unleavened Indian bread made from cereal flour and water
charbroil verb same as chargrill
charcuterie noun cold cooked, cured, or processed meat and meat products
chargrill verb to grill food over charcoal on a barbecue, or to roast it in a ridged pan that makes it look as if it has been barbecued
charlotte noun a dessert made with fruit or cream in a thin biscuit or pastry case
Chateaubriand noun a thick beefsteak cut from the widest middle part of the fillet
CHD abbreviation coronary heart disease
cheddar noun a hard pale yellow or orange-red cheese with a flavour that ranges from mild to very strong, depending on its maturity
cheddaring noun the process of allowing the curds to settle and become dense and rubbery in cheese-making
cheese noun a solid food made from cow’s milk curds, also made from goat’s milk and more rarely from ewe’s milk or buffalo milk
cheese analogue noun a cheese substitute made from other proteins
cheeseboard noun 1. a flat piece of wood on which cheese is served 2. a selection of cheeses served on a cheeseboard
cheesecake noun a dessert consisting of a layer of sweetened soft cheese mixed with cream and eggs on a biscuit or pastry base
cheese cutter noun a board to which a piece of wire is attached for cutting cheese
cheese grater noun, grater
cheese knife noun a knife with two points at the end of the blade, used for cutting and serving cheese
cheesemaking noun the process of making cheese from milk using rennet and a starter culture
chef noun 1. someone who prepares food in a restaurant 2. a name given to various special-ised waiters
chef de cuisine noun same as chef
chef de partie noun the chef in charge of a particular section of a kitchen. Abbreviation CDP
chef de rang noun same as station waiter
chef d’étage noun same as floor attendant
chef entremétier noun same as vegetable chef
chef garde-manger noun same as larder chef
chef pâtissier noun same as pastry chef
chef poissonnier noun same as fish chef
chef potager noun same as soup chef
chef restaurateur noun the chef in charge of the à la carte menu
chef rôtisseur noun same as roast chef
chef saucier noun same as sauce chef
chef’s hat noun a tall white hat traditionally worn by the main chef in a kitchen. Also called toque
chef’s salad noun a tossed green salad with added tomatoes, sliced hard-boiled eggs and thin strips of meat and cheese
chef’s special noun a special dish listed separately on a menu, sometimes a dish that the chef is famous for
chef tournant noun a chef who is available to work in any of the sections of a kitchen, helping out when other chefs are ill or on holiday

chef traiteur noun the chef in charge of outside functions that are prepared in the kitchen but served in a different venue

cheilosis noun cracking at the corners of the mouth caused by vitamin B2 deficiency

chelated mineral noun an essential mineral that has been treated to make it more absorbable by the body when used as a dietary supplement

chemical hazard noun a health risk posed by chemical traces in foods, e.g. pesticide residues

chemical ice noun ice containing preservatives

Chemical Score noun a measure of protein quality, expressed as its limiting amino acid content as compared to egg protein

chemical treatment noun the treatment of food with synthetic substances such as preservatives

chemzyme noun a substance that acts like an enzyme to increase the effectiveness of a drug

cherry noun a small summer fruit, usually dark red, but also light red or almost white, growing on a long stalk

cherry tomato noun a variety of very small tomato

chervil noun a herb of the parsley variety used for flavouring mild foods

chestnut noun a bright reddish-brown nut of various trees of the beech family

chestnut purée noun a purée made of cooked sweet chestnuts, usually with added sugar and vanilla

chest sweetbread noun the thymus gland of an animal, used as food

chewing and spitting noun an eating disorder in which the person will chew food and spit it out without swallowing to avoid taking in the calories

chicken noun a common farm bird that is eaten as food and produces the eggs that are most commonly used in cooking

chicken Kiev noun a boned piece of chicken, filled with garlic and butter, covered in breadcrumbs and deep-fried

chicken nugget noun a small piece of food consisting of chopped and shaped chicken coated with breadcrumbs, baked or fried

chickpea noun a pale yellow seed about the size of a large pea, cooked as a vegetable

chicory noun a vegetable with a conical white head of crisp leaves, eaten raw as a salad or cooked and served with a sauce.

chiffon adjective used for describing food with a light fluffy texture, usually created by adding whipped egg whites or gelatin

chiffonade noun vegetables that have been shredded or finely chopped, often used as a garnish for other foods

child poverty noun a lack of resources to provide children in a family or larger community with basic necessities such as clean food and water, leading to increased health risks

chill verb to cool food or drink in a refrigerator, or to be left to cool there

chilled adjective used for describing food or drinks made colder using ice or a refrigerator

chilled food noun cooked food kept at a temperature between 0°C and 5°C and reheated prior to serving
Chilled Food Association

Chilled Food Association noun an organisation that monitors hygiene standards in chilled food preparation. Abbreviation CFA

chilled storage noun a place where food can be stored at low temperatures

chiller noun a machine for chilling food. See blast chiller

chilli noun a very hot-tasting pod with seeds in it, available fresh as green or red chillies, dried or preserved in cans or bottles. Also called chilli pepper (NOTE: The US spelling is chili.)

chilli con carne noun a Mexican dish of beans, minced beef and chilli sauce

chilling noun the process of cooling something

chilli powder noun a spice consisting of dried ground chillies, often made milder by the addition of ground sweet red peppers, oregano and garlic

chilli sauce noun a tomato sauce flavoured with chilli

chillproofing noun the addition of tannins or enzymes to beer so that it does not become cloudy when chilled

chili storage noun a method of preserving foods by storing it at temperatures between –1°C and +4°C

chime beading noun same as beading

chine noun the spinal column in an animal carcass, or a cut of meat containing this verb to remove the spinal column from an animal carcass during the butchering process

chine bone noun a joint of meat consisting of the backbone of an animal with some of the surrounding muscle, usually stewed or braised

Chinese ginseng noun same as jiaogulan

Chinese gooseberry noun same as kiwi fruit

Chinese Restaurant Syndrome noun a collection of symptoms suffered by people consuming too much monosodium glutamate, an ingredient commonly used in Chinese food

chinoise, chinois noun a conical metal strainer with one handle, made either of perforated metal or fine wire mesh

chip noun 1. a small stick-shaped piece of potato, fried in oil or fat 2. a crisp 3. a small piece of something

chip basket noun a wire basket used for holding food such as chips when frying in deep fat. Also called frying basket

chipolata noun a small thin sausage, usually made of finely ground pork

chitin noun a tough waterproof substance that forms part of the outer skeleton of insects and the cell walls of fungi

chitosan noun a substance derived from the chitin of crab, lobster, and other crustaceans, used as dietary supplement

chitterlings plural noun the small intestines of pigs, used for food

chive noun an onion-like with thin leaves that are used as a garnish or in soups and salads

chloride noun a salt of hydrochloric acid

chlorination noun sterilisation that involves the use of chlorine

chlorine noun a powerful greenish gas, used for sterilising water

chlorine dioxide noun E926

chlorophyll noun a green pigment in plants and some algae

chlorpropamide noun an insulin-boosting drug used for treating diabetes
chocamine noun an anorectic supplement
chocolate noun 1. a popular sweet food made from the cocoa bean 2. a small sweet made from chocolate
choke noun the central inedible part of a globe artichoke ■ verb to stop breathing properly because something such as a piece of food is blocking the throat
cholecalciferol noun a form of vitamin D found naturally in fish-liver oils and egg yolks
cholecystectomy noun the surgical removal of the gallbladder
cholecystitis noun inflammation of the gallbladder and abdominal walls
cholecystoduodenostomy noun a surgical operation to join the gallbladder to the duodenum to allow bile to pass into the intestine when the main bile duct is blocked
cholecystokinin noun a hormone released by cells at the top of the small intestine, responsible for stimulating the gallbladder, making it contract and release bile
choledocholithiasis noun a condition in which a gallstone has passed into the bile duct
cholelithiasis noun a medical condition caused by stones in the gallbladder
cholera noun a serious bacterial disease spread through food or water that has been infected by Vibrio cholerae
cholestasis noun failure of bile to reach the stomach, owing to an obstruction
cholesterol noun a fatty substance found in fats and oils, also produced by the liver and forming an essential part of all cells
choline noun a compound involved in fat metabolism and the precursor for acetylcholine
cholinesterase noun an enzyme which breaks down a choline ester
chop noun a cut of meat, usually pork or lamb, that contains a rib. Also called rib ■ verb to cut something roughly into small pieces with a knife or other sharp tool
chopping block noun a heavy block of wood, sometimes mounted on legs, for chopping food on
chopping board noun a piece of thick wood, used in a kitchen to cut up food on. Also called cutting board
chopsticks noun a pair of long thin sticks used in Southeast Asia to eat food or to stir food when cooking
chorizo noun a very spicy Spanish or Mexican pork sausage
choux pastry noun a soft glossy egg-rich pastry that puffs up into a hollow case when baked
chowder noun any thick fish soup
chromium deficiency noun a rare condition resulting in poor metabolism of sugar
chromium picolinate noun a sports supplement that maintains insulin sensitivity
chronic adjective 1. used for describing a disease or condition that lasts for a long time. Compare acute 2. used for describing severe pain
chronic cholecystitis noun long-term inflammation of the gallbladder and abdominal walls
chronic disease noun a long-term, manageable health condition such as diabetes or asthma
chronic toxicity noun high exposure to harmful levels of a toxic substance over a period of time
chrysin noun an oestrogen inhibitor
chump noun a thick end of a piece of meat, particularly of a leg of lamb or mutton
churn verb to stir or beat milk or cream vigorously to make butter
chutney noun a sweet and spicy relish made from fruit, spices, sugar and vinegar
chyle noun a fluid in the lymph vessels in the intestine, containing fat
chylomicron noun a particle of chyle present in the blood
chyme noun a thick fluid containing partially digested food and gastric secretions that is passed from the stomach to the small intestine
chymification noun the conversion of food to chyme by enzymic action
chymopapain noun an enzyme found in papayas that helps digest proteins, used as a meat tenderiser
chymorrhoea noun the flow of chyme from the stomach to the duodenum
chymosin noun an enzyme in the stomachs of calves that clots milk
chymotrypsin noun a protein-digesting enzyme produced by the pancreas
chymotrypsinogen noun the inactive form of chymotrypsin that is converted into chymotrypsin by the enzyme trypsin
CIAA abbreviation Confédération des Industries Agro-Alimentaires
Ciabatta noun a flat white Italian bread made with olive oil
cibarious adjective edible (technical)
cibophobia noun a fear or dislike of food
cider noun an alcoholic drink made from apple juice
cider vinegar noun a light vinegar made from apple juice
cilantro noun 1. same as coriander 2. a herb from Costa Rica, Dominica and Mexico with a similar flavour to coriander, very common in Trinidad (NOTE: Its botanical name is Eryngium foetidum.)
cinnamon noun a spice made from the bark of a tropical tree
circulation noun the flow of blood around the body
cirrhosis noun a chronic progressive disease of the liver in which healthy cells are replaced by scar tissue, typically caused by alcohol abuse, poor diet or chronic infection
cis isomer noun an isomer in which the atom groups are on the same side of the central bond
cissa noun same as allotriophagy
citric acid noun an acid found in citrus fruit such as oranges, lemons and grapefruit
citric acid cycle noun same as Krebs cycle
citronella noun a tropical grass that has bluish-green lemon-scented leaves and contains oil, native to Asia
citullinaemia noun a genetic illness that affects the conversion of protein to urea
citrus fruit noun the edible fruits of evergreen citrus trees, of which the most important are oranges, lemons, grapefruit and limes (NOTE: Citrus fruit have thick skins, are very acidic and are an important source of Vitamin C.)
CJD abbreviation Creutzfeldt-Jakob disease
CLA abbreviation conjugated linoleic acid
clam noun any of various invertebrate animals with a shell in two parts and a muscular foot used for burrowing into sand, some of which are edible
clarification noun the process of removing suspended particles from a liquid
clarified butter noun pure butter fat that contains no other solids, liquid or foam and is transparent when molten
clarify verb to make a liquid clear and pure, usually by filtering it
clarifying agent noun a substance that removes impurities in liquids (NOTE: Egg white is the most common clarifying agent used in food preparation.)
cleaning and separation noun the process of removing any foreign bodies, e.g. earth and stones, from harvested crops
clean-label adjective used for describing packaged or processed foods that deliberately do not contain any undesirable additives, allergenic agents or other ingredients that might put consumers off
clean meats plural noun meats that are acceptable to eat according to religious dietary laws
cleaver noun a heavy knife with a broad blade, used by butchers
clementine noun an orange-coloured citrus fruit that is a cross between a tangerine and a Seville orange
climacteric adjective continuing to ripen after harvesting
climate change noun a long-term alteration in global weather patterns, occurring naturally, as in a glacial or post-glacial period, or as a result of atmospheric pollution (NOTE: Sometimes climate change is used interchangeably with ‘global warming’, but scientists tend to use the term in the wider sense to include natural changes in the climate.)
cling film noun a clear plastic film that sticks to itself and to other surfaces, used for wrapping food
clinical nutrition noun the use of nutrition as a means of treating illnesses
clinical trial noun a trial carried out in a medical laboratory on a person or on tissue from a person
clonorchiasis noun a severe infection of the biliary tract caused by a fluke found in raw fish
Clostridium botulinum noun the bacterium that causes botulism
Clostridium perfringens noun a food-poisoning bacterium found in cooked and reheated meats and meat products
clot verb 1. to change from a liquid to a semi-solid state, or to cause a liquid to do this. ■ noun a soft mass of coagulated blood in a vein or an artery
clotted cream noun thick solid cream made from milk that has been heated to boiling point, produced especially in the south-west of England
cloves plural noun the dried unopened flower buds of an evergreen tree, Eugenia caryophyllus, used whole or ground in desserts and savoury dishes for their strong, sweet, aromatic smell and flavour
club sandwich noun a sandwich made of three slices of bread with fillings between them. Also called doubledecker
club soda noun same as soda water
coacervation noun the building up of amylopectin in bread, causing it to become stale
coagulase noun an enzyme that makes blood plasma clot
coagulate verb 1. to change from liquid to semi-solid, or cause a liquid to do this. 2. to group together as a mass, as egg white does when heated
coagulation noun the action of clotting
coat verb to cover food with a layer of other food
coating batter noun a viscous mixture of flour, water or milk, sometimes with egg, cream or sugar added, used for coating food before frying, deep-frying or baking
coating consistency noun the body and viscosity of a liquid such that when it coats a solid it will not drain off (NOTE: It is tested by inverting a spoonful of the mixture. If the body and viscosity are correct, the mixture should not leave the spoon.)
cobalt noun an element which is found in vitamin B12 and which is also used in some methods of food sterilisation
cobbler noun a baked fruit dessert with a soft thick crust
cocarcinagen noun a substance that is not carcinogenic but enhances the effect of a carcinogen
coccidiosis noun a parasitic disease of livestock and poultry that affects their intestines
cochineal noun a red colouring matter obtained from the dried body of the female concilla insect of Mexico, Central America and the West Indies
Cockayne syndrome noun a genetic disease that inhibits growth
cockle noun a small edible shellfish with a double shell
cocktail noun 1. a mixture of alcoholic drinks, containing at least one spirit, usually served before a meal 2. a mixture of food
cocktail shaker noun a metal container into which you put the various ingredients of a cocktail and shake them vigorously to mix them
cocktail stick noun a short thin sharp stick stuck into foods such as small sausages to make them easier to serve
cocoa noun 1. a powder made from chocolate beans 2. a drink made from this powder
cocoa bean noun the bean-shaped seed of the cacao tree, used for making cocoa powder and chocolate
cocoa butter noun a thick oily solid obtained from cocoa beans, used in making chocolate, cosmetics and suntan oils
cocoa cake noun a chocolate-flavoured cake made using cocoa powder
cocoa mass, cocoa liquor noun a paste produced by grinding roasted cocoa beans, used for making chocolate or separated into cocoa powder and cocoa butter
cocoa powder noun cocoa beans ground to a fine powder, used as a flavouring and to make drinks (NOTE: The beans are defatted, treated with an alkali and dried.)
coconut noun a large nut from a tropical palm tree containing a white edible pulp
coconut milk noun 1. a cloudy whitish liquid inside a coconut 2. a white creamy liquid made from coconut pulp, used in Malaysian and Thai cooking
cocotte noun a heat-proof dish in which food can be cooked and served in small portions
cod noun a large white sea fish (NOTE: Its scientific name is Gadus morhua.)
coddle verb to heat food in water that is just below boiling point
code marking noun embossed figures on a can end showing the use-by date or similar information
code of practice noun a set of rules according to which people in a particular profession are expected to behave
Codex Alimentarius, Codex noun a collection of standards and codes of practice relating to all aspects of food production, documented by the FAO and WHO
Colectomy noun surgical removal of the colon or part of the colon
coleslaw  a salad of shredded white cabbage mixed with mayonnaise, often also containing carrot and onion
coley  a type of sea fish similar to cod
colforsin  a vasodilatory sports supplement
colic  1. pain in any part of the intestinal tract. Also called enteralgia, termina 2. stomach pains in babies, causing crying and irritability
coliform bacteria  aerobic bacteria formed in faeces, some types of which are toxic
colistin  an antibiotic that is effective against a wide range of organisms and is used for treating gastrointestinal infections
colitis  inflammation of the colon, characterised by lower-bowel spasms and upper abdominal cramps
-collar  a cut of meat, especially bacon, taken from an animal’s neck.  verb to pickle meat by soaking it in salt or brine with seasonings and flavouring ingredients, then rolling, boiling and pressing it
-collar bacon  the top front section of a side of bacon cut into bacon joints or sliced into rather rectangular-shaped rashers
-colloidal system  a dispersion of particles in another medium, which can be solid, liquid or gas
-colon  the main part of the large intestine, running from the caecum at the end of the small intestine to the rectum
-colonic  relating to the colon
-colonic inertia  a total loss of muscle function in the bowel, causing chronic constipation requiring medical treatment
-colonic irrigation  the washing out of the contents of the large intestine using a tube inserted in the anus
-colonorrhoea  diarrhoea caused by a disease affecting the colon
-colonoscope  a surgical instrument for examining the interior of the colon
-colonoscopy  an examination of the inside of the colon, using a colonoscope passed through the rectum (NOTE: The plural is colonoscopies.)
-colorectal  relating to both the colon and rectum
-colorectal cancer  bowel cancer
-colostomy  a surgical operation to make an opening between the colon and the abdominal wall to allow faeces to be passed out without going through the rectum (NOTE: The plural is colostomies.)
-colostrum  a yellowish fluid that is rich in antibodies and minerals produced by a mother’s breasts after giving birth and prior to the production of true milk
-colouring  a substance that colours a processed food
-colporrhoea  a discharge of mucus from the colon
COMA  abbreviation Committee on Medical Aspects of Food and Nutrition
-combination  the act of bringing two or more substances together
-combination menu  a menu in which popular items are repeated each day and others changed on a regular or irregular basis
combination oven noun a standard fan-assisted electric oven combined with a microwave energy source to give very fast cooking together with the surface browning and hardening of a conventional oven

combine verb to mix ingredients together

comfrey noun a medicinal herb of the genus Boraginaceae that is also used in salads and for composting

commercial sterility noun a level of sterility in packaged foods where they are not completely sterile but where they do not contain microorganisms that could cause health problems

commis chef noun an assistant chef to a chef de partie

commis de salle noun an assistant to a chef de rang, helping him or her to organise a restaurant

commis saucier noun an assistant to the chef saucier, helping him or her prepare sauces

commis waiter noun an assistant to a station waiter

Committee on Medical Aspects of Food and Nutrition noun the former name for the Scientific Advisory Committee on Nutrition. Abbreviation COMA

commodity noun a substance sold in very large quantities, e.g. raw materials or foodstuffs such as corn, rice, butter

Common Agricultural Policy noun a set of regulations and mechanisms agreed between members of the European Union to control the supply, marketing and pricing of farm produce. Abbreviation CAP

community dietitian noun same as public health nutritionist

community medicine noun the study of medical practice which examines groups of people and the health of the community, including housing, pollution and other environmental factors

comparative product sampling noun food tasting that compares a product against other available products

complementary action of proteins noun the act of eating different types of protein in the same meal so as to raise their biological value, by supplementing each others’ limiting amino acid levels

complete protein noun a protein that contains all of the essential amino acids

complex carbohydrate noun any carbohydrate with large molecules containing many linked sugar units, broken down more slowly by the body

composition noun the make-up or structure of something

compote noun fruit cooked in sugar or syrup, served as a hot or cold dessert

compound noun a chemical substance made up of two or more components ■ adjective made up of two or more components ■ verb to make something by combining parts

compulsive overeating noun a condition in which a person routinely consumes too much food as a result of emotional disturbance

concernivorous adjective only eating food that contains meat

concentrate verb to remove water from a liquid or substance so that it becomes thicker and has a stronger flavour ■ noun a food substance or liquid that has been concentrated to make it thicker or stronger in flavour

concentrated milk noun milk that has been condensed and evaporated

conch verb to mechanically treat chocolate with heavy rollers to make it smooth
condensation noun 1. the action of making vapour into liquid 2. the water that forms when warm damp air meets a cold surface such as a wall or window
condense verb to make something, especially a food, denser by removing water
condensed milk noun milk that is thickened by evaporating most of the water content and then sweetened
condiment noun a seasoning used for giving taste to food and put directly onto food at the table by the eater, e.g. salt, pepper or mustard. Compare cruets
condiment set noun a decorative carrier holding two or more small pots or bottles for condiments such as salt and pepper or oil and vinegar
condition verb to improve the quality of meat, cheese or alcoholic drink by ageing it at a controlled temperature (NOTE: With meat this process occurs naturally after slaughter.)
conditioning noun the process of making meat more tender by keeping it for some time at a low temperature. Compare air-conditioning
condusion noun the process of passing heat, sound or nervous impulses from one part of the body to another
cone noun same as cornet
confectioners’ sugar noun same as icing sugar
confectionery noun 1. a shop selling sweets and chocolates 2. sweets and chocolates
Confédération des Industries Agro-Alimentaires noun same as Confederation of the Food and Drink Industries of the EU
Confederation of the Food and Drink Industries of the EU noun a professional body that represents the interests of food and drink industries both within the EU and at an international level
confit noun meat such as goose, duck or pork that has been cooked and preserved in its own fat
congeal verb to become thick and solid, or cause a liquid to thicken and solidify
congener noun a flavour substance in alcoholic spirits
congenital adjective existing at or before birth
congenital anomaly noun a medical condition arising during development of the fetus and present at birth
conjugated adjective containing at least two double or triple chemical bonds alternating with single bonds
conjugated linoleic acid noun a form of linoleic acid that is reputed to reduce lipid levels in the blood, leading to weight loss. Abbreviation CLA
connective tissue noun tissue that forms the main part of bones and cartilage, ligaments and tendons, in which a large proportion of fibrous material surrounds the tissue cells
connoisseur noun someone with a lot of knowledge of good foods and wines and an ability to tell good from bad or ordinary
Consensus Action on Salt and Health noun a body that lobbies for the reduction of salt levels in processed foods. Abbreviation CASH
conserve verb 1. to keep and not waste something 2. to look after and keep something in the same state 3. noun a food consisting of fruit in a thick sugar syrup, like jam but less firmly set and usually containing larger pieces of fruit
consistency noun the degree of thickness or smoothness of a mixture
consommé noun a clear soup made from meat, poultry, fish or vegetables
constipation noun difficulty in passing faeces
consultant dietitian noun same as freelance dietitian
consultation noun a meeting between a doctor and a patient, in which the doctor may examine the patient, discuss his or her condition and prescribe treatment
consume verb to eat a food or drink a drink
consumer noun a person or company that buys and uses goods and services
consumer testing noun sensory analysis of a food product by a panel of untrained consumers, giving "gut reactions"
consumption noun 1. the act of consuming something 2. the quantity something consumed
contaminant noun a substance that contaminates
Contaminants in Food (England) Regulations 3062/2004 noun an EU statute that makes provision for the setting of maximum levels for contaminants in foods
contamination noun 1. the act of making something impure by touching it or by adding something to it 2. a state of impurity caused by the presence of substances that are harmful to living organisms
continuous grill noun a grill, used e.g. in burger bars, in which food is loaded on a conveyor and cooks on both sides as it travels to the unloading position
controlled atmosphere storage noun the storage of fresh fruits and vegetables in an airtight room, which slows their ripening by reducing the amount of available oxygen. Abbreviation CAS
controlled gas storage noun the storing of meat, fruit and vegetables in a carbon-dioxide-rich controlled environment
controlled temperature storage noun the storage of food at temperatures between −1°C and +4°C
control point noun in food production, a point in the process at which control should be exercised to keep food safety and quality at optimum levels. Abbreviation CP
convection noun the process by which hot air rises and cool air descends
convection oven noun an oven with a fan that circulates heat throughout the oven, so that food on all levels cooks uniformly. Also called forced convection oven
convenience food noun food that is prepared and cooked before it is sold, so that it needs only heating to be made ready to eat
convenience store noun a small shop selling food and household goods that is open until late at night or even 24 hours a day
conventional farming noun farming that does not use specific organic practices
conveying noun the transporting of food substances using a moving belt or bed of air
cook noun someone whose job is to prepare food in a restaurant  ■ verb to heat food in order to prepare it for eating
cook-and-hold oven noun an oven that cooks food and then keeps it warm for a long period by reducing the temperature and often adjusting the humidity, often used in carvers
cook-chill noun a method of processing food by bulk cooking it, then chilling it for the purposes of packaging and storage, to be later reheated by the consumer
cooked-chilled adjective referring to food that is cooked, packaged and refrigerated, and then reheated before serving
cooker noun a device for cooking food, which runs on gas, electricity, charcoal, etc. Also called stove
cook-freeze noun a method of processing food by cooking it in bulk, then freezing it for the purposes of packaging and storage, to be later reheated by the consumer

cooking apple noun a sour apple used for cooking. Also called baking apple

cooking chocolate noun unsweetened chocolate available in block form or as chips (NOTE: Not to be confused with the cheap, brown chocolate-flavoured substance often sold under this name.)

cooking fat noun a hard, tasteless, normally white unsalted fat made by hydrogenating vegetable or fish oils

cook out verb to completely cook a food, e.g. a sauce, so that no suggestion of the uncooked ingredients remains

cook’s knife noun an all-purpose kitchen knife

cookware noun utensils used in cooking, e.g. pots, pans, and dishes

cool verb to reduce the temperature of food by any of a variety of means, e.g. by placing it in a refrigerator, plunging it in cold water or standing its container in cold water

cooler noun a device or machine that cools

copper noun a metallic trace element (NOTE: The chemical symbol is Cu.)
copper gluconate noun a metabolisable form of copper used as a supplement to treat deficiency

copra noun the dried pulp of a coconut, from which oil is extracted by pressing
coprolith noun a mass of hard matter in the intestine or rectum, caused by severe constipation

CoQ10 noun a protein compound that is required for the proper functioning of enzymes in the body, speeding up energy release

cog au vin noun a dish of chicken cooked in red wine with other ingredients

coral noun the unfertilised eggs of a lobster or crab that turn pinkish-orange when cooked

cordial noun a fruit drink, especially one that is sold in concentrated form and diluted with water

cordon bleu adjective 1. done or working to a very high standard 2. used for describing a way of preparing meat, especially veal, by rolling a thin slice around cheese and ham and then coating in breadcrumbs

core noun the central part of a fruit such as an apple or pear ■ verb to remove the core from something such as an apple or pear

Core noun the working name of the Digestive Disorders Foundation, a charitable research body

corepressor noun a metabolite that combines with and activates a genetic repressor apoprotein, inhibiting protein synthesis

coriander noun an aromatic plant whose seeds, green leaves and roots are used in cookery (NOTE: The US term is cilantro.)

Cori cycle noun the way in which excess lactic acid produced by muscles is converted back to glucose so that it can be reused for energy production

corked adjective 1. with a cork in it 2. used for describing wine that has an unpleasant sour taste because of a dirty or faulty cork

corkscrew noun a device for taking corks out of bottles

cork taint noun the taste of vinegar, must or mould in wine caused by a dirty or faulty cork

corn noun same as maize
corn cob *noun* a woody stem of maize, to which the seeds are attached

corned beef *noun* beef that has been salted and usually canned

corner gammon *noun* a triangular cut of gammon

corn-fed *adjective* fed or fattened on cereal grains

cornflakes *plural noun* a breakfast cereal made of flat crisp pieces of corn, eaten with milk and sugar

cornflour *noun* a very smooth type of flour made from maize, used in cooking to make sauces thicker

cornichon *noun* same as gherkin

Cornish pasty *noun* a pie of meat and potatoes wrapped in pastry, a common food in pubs

cornmeal *noun* white or yellow dried maize kernels ground to varying degrees of fineness

corn oil *noun* an edible oil made from corn

corn on the cob *noun* a piece of maize, with seeds on it, served hot, with butter and salt

corn syrup *noun* a sweet liquid made from corn

coronary arteries *plural noun* two arteries which supply blood to the heart muscles

coronary heart disease *noun* any disease affecting the coronary arteries, which can lead to strain on the heart or a heart attack. Abbreviation CHD

coronary thrombosis *noun* same as atherosclerosis

corporate social responsibility *noun* the extent to which an organisation behaves in a socially, environmentally and financially responsible way. Abbreviation CSR

corrosion *noun* a process in which the surface of a material, generally a metal, is changed by the action of moisture, air or a chemical

cortex *noun* the outer layer of an organ

corticosteroid *noun* 1. any steroid hormone produced by the cortex of the adrenal glands 2. a drug that reduces inflammation, used in treating asthma, gastrointestinal disease and in adrenocortical insufficiency

cos *noun* a type of lettuce with long stiff dark green leaves. Also called romaine

CoSIC *abbreviation* Coffee Science Information Centre

cottage cheese *noun* mild white cheese formed into soft grains, made from skimmed milk and therefore having a very low fat content

cottage pie *noun* a dish of minced beef with a layer of mashed potatoes on top. Compare shepherd’s pie

coulis *noun* a thin purée of fruit or vegetables used as a garnish

counter guard *noun* a transparent glass or plastic shield that protects unwrapped food on display from the coughs, sneezes and other contaminants emitted by customers. Also called sneeze guard

counter service *noun* a method of service in which customers sit at a counter from behind which food is served and sometimes cooked

courgette *noun* the fruit of the marrow at a very immature stage in its development, cut when green or yellow in colour and between 10 and 20 cm long

course *noun* 1. one part of a meal. 2. a series of lessons
court bouillon noun a liquid used for poaching fish, made with water flavoured with vegetables, herbs and wine or vinegar
couscous noun 1. very small grains of wheat cooked by steaming 2. a North African dish of meat and vegetables stewed in a spicy sauce, served with steamed couscous
cover noun a place for a customer at a restaurant table, with the cutlery and glasses already set out
cover charge noun an extra charge for service in a restaurant, added to the cost of food or drinks
cow beef noun beef from dairy cows no longer needed for milk production
cow’s milk noun milk from dairy cows
CP abbreviation control point
crab noun 1. an edible ten-footed crustacean with large pincers 2. same as crabmeat
crabmeat noun the flesh of a crab used as food
crab stick noun a stick-shaped piece of processed fish that has been flavoured and coloured to resemble crabmeat
cracked wheat noun coarsely crushed grains of wheat served hot as a breakfast cereal, served as an accompaniment to other dishes or sprinkled on rolls or bread prior to baking. Also called kibbled wheat
cracker noun a dry unsweetened biscuit
crackling noun the crisp skin of a roast joint of pork, bacon or ham, served as an accompaniment to the roast
craft bread noun bread baked using traditional bakery methods, rather than on an industrial production line
cramp noun a painful involuntary spasm in the muscles, in which the muscle may stay contracted for some time
cranberry noun a wild red berry, used for making a sharp sweet sauce and juiced for use as a drink
cranberry sauce noun a sharp sweet red sauce, eaten with meat, in particular turkey
crash diet noun a dietary plan that drastically reduces calorie intake for a short period, leading to rapid but unsustainable weight loss
craving noun a strong desire for a particular food or drink
crayfish noun a kind of freshwater crustacean like a small lobster (NOTE: The plural form is crawfish. The US English spelling is crayfish.)
cream noun the rich fat part of milk  a verb to mix ingredients together until they form a smooth mixture
cream cheese noun a soft smooth cheese that can be spread easily
cream cracker noun a crisp savoury biscuit usually eaten with cheese
creamed potatoes plural noun same as mashed potatoes
creamer noun 1. a dry white powder used as a substitute for cream or milk in coffee and tea, made from glucose and vegetable fats 2. a device that separates cream from milk
creamery noun a factory where butter and other products are made from milk
creaming noun the tendency of fat globules to rise to the top of a solution such as milk
creaming method of making cakes noun a method of making cakes that gives a soft, light, fluffy texture by vigorously beating together fat and sugar to incorporate air, incor-
Porating well-beaten eggs slowly with continuous beating (NOTE: The trapped air expands with steam during the baking and setting process.)

cream of tartar noun potassium tartrate or potassium bitartrate when used as a raising agent in cooking

cream of tartare noun potassium hydrogen tartrate, used as a stabilising and raising agent

creamy adjective 1. with a texture, colour, taste or consistency like that of cream 2. containing a large amount of cream

creatine noun a compound of nitrogen found in the muscles, produced by protein metabolism and excreted as creatinine

creatine kinase noun an enzyme that breaks down phosphocreatine into creatine and phosphoric acid, releasing energy

crème à l’anglaise, crème anglaise noun a type of custard made with milk, cream, eggs, sugar and cornflour

crème brûlée noun a dessert of egg custard with a topping of caramelised sugar

crème fraîche noun thick slightly sour cream used in cooking and as an accompaniment to desserts

crème pâtissière, crème pâtisserie noun a custard-like filling for cakes and tarts, made from egg yolks, caster sugar, milk and butter

crêpe noun » pancake

crêpe suzette noun a pancake prepared with orange sauce and flambéed with an orange-flavoured liqueur or brandy

cress noun a plant whose seedlings are used for salads, especially together with seedlings of mustard. » mustard and cress, watercress

cretinism noun impairment of mental faculties caused by long-term iodine deficiency, which affects the production of thyroid hormones causing hypothyroidism

Creutzfeldt-Jakob disease noun a disease of the nervous system caused by a slow-acting prion that eventually affects the brain, thought to be linked to BSE in cows. Abbreviation CJD

crimp verb to fold or press the ends or edges of something, e.g. pastry, together

crisp adjective used for describing food that is hard, is able to be broken into pieces and makes a noise when you bite it » noun a thin slice of potato, fried till crisp and eaten cold as a snack

crispy bacon noun thin slices of bacon, fried or grilled until they are hard and crisp

crista noun a ridge, e.g. the border of a bone

critical control point noun in food production, a point in the process at which control is essential to prevent a health risk or to reduce it to acceptable levels. Abbreviation CCP

critical moisture content noun the percentage of water in a food item or substance at which it becomes unsuitable for sale or use

CRL abbreviation Calorie Restriction for Longevity

crockery noun plates, cups, saucers, and other household items made of china or earthenware

Crohn’s disease noun an inflammatory disease of the bowel that inhibits the absorption of nutrients

croissant noun a crescent-shaped sweetish pastry often served as a breakfast food
crop noun 1. a plant grown for food 2. a yield of produce from plants 3. the bag-shaped part of a bird’s throat where food is stored before digestion ■ verb to produce fruit

crop residue noun minute traces of pesticide or fertiliser on crops that may find their way into the food chain

croquette noun a small ball or cake of mashed potato, minced meat, vegetables or fish, covered with breadcrumbs and fried

cross-contamination noun contamination from one type of food to another and back again

crouton noun a small piece of fried or toasted bread, served with soup or as part of a salad

crown roast noun a dish of lamb, formed of two pieces of best end of neck, tied together to form a shape like a crown

cruciferous adjective used for describing vegetables of the cabbage family, e.g. cabbage, kale and broccoli

crudité plural noun small pieces of raw vegetables, e.g. carrots and cucumber, eaten as an appetiser or snack, often with a dip

cruet noun a set of containers for salt, pepper and other condiments, put on the table or kept on a special stand. Compare condiment

crumble noun a dessert made of fruit covered with a cake mixture of flour, fat and sugar

crumpet noun a flat bun with small holes in its surface that is made from a batter risen with yeast and is eaten toasted with butter

crunchy adjective used for describing food that makes a noise when you eat it

crush noun a drink containing the juice from crushed fruit

crust noun 1. the hard outer part of a loaf of bread, of a roll or of a slice of bread 2. the pastry top of a pie

crustacean noun any animal with a hard shell, usually living in the sea, e.g. a lobster, crab or shrimp

cryogenic freezing noun the process of freezing something to very low temperatures

cryptosporidiosis noun a common disease with symptoms of diarrhoea, caused by microorganisms in drinking water

cryptosporidium noun a water-borne protozoan parasite that contaminates drinking water supplies, causing intestinal infections in human beings and domestic animals

cryptoxanthin noun E161(c)

crystalline adjective formed of crystals

crystallisation noun the formation of crystals

crystallise verb 1. to form crystals 2. to coat or impregnate something with crystals, especially sugar crystals

crystallised fruit noun same as candied fruit

crystallised ginger noun ginger that has been preserved by soaking in a strong sugar solution

CSR abbreviation corporate social responsibility

c-store abbreviation convenience store

CTC machine noun a machine with rotating rollers used for preparing tea leaves. Full form crush, tear, curl
cube sugar *noun* white or brown crystals of sugar compressed into small cubes. Also called sugar lump, loaf sugar

cucumber *noun* a long cylindrical green vegetable used in salads or, when small, for pickling

*Cucurbitaceae* *plural noun* the botanical name of family of vine plants with fruits that include cucumbers, melons, marrows, courgettes and pumpkins

cuisine *noun* a style of cooking

culinary *adjective* relating to cooking

culture *noun* the traditional customs and way of life of a people or group *verb* to grow microorganisms or tissues in a culture medium

culture medium *noun* a nutrient substance in which scientists grow microorganisms, fungi, cells or tissue in a laboratory

cumin *noun* the seeds of a plant of the carrot family used as a spice

cup *noun* a unit of measurement used in US recipes, equal to around 240 ml

curative *adjective* able to cure medical conditions

curcumin *noun* a natural yellow food colouring obtained from turmeric

curd *noun* the solid substance formed when milk coagulates, used for making cheese.

Compare whey

curd cheese *noun* same as cottage cheese

curdle *verb* to make food, especially milk products, go sour

curds *plural noun* same as curd

cure *verb* 1. to preserve fish or meat by salting or smoking it 2. to make someone healthy

■ *noun* a particular way of making someone well or of stopping an illness

curing salts *plural noun* nitrates used for curing meat

currant *noun* a small dried black grape.

■ blackcurrant, redcurrant

curry *noun* 1. a dish containing meat, fish or vegetables in a highly spiced sauce 2. a mixture of spices used to prepare curry. It may be a sauce, paste, powder or other form.

curry powder *noun* a mixture of finely ground spices, usually turmeric, cumin, coriander, chilli and ginger, used for making curry

cushion *noun* a cut of beef from near the udder

custard *noun* a sweet yellow sauce made with milk, cornflour and vanilla

cut *noun* a place where the skin has been penetrated by a sharp instrument ■ *verb* 1. to remove pieces from something, or divide it into pieces, with a knife 2. to damage the skin with something sharp

■ cut and fold *verb* to mix dry ingredients into a batter or foamed mixture by sprinkling them on and slowly turning over the mixture with a metal spoon, spatula or knife

cut fruit *noun* fruit that has been peeled or chopped and is subject to browning

cut in *verb* to mix fat into other ingredients by cutting it with a knife

cutlet *noun* a flat cake of minced meat or fish, covered with breadcrumbs and fried

cutlet bat *noun* a heavy kitchen tool with a flat face and a handle used for flattening a piece of meat or fish to allow it to cook faster. ■ bat out

■ cutlet frill *noun* a small piece of frilled white paper shaped like a chef’s hat, used for covering the end of the bare, scraped rib bone on a cutlet or roast joint after it has been cooked. Also called frill, paper frill
cutter noun a pig prepared for both the fresh meat and the processing markets
cutting board noun same as chopping board
CVD abbreviation cardiovascular disease
CWT abbreviation Caroline Walker Trust
cyanide noun a poison which kills very rapidly when drunk or inhaled
cyanocobalamin noun same as vitamin B12
cyanogenic glycoside noun a phytotoxin found in vegetables including cassava and sorghum
cyclamate noun a sweetening substance used instead of sugar, believed to be carcinogenic and banned in the USA, UK and elsewhere as a food additive
cyclamic acid noun a synthetic crystalline acid used as a food additive
cyclic adenosine monophosphate noun full form of cAMP
cyclopeptide noun a type of polypeptide that has antibiotic and antifungal properties
cyclospora noun a parasitic microbe that affects soft fruit and salad vegetables, causing infection in humans
cyclosporiasis noun gastrointestinal infection with cyclospora microbes, causing pain, diarrhoea and fatigue
cystathioninuria noun a genetic disease that makes the body unable to convert methionine to cysteine, and may cause mental disorders
cysteine noun a sulphur-containing amino acid that is converted to cystine during metabolism
cysteine hydrochloride noun E920
cystic duct noun a duct which takes bile from the gallbladder to the common bile duct
cysticercosis noun infestation by tapeworms at the larval stage
cystic fibrosis noun a genetic disease that thickens bodily mucus and impairs digestion
cystine noun an amino acid
cystinuria noun a genetic disease involving high levels of cysteine in the urine, causing kidney stones
cytochrome noun an iron-containing protein, several types of which are crucial to cell respiration
cytoplasm noun a substance inside the cell membrane that surrounds the nucleus of a cell
cytoplasmic streaming noun the movement of cytoplasm within living cells resulting in the transport of nutrients and enzymes
DADS *abbreviation* diallyl disulfide

daily value *noun* the American equivalent of recommended daily intake

dairy *noun* a room or building where butter and cheese are made, relating to or containing milk or milk products, relating to those foods, including milk products, eggs, fish and vegetables, that Jewish dietary law allows on occasions when milk is consumed

dairy drink *noun* a drink made from dairy products such as soya milk or lactose-free milk

dairy product *noun* a food prepared from milk, e.g. butter, cream, cheese or yoghurt

damiana *noun* a herbal supplement from Mexico used as a treatment for depression and erectile dysfunction

dandelion leaf tea *noun* an infusion of dandelion leaves used as a diuretic

danger zone *noun* the range of temperatures most suitable for bacterial growth, 7°C to 60°C or 45°F to 140°F, within which food should not be stored for any length of time

dariole *noun* a small pastry with custard cooked in a dariole mould

dariole mould *noun* a small cup-shaped mould in which individual portions of a dish can be cooked and then served

dark, firm, dry *noun*, DFD meat

dark adaptation *noun* a test for how long it takes the eye to adjust to the dark, a measure of vitamin A deficiency

dark chocolate *noun* chocolate that has no added milk and is darker and less sweet than milk chocolate

dark meat *noun* meat from the legs and thighs of poultry, darker colour than the meat of the breast

date *noun* the small sweet brown fruit of the date palm, a staple food of many people in the Middle East

date mark *noun* a date stamped on a packaged food item indicating either the use-by date, best-before date, best-before-end date or display-until date

date marking, date tagging *noun* the practice of printing the best-before and use-by dates of a food product, a required element in food labelling in the UK

daube *noun* in French cookery, a dish of braised meat or vegetables, especially a traditional French dish of beef braised in wine

dauphinois *adjective* used, in French cuisine, for describing potatoes that are thinly sliced and baked in milk or cream, sometimes with garlic or cheese
deactivate verb to turn off a system or a piece of equipment, stopping it from being ready to operate
dealcoholise verb to remove some or all of the alcohol from a drink
deaminase noun an enzyme that breaks down amino compounds such as amino acids
debone verb to take the bones out of meat or fish
decaf noun a decaffeinated drink, especially coffee (informal)
decaffeinated adjective from which the caffeine has been removed
decant verb 1. to pour wine from a bottle into another container, so as to remove the sediment, worth doing only with wine that is several years old 2. to put a food such as jam or pickle from large jars into small serving dishes for each table
decay noun 1. the process by which tissues become rotten, caused by the action of microorganisms and oxygen 2. damage caused to tissue or a tooth by the action of microorganisms, especially bacteria ■ verb to rot
decentralised service noun a method of serving food, used e.g. in hospitals, in which food is prepared in bulk and sent to serving points where it is placed onto dishes or trays for onward dispatch
decilitre noun a unit of measure equal to 100 millilitres or one tenth of a litre. Abbreviation dl
decimal reduction time noun ▼ D value
decoction noun 1. the extraction of an essence or active ingredient from a substance by boiling 2. a concentrated substance that results from decoction
decolourisation noun a method of filtering sugars and syrups by passing carbon through them to remove impurities
decompose verb to break down organic matter from a complex to a simpler form, mainly through the action of fungi and bacteria, or to be broken down in this way
decorate verb to put coloured icing on a cake
deep-fat fryer noun same as deep fryer
deep-freeze noun a powerful refrigerator for freezing food and keeping it frozen ■ verb to freeze food and keep it frozen
deep-fried adjective cooked in deep oil or fat
deep-fry verb to cook food in a deep pan of boiling oil or fat
deep fryer noun an electrical appliance for deep-frying food. Also called deep-fat fryer
deer noun any of various ruminant animals the males of which have distinctive antlers (NOTE: The meat of deer is venison.)
defat verb to remove the fat or fats from something
defecate verb 1. to expel faeces from the bowel through the rectum 2. to remove impurities from a solution, especially a solution that contains sugar
defect eliminator noun a device on a food production line that automatically scans for product defects
deficiency noun a lack of something necessary, especially a nutrient
deficiency disease noun a disease caused by lack of an essential element in the diet such as vitamins or essential amino and fatty acids
deficient adjective not meeting the required standard
Defra abbreviation Department of the Environment, Food and Rural Affairs
defreeze verb to thaw frozen food
defrost verb 1. to remove ice that has formed inside a refrigerator or freezer 2. to thaw frozen food

deglaze verb to dissolve fragments remaining in a frying or roasting pan by heating them and adding a liquid in order to make a sauce

deglutition noun the physical action or process of swallowing

dégorgé verb to salt and drain a vegetable such as aubergine to remove bitter juices

degrease verb to remove fat from the surface of a liquid, either by skimming, decanting or soaking it into paper

dehumidify verb to remove water vapour from air, either by passing the air over a chemical that absorbs water or over a cold surface that condenses it

dehusk verb to remove the husks from fruits, nuts, or grains

dehydrate verb 1. to remove water from something in order to preserve it 2. to lose water

dehydrated milk noun milk that has been dried and reduced to a powder. Also called dried milk

dehydration noun 1. the removal of water from something in order to preserve it 2. a dangerous lack of water in the body resulting from inadequate intake of fluids or excessive loss through sweating, vomiting or diarrhoea

dehydrator noun an electrical appliance for drying food, consisting of a stack of interlocking trays through which heated air is circulated

dehydrocanning noun the process of removing half the water content from food before canning

dehydropfreezing noun the process of removing half the water content from food before freezing

deonised water noun purified water that has been through a process that removes mineral salts. Also called demineralised water

Delaney Amendment noun a US law forbidding the use of carcinogenic additives in food

Delhi belly noun diarrhoea that affects people travelling in foreign countries, caused by consuming unwashed fruit or drinking water that has not been boiled (informal)

deli noun same as delicatessen

delicatessen noun a shop selling cold meats and imported or specialised food products, and usually also sandwiches and snacks

deli counter noun a counter in a supermarket or food shop that sells delicatessen products

delta-tocopherol noun E309

demerara sugar noun light brown sugar with coarse crystals, originally from Demerara in Guyana but now produced widely from raw cane sugar (NOTE: It is used for coffee and various desserts and is less moist than muscovado.)

demersal adjective used for describing fish that live on or near the seabed. Compare pelagic

demi chef noun a chef who specialises in a particular type of cooking as part of a kitchen’s staff

demi chef de rang noun the deputy to a chef de rang

demineralised water noun same as deionised water

demographic adjective relating to the details of a population
demographics plural noun the details of the population of a country, in particular its size, density, distribution, and the birth, death and marriage rates, all of which affect marketing
denaturation noun a loss of biological function in a protein after treatment with heat, acid or alkali
denature verb 1. to add a poisonous substance to alcohol to make it unsuitable for humans to drink 2. to change the natural structure of a protein or nucleic acid by high temperature, chemicals or extremes of pH 3. to convert a protein into an amino acid
denatured alcohol noun ethyl alcohol with an additive, usually methyl alcohol, that makes it unfit for people to drink
density noun mass or weight per unit of volume (NOTE: Water has a density of 1 kg per litre, saturated brine about 1.22 kg per litre and vegetable oil about 0.8 kg per litre.)
dental caries, dental decay noun the rotting of a tooth
dental erosion noun the loss of tooth enamel after attack by acids, sometimes caused by repeated vomiting related to an eating disorder
dental plaque noun a hard smooth bacterial deposit on teeth, the probable cause of caries
deoxyribonucleic acid noun full form of DNA
deoxyribose noun a simple sugar with five carbon atoms per molecule that is a structural component of DNA
Department for Education and Skills noun a UK government department responsible for education at all levels and ages, and training people for work. Abbreviation DfES
Department of Health noun a UK government department in charge of health services. Abbreviation DH
Department of the Environment, Food and Rural Affairs noun a UK government department responsible for farming, the environment, animal welfare and rural development in England and Wales. Abbreviation Defra
Department of Trade and Industry noun a UK government department that deals with areas such as commerce, international trade and the stock exchange. Abbreviation DTI
depectinisation noun the process of removing the cloudiness from fruit juice using enzymes
dependence noun the fact that a person is addicted to a substance
derivative noun a substance that is derived from another substance
dermatitis herpetiformis noun an itchy skin condition associated with coeliac disease, which responds to the withdrawal of gluten from the diet. Abbreviation DH
desalination noun the removal of salt from a substance such as sea water or soil
descale verb 1. to remove the lime scale that has accumulated in a household appliance such as a kettle 2. same as scale
descriptive analysis noun technical sensory analysis of a food product by a panel of trained testers
descriptor noun a standard term used in sensory analysis of foods to describe what it reminds the tester of
desiccate verb 1. to preserve food by removing moisture from it 2. to dry out
desiccated coconut noun the white flesh of a coconut that has been dried
designer egg noun an egg with increased levels of vitamins and minerals, created by adding particular compounds to the chicken’s feed
desmutagen noun a compound that makes a mutagen less effective
diacetyl noun...
**diacetyl tartaric acid** noun a substance that is combined with monoglyceride to create an acid-resistant emulsifying ester

**diallyl disulfide** noun a compound found chiefly in plants of the allium family such as garlic. Abbreviation DADS

**dialyse** verb to treat someone using a kidney machine

**dialysis** noun a procedure in which a membrane is used as a filter to separate soluble waste substances from the blood

**diarrhoea** noun a condition in which someone frequently passes liquid faeces

**diarrhoeal disease** noun any disease caused by bacteria, viruses or parasites that has diarrhoea as the main symptom

**diastolic blood pressure** noun the pressure of blood in a person’s artery when the heart contracts, shown written over the systolic blood pressure reading. Compare **systolic blood pressure**

**dicalcium citrate** noun /L50145 E330

**dicalcium diphosphate** noun /L50145 E540

**dice** verb to cut food into small cubes

**dicer** noun a kitchen implement used for cutting vegetables into small cubes

**diet** noun 1. the amount and type of food eaten 2. the act of eating only particular types of food, in order to become thinner, to cure an illness or to improve a condition ■ **verb** to reduce the quantity of food you eat, or to change the type of food you eat, in order to become thinner or healthier ■ **adjective** used for describing a food or drink that is intended for people trying to lose weight, usually because it is low in calories or fat, or contains a sugar substitute

**dietary** adjective relating to food eaten

**dietary cholesterol** noun inessential cholesterol which is not synthesized by the liver, but passes into the bloodstream from the diet

**dietary fat** noun fat from food, which is an essential nutrient and also transports other nutrients such as fat-soluble vitamins

**dietary fibre** noun food materials that cannot be hydrolysed by digestive enzymes and are therefore important for digestive health, found in fruit and grains. Also called roughage, non-dietary polysaccharides

**dietary guidelines** plural noun public advice on healthy eating

**dietary intake** noun the amount of a nutrient that a person receives through their diet

**dietary laws** plural noun the rules governing which items of food members of a particular religion are permitted to eat

**dietary recall survey** noun a description of everything that a person has eaten over a specific period, given by the person themselves, for the purposes of evaluating their diet

**dietary reference value** noun the amount of a particular nutrient that is recommended per person per day by official bodies

**dietary supplement** noun • **supplement**

**dietary survey** noun a consumer profile charting diet against such factors as age, gender and income

**diet drink** noun a drink that is low in calories or is a reduced-calorie version of a popular drink

**dieter** noun someone who is on a diet, especially a weight-loss diet

**dietetic** adjective referring to diets
dietetic assistant noun an employee in a clinical setting who assists a Registered Nutritionist

dietetic food noun any food designed for people with specific nutritional requirements

dietetics noun the study of food and its nutritional value

diethylpropion noun an anorectic drug used for treating obesity

dietician noun another spelling of dietitian

diet-induced thermogenesis noun an increase in heat production in the body after eating. Abbreviation DIT

dietitian noun someone who specialises in the study of diet, especially someone in a hospital who supervises diets as part of the medical treatment of patients. S nutritionist

diet sheet noun a printed sheet of dietary advice distributed by healthcare professionals

digest verb to break down food in the stomach and intestine and convert it into elements that can be absorbed by the body

digestibility noun the percentage of a food that is digested and absorbed

digestible adjective possible to digest

digestif noun an alcoholic drink taken after a meal to help the digestion, e.g. brandy or a liqueur

digestion noun the act of breaking down food in the stomach and intestine and converting it into elements that can be absorbed by the body

digestive adjective helping you to digest something

Digestive Disorders Foundation noun Core

digestive enzyme noun an enzyme in the digestive system which aids the biochemical breakdown of food in the body

digestive juices plural noun bile, saliva, intestinal juice and gastric juice

digestive system noun the set of organs that comprises the stomach, liver and pancreas, responsible for the digestion of food. Also called alimentary system

diglyceride noun an ester of fatty acids with glycerol

Dijon mustard noun a pale, smooth French mustard that is the most common mustard used in cooking, made with brown mustard seed, salt, spices, water and white wine

dill noun a herb of the parsley family used as flavouring or a garnish

diluent noun a substance used for diluting a liquid, e.g. water

dilute verb to make something thinner or weaker by adding water or another liquid, or to become thinner or weaker in this way

dimethylpolysiloxane noun s E900

dim sum noun a light meal or appetiser of small dishes of southern Chinese style

dioxin noun an extremely poisonous gas that is a by-product of various industrial processes

dip noun a creamy mixture into which vegetables or pieces of bread can be dipped

dipeptidase noun an enzyme that breaks down dipeptides in the final stage of protein digestion

dipeptide noun a compound composed of two amino acids

diphenyl noun a white crystalline substance used as a fungicide. Also called biphenyl, phenylbenzene. S E230

dipotassium hydrogen orthophosphate noun a chemical used for purifying water for human consumption
dipper noun a cup or ladle for dipping into liquid

dipsesia noun an unusually great thirst, or a craving for unusual drinks

dipsetic adjective provoking thirst

-dipsia suffix relating to the sense of thirst

dipsogenic noun a craving for alcohol

disaccharide noun a sugar consisting of two linked monosaccharide units

disaccharide intolerance noun an inability to digest lactose, maltose or sucrose, which then ferment in the gut causing diarrhoea

disc mill noun a grinder with two rotating circular plates

discoeur verb to change the colour of something

discrimination test noun a product test designed to show how one product differs from another

disease of civilisation noun any condition caused by the poor diet and low exercise rate associated with developed countries, e.g. diabetes, heart disease and hypertension

dish noun 1. a large plate for serving food 2. a part of a meal, or a plate of prepared food

disinfect verb to make the surface of something or somewhere free from microorganisms

disinfectant noun a substance designed to kill germs

disjoint verb to cut meat, game or poultry into pieces by severing the joints between bones

disodium citrate noun \( E331 \)

disodium dihydrogen diphosphate noun \( E450(i) \)

disodium guanylate noun \( E627 \)

disodium hydrogen orthophosphate noun a chemical used for purifying water for human consumption

disodium inosinate noun a food additive used as a flavour enhancer, often in conjunction with monosodium glutamate

disodium tartrate noun an additive used as a binding agent and emulsifier

dispensable amino acids plural noun same as non-essential amino acids

display-until date noun a date mark used on packaged food for stock control purposes and not an indication of shelf life. & best-before date, use-by date

dissolve verb to absorb or disperse something in liquid

distension noun a condition in which something is swollen

distil verb to make strong alcohol by heating wine or other alcoholic liquid and condensing it

distillation noun the act of distilling water or alcohol

distillery noun a factory for distilling alcohol (NOTE: The plural form is distilleries.)

distribution channel noun 1. the route by which a product reaches a customer after it leaves the producer or supplier 2. an area where controlled amounts of feed are made available to livestock

DIT abbreviation diet-induced thermogenesis

diuresis noun an increase in the production of urine

diuretic noun a substance that increases the production of urine & adjective causing increased production of urine
diverticulitis, diverticulosis noun inflammation of protrusions called diverticula in the lining of the large intestine, causing severe abdominal pain, often with fever and constipation

DNA noun a chemical substance that is contained in the cells of all living things and carries their genetic information. Full form deoxyribonucleic acid

dock verb to make holes in rolled-out pastry to allow any air bubbles in the pastry to collapse and thus prevent irregularities when it is baked (NOTE: The holes are made either with a fork, a hand roller with many short spines or an industrial-scale machine.)
dockage noun waste material that is removed from grain as it is being processed before milling
docosahexanoic acid noun full form of DHA
dodecyl gallate noun E312
dog fish noun same as huss
doily noun a decorative lacy mat that is put on plates under cakes or party food to display the food attractively
dolomite noun same as calcium magnesium carbonate
doner kebab noun a Turkish meat dish consisting of slices of spit-roasted meat served with pitta bread and salad, usually as a takeaway
dose-related response noun a human response to a stimulant that varies according to the amount it is exposed to
dot verb to put small pieces of butter over the surface of food to be grilled
double noun a double measure of alcoholic spirits
double-acting baking powder noun a chemical raising agent that releases carbon dioxide firstly on being moistened and secondly on being heated. Compare single-acting baking powder
double-blind testing noun a form of blind testing in which the researchers are not aware which subjects are receiving the supplement and which are receiving a placebo until the results have been collected and analysed. Compare single-blind testing
double boiler noun a cooking utensil made up of two saucepans, one of which fits on top of the other, the lower pan containing hot water and the top pan containing the food to be cooked. Also called double saucepan
double cream noun thick cream with a high fat content
doubledecker noun same as club sandwich
double grid noun a wire-mesh frame with a handle in which food can be placed for barbecuing to allow it to be turned over easily and without damage
double loin noun a cut of meat incorporating the loin chops from both sides of the animal
double saucepan noun same as double boiler
dough noun an uncooked mixture of water and flour for making bread or pizza
dough hook noun a hook-shaped heavy metal arm used in mixing machines for mixing and kneading bread doughs
dough knife noun a kitchen utensil used for cutting and scraping dough when baking
doughnut noun a small round or ring-shaped cake cooked by frying in oil
Dover sole noun a seawater flatfish found in northwest Europe and the Mediterranean, highly prized for its lean white flesh. Also called sole (NOTE: Two species exist, Solea solea and Solea vulgaris, both having a mud-coloured upper surface and a whitish underside.)
drain verb to empty or dry something by allowing the water to flow out of or off it, or become empty or dry in this way

dram noun a small amount of an alcoholic drink, particularly whisky or brandy

draw verb to remove the innards from a carcass before cooking it

drawn butter noun melted butter that has had the solids removed, served as a sauce, sometimes with herbs and seasoning

dredge verb to sprinkle or cover food with a coating of icing sugar, flour or sugar

dredger noun a container with small holes in the top used for sprinkling icing sugar, flour or sugar onto food

dress verb to prepare something such as a chicken for cooking

dressed crab, dressed lobster noun cooked crab or lobster with the legs removed and the flesh broken up and put back into the shell

dressing noun a sauce for salad

dressing out noun the process of butchering a carcass into edible meat cuts

dressing percentage noun the proportion of a live animal’s weight that translates into edible meat cuts, after blood drainage, removal of hide, feet and other inedible parts, usually between 50% and 60%

dried fruit noun fruit that has been dehydrated to preserve it for later use

dried milk noun same as dehydrated milk

dried vine fruit plural noun dried fruits that come from grapes, e.g. raisins, sultanas and currants

drinkable adjective able to be drunk, or pleasant to drink

drinkableness noun the extent to which a liquid is safe to drink or of a good enough quality to drink

Drinkaware Trust noun a charitable organisation campaigning for education about alcohol consumption limits

drinking chocolate noun sweet chocolate powder, used for making a hot drink

drinking water noun water that is safe to drink, as opposed to water for washing

dripping noun the fat that melts off meat when it is being cooked and hardens when cold, used for frying, basting and making pastry

dropping consistency noun the consistency of a cake or pudding mixture such that a spoonful of the mixture held upside down should drop off the spoon in more than 1 and fewer than 5 seconds

drown verb to put far too much liquid onto food

drug-nutrient interaction noun the effect of a medication on the proper function, absorption or use of a nutrient

drupe noun a fruit with a single seed and a fleshy body, e.g. a peach, plum or olive

dry adjective 1, used for describing wine that is not sweet 2, used for describing a place in which the drinking of alcohol is forbidden ■ verb to remove water from something

dry-blanche-dry process noun a way of preserving fruit

dry brining noun the practice of covering vegetables in salt before pickling to remove water

dry-cure verb to preserve fish or meat in salt crystals as opposed to brine

dry fry verb to fry food using no oil in a non-stick silicone pan
dry goods plural noun any dry foods that can be stored for long periods without deterioration

drying noun a method of preserving food by removing moisture, either by leaving it in the sun, as for dried fruit, or by passing it through an industrial process

dry-roast verb to roast food, e.g. spices, coffee beans or nuts, with no oil or fat at all

dry-salt verb to use salt to dry and preserve food

Dublin Bay prawn noun a large prawn, often served as scampi

duchesse potatoes plural noun creamed potatoes with beaten egg added, piped into small mounds and baked in an oven

duck noun 1. any of various species of common water bird 2. the meat of this bird used as food

due diligence noun a requirement of the food safety legislation that food producers must take all reasonable care that the food they produce is safe, and is produced and packed in a way that prevents contamination

dumpling noun a small ball of paste, often with a filling, that is boiled or steamed

dunst noun fine semolina flour

duodenum noun the first part of the small intestine, going from the stomach to the jejunum

durability date noun best-before date, use-by date

duration-related response noun a human response to a stimulant that varies according to the time spent exposed to it

durum wheat noun a hard type of wheat grown in southern Europe and used for making pasta

dust verb to sprinkle a powdery substance over something, e.g. sugar over a cake

duxelles noun a paste made from mushrooms sautéed with shallots and herbs in butter and used with stuffings, sauces and soups, or as a garnish

D value noun a number that shows how long and at what temperature food should be heated to reduce the number of micro-organisms by 90%

dye noun a substance used for changing the colour of something

dysentery noun an infection and inflammation of the colon causing bleeding and diarrhoea

dysgeusia noun impairment of the sense of taste

dyslipidaemia noun an imbalance of lipids

dysmesesis noun difficulty in chewing food

dysorexia noun any eating disorder

dysoxia noun a condition in which bodily tissues cannot make use of available oxygen in the bloodstream

dyspepsia noun pain or discomfort in the stomach when eating

dyspeptic adjective relating to dyspepsia

dysphagia noun difficulty with swallowing

dystrophy noun the wasting of an organ, muscle or tissue due to lack of nutrients in that part of the body

dysuria noun pain while urinating
dysvitaminosis  noun a disease caused by either a deficiency or excess of a particular vitamin
E100 noun same as curcumin
E101 noun riboflavin and riboflavin-5’ phosphate, used as a food colouring. Also called vitamin B2
E102 noun same as tartrazine
E104 noun quinoline yellow, a synthetic food colouring
E110 noun sunset yellow FCF or orange yellow s, synthetic food colourings used in biscuits
E120 noun cochineal, the red food colouring extracted from an insect. Same as cochineal
E122 noun carmoisine or azorubine, synthetic red food colourings
E123 noun amaranth, a synthetic red food colouring banned in the USA, used in alcoholic drinks
E124 noun ponceau 4R, a synthetic red food colouring used in dessert mixes
E127 noun erythrosine BS, a synthetic red food colouring used in glacé cherries
E128 noun red 2G, a synthetic dye used for colouring sausages
E131 noun patent blue V, a synthetic food colouring
E132 noun indigo carmine or indigotine, a synthetic blue food colouring
E133 noun brilliant blue FCF, a synthetic food dye used in conjunction with yellows to colour tinned vegetables
E140 noun same as chlorophyll
E141 noun copper complexes of chlorophyll used as food colourings
E142 noun green S, acid brilliant green BS and lissamine green, synthetic green food colourings
E150 noun same as caramel
E151 noun black PN or brilliant black PN, synthetic black food colourings
E153 noun carbon black or vegetable carbon, used as a food colouring, e.g. in liquorice
E154 noun brown FK, a synthetic food dye used on kippers
E155 noun brown HT, a synthetic food dye used in chocolate cake
E160(a) noun any of various carotenes, orange food colourings obtained from plants
E160(b) noun annatto, bixin and norbixin, golden yellow food colourings used in crisps, obtained from the seeds of achiote
E160 noun capsanthin or capsorubin, pink peppery-flavoured food colouring obtained from paprika

E160(d) noun lycopene, a natural red food colour, one of the carotenoids extracted from ripe fruit especially tomatoes

E160(e) noun beta-apo-8’-carotenal, an orange carotene compound extracted from fruit and vegetables

E160(f) noun the ethyl ester of E160(e), an orange food colouring

E161(a) noun flavoxanthin, a natural carotenoid yellow food colouring

E161(b) noun lutein, a natural carotenoid yellow or red food colouring extracted from flower petals. Also called xanthophyll

E161(c) noun cryptoxanthin, a natural yellow carotenoid food colouring extracted from the petals and berries of the Physalis

E161(d) noun rubixanthin, a natural carotenoid yellow food colouring extracted from rose hips

E161(e) noun violaxanthin, a natural carotenoid yellowish brown food colouring

E161(f) noun rhodoxanthin, a natural carotenoid violet food colouring

E161(g) noun canthaxanthin, a natural orange food colouring extracted from shellfish, used in fish food to give colour to farmed salmon

E162 noun beetroot red or betanin, a red food colouring extracted from beetroot, used for ice cream and liquorice

E163 noun any of various anthocyanins, red, violet or blue vegetable food colourings extracted from grape skins, used in yoghurt

E170 noun calcium carbonate used as an acidity regulator, firming agent, release agent and diluent

E171 noun titanium dioxide, an inert white pigment used in sweets

E172 noun iron oxide and hydroxides, natural red, brown, yellow and black food colourings and pigments

E173 noun aluminium, a silvery metal sometimes used in very thin layers as a food decoration

E174 noun silver, sometimes used in very thin layers as a food decoration

E175 noun gold, sometimes used in very thin layers in the decoration of cakes

E180 noun pigment rubine or lithol rubine BK, synthetic red colours used for colouring the rind of hard cheeses

E200 noun sorbic acid, used as a preservative in baked and fruit products, soft drinks and processed cheese slices

E201 noun sodium sorbate, the sodium salt of sorbic acid used as a preservative in frozen pizzas and flour confectionery

E202 noun potassium sorbate, the potassium salt of sorbic acid, used as a preservative in frozen pizzas and flour confectionery

E203 noun calcium sorbate, the calcium salt of sorbic acid, used as a preservative in frozen pizzas and flour confectionery

E210 noun benzoic acid, a naturally occurring organic acid also made synthetically, used as a preservative in beer, jam, salad cream, soft drinks, fruit products and marinated fish

E211 noun sodium benzoate, the sodium salt of benzoic acid, used in the same way as E210

E212 noun potassium benzoate, the potassium salt of benzoic acid, used in the same way as E210
noun calcium benzoate, the calcium salt of benzoic acid, used in the same way as E210

noun ethyl 4-hydroxybenzoate, a synthetic derivative of benzoic acid used as a food preservative

noun sodium ethyl 4-hydroxybenzoate, the sodium salt of E214, used in the same way as E210

noun propyl 4-hydroxybenzoate, a synthetic derivative of benzoic acid, used in the same way as E210

noun sodium propyl 4-hydroxybenzoate, the sodium salt of E216, used in the same way as E210

noun methyl 4-hydroxybenzoate, a synthetic derivative of benzoic acid, used in the same way as E210

noun sodium methyl 4-hydroxybenzoate, the sodium salt of E218, used in the same way as E210

noun sulphur dioxide, a pungent and irritating gas that is one of the most common food preservatives, used in dried fruit, dehydrated vegetables, fruit products, juices and syrups, sausages, cider, beer and wine, to prevent the browning of peeled potatoes and to condition biscuit doughs

noun sodium sulphite, a compound formed from caustic soda and sulphur dioxide, used in the same way as E220

noun sodium metabisulphite, a compound that contains twice as much sulphur dioxide as E221

noun potassium metabisulphite, a similar compound to E223 but with a higher proportion of sulphur dioxide

noun sodium hydrogen sulphite, a similar food preservative to E221 with a higher proportion of sulphur dioxide

noun calcium sulphite, a food preservative similar to E221

noun calcium hydrogen sulphite, a food preservative similar to E222

noun potassium bisulphite, a food preservative used in wines

noun diphenyl, a fungicide that is often used on the wrappings of oranges and bananas or in their packing cases. Also called biphenyl, phenyl benzene

noun 2-hydroxy diphenol, a synthetic compound used in the same way as E230. Also called orthophenyl phenol

noun sodium diphenyl-2-yl oxide, a synthetic compound used in the same way as E230. Also called sodium orthophenylphenate

noun 2–(thiazol-4-yl) benzimidazole, a synthetic compound used in the same way as E230. Also called thiabendazole

noun 2-hydroxy diphenol, a synthetic compound used in the same way as E230. Also called orthophenyl phenol

noun sodium diphenyl-2-yl oxide, a synthetic compound used in the same way as E230. Also called sodium orthophenylphenate

noun 2–(thiazol-4-yl) benzimidazole, a synthetic compound used in the same way as E230. Also called thiabendazole

noun nisin, a food preservative used in cheese and clotted cream (NOTE: It is licensed for use in the UK but not generally in the EU.)

noun formic acid, a natural chemical found in some fruit but made synthetically for use as a flavour enhancer

noun sodium formate, the sodium salt of formic acid, used as a flavour enhancer

noun calcium formate, the calcium salt of formic acid, used as a flavour enhancer

noun hexamine, a synthetic chemical used as a preservative in preserved fish and Provolone cheese

noun potassium nitrite, the potassium salt of nitrous acid, used for maintaining the pink colour of cured meats and in some cheeses
sodium nitrite, the sodium salt of nitrous acid, used for maintaining the pink colour of cured meat by reacting with the haemoglobin in it

sodium nitrate, the sodium salt of nitric acid, used for curing and preserving meat

potassium nitrate, the potassium salt of nitric acid, used for curing and preserving meat. Also called saltpetre

acetic acid, the acid component of vinegar, used as an acidity regulator, as a flavouring and to prevent mould growth

potassium acetate, the potassium salt of acetic acid, used as a preservative and firming agent
sodium acetate used in the same way as potassium acetate, E261 (NOTE: It is licensed for use in the UK but not generally in the EU.)
calcium acetate, the calcium salt of acetic acid, used as a firming agent and as a calcium source in quick-setting jelly mixes

lactic acid, a substance produced by the anaerobic metabolism of some microorganisms and animal muscle, widely used as an acidifying agent, flavouring and as a protection against mould growth, e.g. in salad dressings and soft margarine

proprionic acid, a simple fatty acid that occurs naturally in dairy products but is also synthesised for use as a flour improver and preservative

sodium proprionate, the sodium salt of proprionic acid, used as a flour improver and preservative

calcium proprionate, the calcium salt of proprionic acid, used as a flour improver and preservative

potassium proprionate, the potassium salt of proprionic acid, used as a flour improver and preservative

carbon dioxide, the gas that makes yeasted goods rise, also used as a propellant, in sealed packs where oxygen must be excluded, and in fizzy drinks

malic acid, an acid found in fruit and also produced synthetically, used as a flavouring in soft drinks, biscuits, dessert mixes and pie fillings

fumaric acid, used in the same way as E296

L-ascorbic acid, used for preventing oxidation and browning in food, and as a flour improver. Also called vitamin C

sodium L-ascorbate, the sodium salt of ascorbic acid, used in the same way as E300

calcium L-ascorbate, the calcium salt of L-ascorbic acid, used in the same way as E300

6-o-palmitoyl L-ascorbic acid, an oil soluble ester of ascorbic acid, used in the same way as E300, especially in Scotch eggs

any extract of a natural substance that is rich in tocopherols, e.g. vitamin E, used as a vitamin additive in foods and as an antioxidant in vegetable oils

synthetic alpha-tocopherol, used as an antioxidant in cereal-based baby foods

synthetic gamma-tocopherol, used in the same way as E306

synthetic delta-tocopherol, used in the same way as E306

propyl gallate, the propyl ester of gallic acid, used as an antioxidant in oils, fats and essential oils

octyl gallate, the octyl ester of gallic acid, used as an antioxidant in oils, fats and essential oils
**E312 noun** dodecyl gallate, the dodecyl ester of gallic acid, used as an antioxidant in oils, fats and essential oils

**E320 noun** BHA, butylated hydroxyanisole, a controversial antioxidant, allowed for use in fats, oils and essential oils only

**E321 noun** BHT, butylated hydroxytoluene, a controversial antioxidant, allowed for use in fats, oil, essential oils and chewing gum

**E322 noun** same as lecithin

**E325 noun** sodium lactate, the sodium salt of lactic acid, used as a buffer in foods and as a humectant in jams, preserves and flour confectionery

**E326 noun** potassium lactate, the potassium salt of lactic acid, used as a buffer in jams, preserves and jellies

**E327 noun** calcium lactate, the calcium salt of lactic acid, used as a buffer and as a firming agent in tinned fruits and pie fillings

**E330 noun** citric acid, the acid present in citrus and other fruit and in animals, used as an acidifying agent, as an emulsifier, as a flavour enhancer, and to protect foods from reaction with metals in, e.g., soft drinks, biscuit fillings and processed cheeses

**E331 noun** any of various sodium salts of citric acid used in the same way as E330

**E332 noun** either of two potassium salts of citric acid used in the same way as E330

**E333 noun** any of various calcium salts of citric acid used in the same way as E330 and also as a firming agent

**E334 noun** tartaric acid, an acid naturally present in many fruits, used in the same way as E330

**E335 noun** either of two sodium salts of tartaric acid, used in the same way as E334

**E336 noun** either of two potassium salts of tartaric acid used in the same way as E334, one of which, potassium hydrogen tartrate, is the cream of tartar used as a constituent of baking powder

**E337 noun** potassium sodium tartrate, a mixed salt of tartaric acid, used in the same way as E334

**E338 noun** orthophosphoric acid, an inorganic acid used as an acidity regulator in soft drinks and cocoa

**E339(a) noun** sodium dihydrogen orthophosphate, a sodium salt of orthophosphoric acid, used as a buffer, sequestrant and emulsifying agent

**E339(b) noun** disodium hydrogen orthophosphate, used in the same way as E339(a)

**E339(c) noun** trisodium orthophosphate, used in a similar way to as E339(a) but not as a buffer

**E340(a) noun** potassium dihydrogen orthophosphate, a potassium salt of orthophosphoric acid used in the same way as E339(a)

**E340(b) noun** dipotassium hydrogen orthophosphate, used in the same way as E339(a)

**E340(c) noun** tripotassium orthophosphate, used in a similar way to E339(a) but not as a buffer

**E341(a) noun** calcium tetrahydrogen diorthophosphate, a calcium salt of orthophosphoric acid used as a firming agent, anticaking agent and raising agent

**E341(b) noun** calcium hydrogen orthophosphate, used in the same way as E334(a)

**E341(c) noun** tricalcium orthophosphate, used in the same way as E334(a)

**E350 noun** either of two sodium salts of malic acid used as buffers and humectants in sweets, cakes and biscuits
E351 noun potassium malate, used in the same way as E350
E352 noun either of two calcium salts of malic acid E296, used as firming agents in processed fruit and vegetables
E353 noun metatartaric acid, a sequestering agent used in wine
E355 noun adipic acid, an organic acid used as a buffer and flavouring in sweets and synthetic cream desserts
E363 noun succinic acid, an organic acid used as a buffer and flavouring in dry foods and beverage mixes
E370 noun 1,4-heptanolactone, used as an acid and sequestering agent in dried soups and instant desserts
E375 noun nicotinic acid used as a colour stabiliser in bread, flour and breakfast cereals. Also called vitamin B3
E380 noun triammonium citrate, an ammonium salt of citric acid used as a buffer and emulsifier in processed cheese
E381 noun ammonium ferric citrate, used as an iron supplement in bread
E385 noun calcium disodium EDTA, used as a sequestering agent in tinned shellfish
E400 noun alginic acid, a water-loving carbohydrate acid extracted from seaweeds in the form of mixed sodium, potassium and magnesium salts, used for its thickening and gelling properties, e.g. in ice cream and soft cheeses
E401 noun sodium alginate, the sodium salt of alginic acid used as an emulsifier and stabiliser in cake mixes and in ice cream to provide a creamy texture and to prevent the formation of ice crystals
E402 noun potassium alginate, the potassium salt of alginic acid used as a thickener and stabiliser
E403 noun ammonium alginate, the ammonium salt of alginic acid used as a more soluble thickener and stabiliser
E404 noun calcium alginate, the calcium salt of alginic acid, which gives a much more solid gel than the other alginates
E405 noun propane-1, 2-diol alginate, an ester of alginic acid that mixes more freely with fats and oils than simple salts do, used in salad dressings and cottage cheese
E406 noun same as agar-agar
E407 noun carrageenan, a polysaccharide used as an emulsifier in oil and water mixtures and for gelling and thickening, extracted from some types of seaweed
E410 noun locust bean gum, a plant gum used as a thickener or gelling agent, e.g. in salad cream
E412 noun same as guar gum
E413 noun gum tragacanth, a vegetable gum obtained from an Asian shrub, used for thickening creams and jellies, to prevent the crystallisation of sugars in jam and ice creams
E414 noun same as gum arabic
E415 noun same as xanthan gum
E416 noun karaya gum, used as an emulsifier and stabiliser, e.g. in soft cheeses and brown condiment sauce
E420(i) noun same as sorbitol
E420(ii) noun sorbitol syrup, a water solution of sorbitol
E421 noun mannitol, found in many plants and plant exudates, now synthesised from sucrose, used as a humectant and in sugar-free confectionery
E422 noun glycerol, a naturally occurring alcohol used as a humectant in cake icing and confectionery

E432 noun polyoxyethylene sorbitan monolaurate, a synthetic emulsifier used in icecream

E433 noun polyoxyethylene sorbitan monooleate, a synthetic emulsifier used in bakery products

E434 noun polyoxyethylene sorbitan monopalmitate, an antifoaming agent

E435 noun polyoxyethylene sorbitan monostearate, an emulsifier and thickener used in dairy products and soups

E436 noun polyoxyethylene sorbitan tristearate, a close relative of E435 and used in the same way

E440(i) noun same as pectin

E450(i) noun any of various salts of phosphoric acid used for flavouring, as stabilisers, buffers, sequestrants, emulsifiers, texturisers and raising agents in fish and meat products, whipping cream, bread, tinned vegetables and processed cheese

E450(ii) noun pentasodium triphosphate and pentapotassium triphosphate, used in the same way as E450(a)

E450(iii) noun either of two mixtures of phosphoric acid salts, used in the same way as E450(a) and to stabilise added water in poultry, ham, bacon and other similar meat products where it appears as a white exudate on cooking

E452 noun any of various polyphosphates, used as a stabiliser and emulsifier

E460(i) noun microcrystalline cellulose, used for adding bulk to and for stabilising slimming foods, convenience foods and desserts and also in grated cheese

E460(ii) noun powdered cellulose, used in the same way as E460(i)

E461 noun methyl cellulose, a methyl derivative of cellulose used as a thickener, e.g. in low-fat spreads

E463 noun hydroxypropyl cellulose, a derivative of cellulose, used in the same way as E461

E464 noun hydroxypropylmethyl cellulose, a mixed derivative of cellulose, used as a thickener in ice cream

E465 noun ethylmethyl cellulose, a mixed derivative of cellulose, used as a thickener in gateaux

E466 noun sodium carboxymethyl cellulose, the sodium salt of a derivative of cellulose, used as a thickener and bulking agent in jellies and gateaux

E470 noun any of various salts of fatty acids used as emulsifiers in cake mixes

E471 noun any of various manufactured synthetic fats widely used in place of fats and oils in baked goods and desserts to improve keeping qualities and to soften and stabilise them

E472(i) noun any of various manufactured synthetic fats and oils used in the same way as E471

E472(ii) noun any of various lactic acid esters used in the same way as E471 and in convenience toppings

E472(iii) noun any of various citric acid esters used in the same way as E471 and in continental sausages

E472(iv) noun any of various tartaric acid esters used in the same way as E471

E472(v) noun any of various diacetyl tartaric acid esters used in the same way as E471, especially in bread and frozen pizzas

E472(vi) noun any of various mixed acetic and tartaric esters used in the same way as E471

E473 noun any of various sucrose esters of fatty acids used in the same way as E471
E474 noun any of various sucroglycerides, used in the same way as E471, especially in ice cream

E475 noun any of various polyglycerol esters of fatty acids, used in the same way as E471, especially in cakes and gateaux

E476 noun any of various polyglycerol esters of castor oil, used in chocolate-flavoured coatings for cakes

E477 noun propane-1, 2-diol esters of fatty acids, used in the same way as E471, especially in instant desserts

E481 noun sodium stearoyl-2-lactylate, the sodium salt of a derivative of lactic and stearic acids, used for stabilising doughs, emulsions and whipped products

E482 noun calcium stearoyl-2-lactylate, the calcium salt that corresponds to E481, used in gravy granules

E483 noun stearyl tartrate, a derivative of stearic and tartaric acids, used in cake mixes

E491 noun sorbitan monostearate, a fatty acid ester used as an emulsifier in bakery products and cosmetics

E492 noun sorbitan tristearate, a fatty acid ester used as an emulsifier for water/oil emulsions

E493 noun sorbitan monolaurate, a fatty acid used as an emulsifier and stabiliser

E494 noun sorbitan mono-oleate, used as an emulsifier, stabiliser and thickener

E495 noun sorbitan monopalmitate, a fatty acid used as an emulsifier and stabiliser

E500 noun any of various compounds of sodium used as bases, aerating agents and diluents in jams, jellies, self-raising flour, wine and cocoa

E501 noun potassium carbonate or potassium hydrogen carbonate, used in the same way as E500

E503 noun ammonium carbonate or ammonium hydrogen carbonate, used as a buffers and aerating agents in cocoa and biscuits

E504 noun magnesium carbonate, used as a base and anticaking agent in wafer biscuits and icing sugar

E507 noun same as hydrochloric acid

E508 noun potassium chloride, used as a gelling agent and as a substitute for salt (sodium chloride)

E509 noun calcium chloride, used as a firming agent in tinned fruit and vegetables

E510 noun ammonium chloride, used as a yeast nutrient in bread making

E513 noun same as sulphuric acid

E514 noun sodium sulphate, used as a diluent for food colours

E515 noun potassium sulphate, used as a fertiliser

E516 noun calcium sulphate, used as a firming agent and as a yeast food in bread making

E518 noun magnesium sulphate, used as a firming agent. Also called Epsom salts

E524 noun sodium hydroxide, a very strong base used for adjusting acidity in cocoa, jams and sweets

E525 noun potassium hydroxide, a very strong base used for adjusting acidity in sweets

E526 noun calcium hydroxide, a weak base used as a firming agent in sweets

E527 noun ammonium hydroxide, a weak base used as a diluent and solvent for food colours and as an acidity regulator for cocoa
**E528 noun** magnesium hydroxide, a weak base used for regulating acidity in sweets

**E529 noun** calcium oxide, a weak base used for regulating acidity in sweets

**E530 noun** magnesium oxide, a fine white powder used as an anticaoking agent in cocoa products

**E535 noun** sodium ferrocyanide, used as an anticaoking agent in salt and used in winemaking

**E536 noun** potassium ferrocyanide, used as an anticaoking agent in salt and used in winemaking

**E540 noun** dicalcium diphosphate, a calcium salt of phosphoric acid, used as a buffer and neutralising agent in cheese

**E541 noun** sodium aluminium phosphate, used as an acid and raising agent in cake mixes, self-raising flour and biscuits

**E542 noun** edible bone phosphate, a fine powder made from boiled dried and ground bones, used as an anticaoking agent

**E544 noun** calcium polyphosphate, used as an emulsifier in processed cheese

**E545 noun** ammonium polyphosphate, used as an emulsifier, a texturiser and to help retain water in frozen chickens

**E551 noun** silicon dioxide, very finely powdered purified sand, used as an anticaoking agent in skimmed milk powder and sweeteners

**E552 noun** calcium silicate, used as an anticaoking agent in icing sugar and as a release agent in sweets

**E553(a) noun** magnesium silicate and magnesium trisilicate, used as anticaoking agents and in sugar confectionery

**E554 noun** aluminium sodium silicate, used as an anticaoking agent

**E556 noun** aluminium calcium silicate, used as an anticaoking agent

**E558 noun** bentonite, a very fine white clay-like mineral used as an anticaoking agent

**E559 noun** same as kaolin

**E572 noun** magnesium stearate, a type of soap used as an emulsifier and release agent

**E575 noun** d-glucono-1,5-lactone, an acid and sequestering agent used in cake mixes and continental-style sausages. Also called glucono delta-lactone

**E576 noun** calcium gluconate, used as a sequestering agent

**E577 noun** potassium gluconate, used as a sequestering agent

**E578 noun** calcium gluconate, used as a buffer, firming agent and sequestering agent in jams and dessert mixes

**E620 noun** glutamic acid, an amino acid used as a flavour enhancer

**E621 noun** same as monosodium glutamate

**E622 noun** same as monopotassium glutamate

**E627 noun** guanosine 5'-disodium phosphate, used as a flavour enhancer in savoury foods, snacks, soups, sauces and meat products. Also called sodium guanylate (NOTE: It is produced when the genetic material of cells breaks down.)

**E631 noun** inosine 5'-disodium phosphate, a flavour enhancer similar to E627. Also called sodium inosinate

**E635 noun** sodium 5'-ribonucleotide, a flavour enhancer similar to E627

**E900 noun** dimethylpolysiloxane, used as an anti-foaming agent in liquid foodstuffs and ingredients
E901 noun same as beeswax
E903 noun same as carnauba wax
E904 noun same as shellac
E905 noun any of various mineral hydrocarbons used for preventing dried vine fruits from sticking together and as a glazing and release agent
E907 noun a refined microcrystalline wax derived from crude oil, used as a release agent and in chewing gum
E920 noun cysteine hydrochloride, the acid salt of the amino acid cysteine used as a flour improver. Also called L-cysteine hydrochloride
E925 noun same as chlorine
E926 noun chlorine dioxide, used as a flour improver
E927 noun azodicarbonamide, used as a flour improver
EA abbreviation Environment Agency
EAR abbreviation estimated average requirements
earthy adjective relating to or consisting of soil
easy open lightweight end noun used for describing a can with a ring-pull opening. Abbreviation EOLE
eating apple noun a sweet apple that may be eaten raw
eating disorder noun an illness that causes the usual pattern of eating to be disturbed, e.g. anorexia or bulimia
Eating Disorder Not Otherwise Specified noun an eating disorder that meets most but not all of the diagnostic criteria for anorexia, bulimia or binge eating disorder, e.g. where the person displays some anorexic behaviour but is still a healthy weight or has regular periods. Abbreviation EDNOS
Eating Disorders Association noun an organisation that provides support and information for people suffering from eating disorders and their families. Abbreviation EDA
eating pattern noun the times of day at which a person eats and the amount that they eat at each sitting
ECA stack noun a thermogenic sports supplement containing ephedrine, caffeine and aspirin
echinacea noun a herbal remedy prepared from the pulverised leaves and stems of purple coneflowers, thought to bolster the immune system
éclair noun a long thin cylinder of choux pastry filled with whipped cream and topped with chocolate or coffee icing
E coi abbreviation Escherichia coli
E coi 0157 noun a form of E coi found in the digestive tracts of cattle, which causes haemorrhagic colitis and can be fatal to children and the elderly
ecological adjective relating to the environment and the ways in which plants, animals and people exist together
ectomorph noun a body type that is tall, thin and possibly underweight. Compare endomorph
ecuelle noun a deep dish used for serving vegetables
ED abbreviation electrodialysis
EDA abbreviation Eating Disorders Association
Edam noun a mild Dutch cheese with a slightly rubbery texture, typically formed into balls covered with red wax.
edible adjective used for describing something that can be safely eaten.
edible bone phosphate noun E542
EDNOS abbreviation Eating Disorder Not Otherwise Specified.
EDTA noun a chemical compound used as a preservative and stabiliser. Full form ethylene diamine tetra-acetate.
eel noun a fish with a long thin body resembling that of a snake, smooth skin without scales, and very small fins (NOTE: Eels belong to the order Anguilliformes.)
EFA abbreviation essential fatty acid.
EFLA abbreviation European Food Law Association.
EFSA abbreviation European Food Safety Authority.
EFSSIS noun a technical standard for companies supplying retailer-branded food products. Full form European Food Safety Inspection Scheme.
egg noun 1. an oval object with a hard shell, produced by a female bird and from which a baby bird comes 2. an egg produced by a domestic hen, the type of egg most commonly used as food for humans.
egg foam noun egg white that has been whipped until it is foamy and stiff, used as a basis for soufflés.
egg noodles plural noun noodles made with flour, water and egg.
eggplant noun same as aubergine.
eggs Benedict noun a dish consisting of ham and a poached egg in hollandaise sauce on a slice of toast or a split toasted muffin.
egg separator noun a kitchen tool shaped like a large spoon or small ladle with a slot or holes to allow the white of an egg to pass through, leaving the yolk in the spoon.
egg slicer noun a small kitchen tool for slicing a hard-boiled egg, with a hollow base and multiple wires on a hinged frame.
egg-wash verb to brush beaten egg over a food to be baked, to glaze it and give it a brown colour.
egg white noun the part of an egg that is not yellow. Also called white.
egg yolk noun the central part of an egg, usually light yellow to orange, semi-liquid and held separate from the white in a fragile membrane (NOTE: It contains about 16% protein, mainly lecithin, 33% fat including cholesterol, plus vitamins, trace elements and water. It represents about 30% of the total weight of a hen’s egg.)
EHEC abbreviation enterohaemorrhagic E coli.
EHEDG abbreviation European Hygienic Engineering and Design Group.
eicosanoid noun a compound of long-chain fatty acids.
eicosapentaenoic acid noun full form of EPA.
eiswein noun very sweet German wine made from frozen grapes.
elastic adjective able to stretch and contract.
elastin noun a protein that occurs in elastic fibres.
electric mixer noun a handheld kitchen tool with rotating whisks or blades for processing food.
electric whisk noun a handheld kitchen tool with two rotating whisks for beating liquids.
electrodialysis noun a method of purifying liquids using a filtering membrane with an electrical charge. Abbreviation ED

electrolyte noun a substance in cells, blood or other organic material that helps to control fluid levels in the body and maintain normal pH levels

electrolyte balance noun the levels of electrolytes in the blood, which should be neither too high, to avoid overloading the kidneys, nor too low, to avoid weakness and malnutrition

electrolytic tinplate noun a corrosion-resistant metal used for making tins. Abbreviation ETP

electropure process noun a method of sterilising milk using electrical current

eleuthero noun a stimulant sports supplement that may increase metabolism

elimination noun the methodical process of removing an item or items from a list of possibilities, as a way of narrowing down a search

elimination diet noun a structured diet where different foods are eliminated one at a time in order to see the effect on symptoms, used in conditions such as allergies and attention deficit hyperactivity disorder

ELISA abbreviation enzyme-linked immunosorbent assay

elixir noun an alcoholic extract of a naturally occurring substance

eLLagic acid noun a yellow crystalline compound used for reducing bleeding

emaciation noun bodily wasting caused by malnutrition

e mark noun a mark like a small ‘e’ before the weight of a food product on its label, indicating that it conforms to European standards of minimum weight

embolism noun a condition in which an artery is blocked by a blood clot, interrupting normal blood circulation

embryo noun 1. an unborn baby during the first eight weeks after conception (NOTE: After eight weeks, the unborn baby is called a foetus.) 2. a plant in its earliest stages of development

emetatrophia noun bodily wasting caused by an inability to keep food down

emetic noun a substance that causes vomiting ■ adjective causing vomiting

emetocathartic adjective used for describing a medicine that purges the stomach and intestines by provoking vomiting and diarrhoea

Emmental noun a type of hard cheese from Switzerland with large holes and a mild nutty flavour

emollient laxative noun a substance that softens the contents of the bowel by mixing fatty deposits evenly, promoting its free passage

empty calorie noun food that contains energy, but no nutrients

emulsification noun the process of converting two or more liquids into an emulsion, or becoming an emulsion

emulsifier, emulsifying agent noun a substance added to mixtures of food such as water and oil to hold them together. ■ stabiliser (NOTE: Emulsifiers are used in sauces and added to meat to increase the water content so that the meat is heavier. In the European Union, emulsifiers and stabilisers have E numbers E322 to E495.)

emulsify verb to convert two or more liquids into an emulsion, or to become an emulsion

emulsion noun a combination of liquids such as oil and water that do not usually mix

enamel noun a glass-like covering for steel, sometimes used for trays, saucepans, casse-roles and other kitchen utensils
encapsulate verb to enclose a nutrient, enzyme or other desirable substance within a vehicle such as a lipid, so that it is most efficiently delivered to its source
encapsulation efficiency noun the percentage of ingested nutrients that are encapsulated and delivered
encapsulation technology noun methods of enriching foods by encapsulating extra nutrients inside vehicles such as lipids
endive noun 1. a green salad plant similar to a lettuce, with curly bitter-tasting leaves 2. a vegetable with a conical head of white crisp leaves packed firmly together, eaten raw in salads or cooked with a sauce. -chicory
endocrine gland noun a gland such as the pituitary gland that produces hormones introduced directly into the bloodstream
endomorph noun a body type that is short, stocky and easily puts on weight. Compare ectomorph
endoscope noun an instrument used for examining the inside of the body, made of a thin tube containing a fibreoptic light, passed into the body down a passage
endoscopy noun an examination of the inside of the body using an endoscope
endosperm noun a storage tissue in plant seeds that provides nourishment for the developing embryo
energy balance noun a series of measurements showing the movement of energy between organisms and their environment (NOTE: In farming a common use of the energy balance is to assess the ratio between the amount of energy used to grow a crop and the amount of energy that crop produces.)
energy bar noun a bar-shaped snack made of ingredients intended to boost physical energy
energy expenditure noun the amount of energy used during a particular activity such as running or walking
energy requirements plural noun the number of calories that are needed to sustain a person leading a particular lifestyle
energy value noun the amount of energy produced by a given amount of a particular food
English mustard noun a mixture of dehusked and ground brown and white mustard seeds mixed with wheat flour and turmeric, sold dry or mixed with water and preservatives, used for flavouring or as a condiment
English service noun a way of serving food in which the host apportions food onto plates that are then distributed by a waiter
Englyst method noun a method of determining the amount of fibre of a food by measuring its polysaccharide content enhancer noun an artificial substance that increases the flavour of food, or even the flavour of artificial flavouring that has been added to food
enolase noun an enzyme involved in the metabolism of carbohydrates enrich verb 1. to improve the nutritional quality of food 2. to improve the living conditions of farm animals, e.g. by providing them with larger living areas
enriched adjective of food, having had vitamins and minerals added to make it more nutritious
enrobe verb to coat food with something such as chocolate or sauce
Ensure noun a nutritionally-complete milkshake supplement used as a therapeutic food enteralgia noun same as colic
enteral nutrition

tube feeding directly into the intestine through the abdominal wall

enterectomy

total or partial surgical removal of the intestine

enteric

relating to the intestine

enteritis

an inflammation of the mucous membrane of the intestine

enterobiasis

a common children’s disease, caused by threadworms in the large intestine that cause itching round the anus. Also called oxyuriiasis

enterocolitis

inflammation of the small and large intestine

enterodynia

pain in the intestine

enterohaemorrhagic E coli

type of toxic bacteria that causes gastrointestinal infection with blood in the bowel movements, found in the gut of cattle. Abbreviation EHEC

enterokinase

an enzyme in the upper small intestine that converts trypsinogen to trypsin

enteropathy

any disorder of the intestine

enterorrhoea

excessive secretion of mucus in the intestine

enterostomy

a surgical operation to make an opening between the small intestine and the abdominal wall

enterotomy

a surgical incision in the intestine

enterotoxin

a substance that is toxic to intestinal mucosa

enterotropic

related to or affecting the intestinal tract

enterovirus

a virus that prefers to live in the intestine

entoleter

a machine that removes insects and eggs from grain

entrecote

a steak cut from the middle part of a sirloin of beef

E number

classification number given to a food additive by the European Union

Environment Agency

in England and Wales, the government agency responsible for protection of the environment, including flood and sea defences. Abbreviation EA

environmental allergen

an airborne allergen such as dust, insect spores or pet hair

environmental inequality

the situation in which some societies consume more natural resources and emit more pollutants than others

enzymatic browning

the browning of fruit and vegetables that occurs when cut surfaces are exposed to air, which can be inhibited by acids, e.g. lemon juice or vinegar

enzyme

a protein substance produced by living cells that aids a biochemical reaction in the body

enzyme activation assay

test of enzyme activity in red blood cells that reveals vitamin deficiencies

enzyme defect

a metabolic disorder caused by a deficiency of a particular enzyme

enzyme-linked immunosorbent assay

full form of ELISA

enzyme precursor

same as proenzyme

enzymic browning

same as enzymatic browning

enzymology

the study of enzymes

enzymolysis

the breakdown of a substance into smaller particles, caused by an enzyme
enzymopathy noun a disruption in enzyme function
EOLE abbreviation easy open lightweight end
eosinophil noun white blood cells produced in response to bodily infections
eosinophilia noun an elevated level of eosinophils in the blood, symptomatic of parasite infection
eosinophilia-myalgia syndrome noun a neurological condition linked to tryptophan supplements that led to them being withdrawn from sale
EPA noun a polyunsaturated essential fatty acid found in cold-water fish that has been linked to the reduction of cardiovascular disease and other health benefits. Full form eicosapentaenoic acid
ephedra noun a plant used as a stimulant and slimming aid, containing ephedrine
ephedrine noun a drug that relieves asthma and blocked noses by causing the air passages to widen
epidemic adjective spreading quickly through a large part of the population ■ noun an outbreak of an infectious disease that spreads very quickly and affects a large number of people
epidemiology noun the study of diseases in the community, in particular how they spread and how they can be controlled
epiglottis noun a flap of cartilage at the root of the tongue that moves to block the windpipe when food is swallowed, so that the food does not go down the trachea
epinephrine noun same as adrenaline
epizootics noun the study of disease epidemics in animals that may spread to humans
Epsom salts noun same as magnesium sulphate
erepsin noun the mixture of enzymes in the intestines
ergocalciferol noun vitamin D2
ergogenic adjective used for describing a stimulant that gives greater energy or improved mental capacity
ergosterol noun a substance found in yeast and moulds that forms vitamin D2 when exposed to ultraviolet light
 ergot noun a fungus that grows on cereals, especially rye, producing a mycotoxin that causes hallucinations and sometimes death if eaten
ergotism noun poisoning by eating cereals or bread contaminated by ergot
erythropoiesis noun the formation of red blood cells in bone marrow
erythrosine BS noun E127
escalope noun a thin slice of meat, especially veal, pork, chicken or turkey. ◊ Wiener schnitzel
esculent adjective edible (technical)
Esherichia coli noun a bacterium found in the colon of human beings and animals that becomes a serious contaminant when found in the food or water supply. Abbreviation E coli
esophago-gastro-duodenoscopy noun a diagnostic medical procedure in which an endoscope is passed through the alimentary canal to the stomach and into the small intestine
espresso noun 1. a type of strong Italian coffee, made in a machine in which steam or boiling water is forced through ground coffee under pressure 2. a cup of this coffee
essence noun a concentrated plant extract containing its unique flavour and fragrance
essential amino acid index

essential amino acid index noun a measure of protein quality, expressed as its total amino acid content as compared to egg protein

essential amino acids plural noun the eight amino acids that are essential for growth but cannot be synthesised and so must be obtained from food or medicinal substances

essential fatty acid noun an unsaturated fatty acid that is essential for growth but cannot be synthesised and so must be obtained from food or medicinal substances

essential oil noun a volatile oil with the characteristic odour of the plant from which it is distilled

ester noun an organic compound formed during the reaction between an acid and an alcohol with loss of water, often having a fragrant smell

esterase noun an enzyme that breaks down esters into their component acids and alcohols, thus destroying or modifying the flavour or aroma of food

esterify verb to change or make a substance change into an ester

estimated average requirements plural noun the amount of a particular nutrient that is estimated to be consumed per person per day by official bodies. Abbreviation EAR

ethane noun a highly flammable gas that is colourless and odourless used as a fuel and in refrigeration

ethanol noun a colourless liquid, present in alcoholic drinks such as whisky, gin and vodka, and also used in medicines and as a disinfectant. Also called ethyl alcohol

ethanolamine noun a base used as a softening and peeling agent

ethical adjective 1. concerning ethics, or reasonable or acceptable from a moral point of view 2. used for describing a drug that available on prescription only

ethical sourcing noun fair trade

ethical trading noun business practices that are socially responsible and protect the environment and the rights of workers

ethnic food noun from a Western perspective, food from a country that is not European or North American, e.g. Chinese or Indian food

ethoxyquin noun a chemical used for preventing discoloration on apples and pears

ethyl adjective relating to the group of atoms derived from ethane after the loss of a hydrogen atom

ethyl 4-hydroxybenzoate noun E214

ethyl acetate noun a volatile colourless liquid with a pleasant fruity smell, used as a solvent

ethyl alcohol noun same as ethanol

ethylene noun a gas given off by ripening fruit that is also used for accelerating ripening (NOTE: An overripe banana is often used in an enclosed space to provide this gas for artificial ripening.)

ethylene bromide noun a fumigant gas

ethylene diamine tetra-acetate noun full form of EDTA

ethylene oxide noun a fumigant gas

ethyl formate noun a flavouring constituent also used for fumigation against insects

ethylmethyl cellulose noun E465

ETP abbreviation electrolytic tinplate

EU abbreviation European Union

EUFIC abbreviation European Food Information Council
eupepsia noun having a healthy or normal digestive system
eupeptic adjective relating to or producing good digestion
euphagia noun a normal eating style and pattern
European Food Information Council noun a not-for-profit organisation that provides information on healthy eating, nutrition and fitness. Abbreviation EUFIC
European Food Law Association noun an organisation situated in Belgium whose role is to advise the European Commission on issues relating to food safety laws. Abbreviation EFLA
European Food Safety Authority noun a consultative body, funded by the European Community, that advises policymakers on health and food safety issues. Abbreviation EFSA
European Food Safety Inspection Scheme noun full form of EFSIS
European Hygienic Engineering and Design Group noun a consortium of engineers and food manufacturers working towards improved hygiene in food engineering. Abbreviation EHEDG
European Journal of Clinical Nutrition noun a scientific publication reporting research affecting the European clinical nutrition industries. Abbreviation EJCN
European Nutrigenomics Organisation noun an international community of nutrigenomic scientists. Abbreviation NuGO
European Society for Clinical Nutrition and Metabolism noun an organisation that promotes the diffusion of knowledge in the fields of clinical nutrition and metabolic processes (NOTE: Note that it still uses the acronym ESPEN although the company name has changed.)
European Union noun a group of European countries linked together by the Treaty of Rome, basing their cooperation on the four fundamental freedoms of movement: of goods, capital, people and services. Abbreviation EU
euryphagy noun the practice of eating a wide variety of foods
eusitia noun the state of having a normal appetite
eutrophic ice noun ice made from salted water, which does not melt readily, used as a refrigerant
eutrophia noun a normal state of nutrition
evaluation noun the act of examining and calculating the quantity or level of something evaporate verb to change from being a liquid to being a vapour, or to change a liquid into a vapour. Compare condense
evaporated milk noun milk that has been thickened by removing some of the water by evaporation
evening primrose oil noun a supplement that is rich is gamma linolenic acid, taken to relieve menstrual symptoms
event catering noun catering provided for large events such as weddings and conferences
eviscerate verb to remove the internal organs from a carcass
evodiamine noun a thermogenic stimulant used by athletes
ewe noun an adult female sheep
exchange list noun a table showing foods that are equivalent to each other in calorie or fat content or nutritional value, used by dieters
exclusion diet a diet that eliminates foods suspected of causing food allergies or intolerance

excrete verb to pass waste matter out of the body, especially to discharge faeces

excretion noun the act of passing waste matter, e.g. faeces, urine or sweat, out of the body.

executive chef noun the main chef in charge of a large restaurant, with many other chefs reporting to him or her

exocrine gland noun a gland that discharges its secretion through a duct into a body cavity or to the exterior, e.g. the sweat glands and salivary glands

exogenous nitrogen noun nitrogen in the body that comes from dietary sources, as opposed to metabolic nitrogen

expansion rings plural noun rings stamped onto the end of a can that expand slightly during heat processing, stopping the can from bursting or deforming

expiry date noun the last date on which something can be used. ↑ best-before date, display-until date, use-by date

export noun 1. a product made in one country and sold to another. Compare import 2. the business of selling goods to other countries • verb to send goods to buyers in other countries. Compare import

exsanguination noun the process of draining the blood from a slaughtered animal

extended shelf-life technology noun methods such as pasteurisation or the use of active packaging that extend the shelf life of a product

extender noun a food additive that makes the food bigger or heavier without adding to its nutritional value

extract verb to take something out • noun a concentrated product obtained by first dissolving a substance and then evaporating the liquid in which it is dissolved

extraction noun the removal of the useful part from the whole, as with juice from fruit

extraction rate noun the percentage of flour produced as a result of milling grain

extractive noun the flavouring components in meat and browned vegetables that dissolve in the cooking liquor to give it flavour

extra virgin olive oil noun olive oil produced from the first pressing, which has a low acidity and is regarded as being of the best quality

extrinsic sugars plural noun sugars that are added to a foodstuff to enhance the flavour

extrude verb to make something by forcing a semisoft substance such as sausage meat through a specially shaped mould or nozzle

extrusion noun the process of forcing food through a mould or membrane to process it

exudate noun fluid that is released from food when it is cooked
F

F-100 noun an enriched milk product that is highly nutritious, distributed by humanitarian agencies during times of famine

FAB abbreviation Flour Advisory Bureau

factory noun a building or complex of buildings where goods are manufactured on a large scale using machinery or automation

factory hygiene noun industrial practices needed in order to maintain total hygiene in a food processing plant

fact sheet noun a printed sheet or booklet giving information about something, especially a subject covered in a broadcast programme

FAD abbreviation flavin adenine dinucleotide

faddy adjective tending to have strongly held likes and dislikes about food

faeces plural noun solid waste matter passed from the bowels through the anus

FAGEP abbreviation Flour and Grain Education Program

Fahrenheit scale noun a scale of temperature in which the freezing point of water is 32° and the boiling point 212°, a Celsius scale

failure to thrive noun same as marasmus

fair trade noun an international system in which food companies agree to pay producers in developing countries a fair price for their products

Fairtrade Foundation noun a registered charity organisation that promotes fair trade and licenses the Fairtrade mark for use on food packaging

fajitas plural noun a Mexican dish consisting of beef or other meat, especially chicken, that has been marinated, grilled, cut into strips and served in a soft tortilla

falafel noun a deep-fried ball of ground chickpeas seasoned with onions and spices, originating in Southwest Asia

famine noun a period of severe shortage of food

famine response noun same as ketosis

FAO abbreviation Food and Agriculture Organisation of the United Nations

FareShare noun an organisation that redistributes waste food from suppliers to people in need

farina noun 1. flour or meal made from wheat, nuts or vegetables 2. starch, especially that made from potatoes

farinaceous adjective used for describing flour that contains starch
farinaceous food noun a food such as bread that is made of flour and has a high starch content

farinose adjective consisting of or producing food starch

farm assurance noun a scheme whereby specific criteria are applied in order to guarantee quality control for farm produce

farmed fish noun fish that have been bred or reared in special pools for sale as food

farmed salmon noun a salmon grown in cages in sea lochs or inlets, mainly in Scotland and Norway, distinguishable from wild salmon by its pinker flesh and perfect tail fins

farmers' market noun a market, usually held outdoors, where farmers sell fresh produce direct to the public

farm shop noun a shop that sell foodstuffs directly from the producers, without using distributors or other third parties

farm to fork noun the chain of food supply, from the farm where it is produced to the consumer

Fasciola gigantica noun a liver fluke that affects cattle and can be transmitted to humans

Fasciola hepatica noun a liver fluke that affects sheep and can be transmitted to humans

fascioliasis noun a disease caused by an infestation of parasitic liver flukes

fast noun a period of going without food, undergone in order to lose weight or for religious reasons

verb to go without food

fast food noun cooked food that can be prepared, bought and eaten quickly

fast-freeze verb to freeze food very rapidly, which prevents the formation of large ice crystals that would destroy the structure of the food on thawing

fasting noun the practice of going without food

fat noun 1. a white oily substance in the body that stores energy and protects the body against cold 2. a solid or liquid substance that is derived from animals or plants and is used as a cooking medium or ingredient, e.g. butter or sunflower oil

adjective 1. having a body weight greater than is considered desirable or advisable 2. containing a lot of fat 3. thick

fat content noun the amount of fat in a foodstuff, usually measured in grams

fat extender noun any food additive that allows the fat content of food to be reduced without affecting the texture

fat-free adjective used for describing foods that contain no animal or vegetable fat

fat free mass noun all body tissues not containing fat, including bone, muscle, organs, hair, blood and retained water

fatigue noun very great tiredness

verb to tire someone out

fat replacer noun an ingredient used in food processing to give fat-reduced foods a better flavour or texture

fat separator noun a kitchen utensil used for draining away fat which has risen to the top of sauces

fat-soluble vitamins plural noun vitamins A, D, E and K, which are not soluble in water

fatty acid noun any of a group of acids that are important substances in the body, e.g. stearic acid
def essential fatty acid

fatty acid oxidation noun a chemical process in which a fatty acid reacts with oxygen, losing some electrons to release energy

fatty acid salts plural noun E470
fava bean noun same as broad bean
favism noun a type of inherited anaemia caused by an allergy to beans
FCP abbreviation Free-Choice Profiling
FDA abbreviation Food and Drug Administration
FDF abbreviation Food and Drink Federation
feathered game noun birds that are hunted for sport and food, e.g. grouse, pheasant and partridge
Federation of Bakers noun an association representing the interests of industrial producers of bread and bread products. Abbreviation FOB
feed noun 1. a meal given to babies 2. food given to animals and birds ■ verb to give food to a person or an animal
feed-food chain noun the relationship between the substances that are fed to animals before they are slaughtered for food and the substances that might be passed to humans in this way
feeding tube noun a plastic tube used for administering enteral nutrition
feedstock noun a raw material used in the industrial manufacture of a product
fennel noun a herb with seeds and feathery leaves that have a light aniseed flavour
fennel seed noun a herb used as a supplement to ease bloating and gas production
fenugreek noun a plant of the eastern Mediterranean and Asia with leaves that are used as a herb and seeds that are crushed for use as a spice
ferment verb to change something into alcohol by the effect of yeast on sugar
fermentation noun a chemical change brought about in liquids, usually leading to the production of alcohol
ferric ammonium citrate noun iron in food additive form (red or green flakes)
fertiliser noun a chemical or natural substance spread and mixed with soil to stimulate plant growth
ferulic acid noun a type of phenol found in citrus fruits that may help reduce heart disease
feta noun a firm crumbly salty cheese made from sheep’s or goat’s milk and preserved in brine, originally from Greece
fettuccine noun pasta made in narrow flat strips, slightly narrower and thicker than tagliatelle
FFA abbreviation free fatty acids
FFB abbreviation Food From Britain
fibre noun 1. a structure in the body shaped like a thread 2. same as dietary fibre
field mushroom noun a common edible mushroom
fig noun the juicy sweet fruit of a semi-tropical tree grown mainly in Mediterranean countries and eaten either fresh or dried
file powder noun a spice and thickening agent used in Creole cuisine
fill verb to put a filling inside food
fillet noun 1. a piece of good-quality meat, with no bones 2. a piece of fish from which the bones have been removed ■ verb to take the bones out of a fish
filleting knife noun a thin sharp knife used for removing the bones and innards from fish
filling noun food used to put inside some other food, e.g. in a sandwich, pie or cake
filo pastry noun thin translucent pastry that is usually sold ready prepared in sheets, used for many Mediterranean and Middle Eastern specialities

filter noun 1. a piece of cloth, plastic or paper or a mass of crystals through which water or air passes and which holds back solid particles such as dirt 2. a piece of paper through which coffee passes in a coffee machine and which separates off the coffee grounds ■ verb to pass liquid through a paper or cloth filter, or through crystals, to remove impurities

filth test noun a test of the hygienic handling of food by measuring its contamination with substances such as droppings, hairs and insect parts

filtrate noun any liquid that is passed through a filter

filtration noun the action of passing a liquid through a filter

finger noun a small portion of food about as long and thick as an adult human finger

fireless cooker noun an insulated container in which hot, partially-cooked food is placed to continue cooking in its own heat

fire point noun the temperature at which a cooking oil will ignite and sustain a flame

firming agent noun a chemical compound used for maintaining crispness in tinned and bottled vegetables

fish noun a cold-blooded animal with fins and scales that lives in water ■ verb to try to catch fish

fishcake noun a round cake of fish and potato mixed together and fried

fish chef noun the chef in charge of preparing fish dishes. Also called chef poissonnier

fisherman’s pie noun same as fish pie

fish farm noun a place where fish are raised in large numbers in special tanks

fish finger noun a rectangular stick of filleted or minced fish covered in breadcrumbs or batter, usually bought frozen in packs

fish fork noun a fork with flat prongs used with a fish knife for eating fish

fish kettle noun a long metal container for cooking a whole fish

fish knife noun a special wide knife with a blunt blade, used for eating fish

fishmonger noun 1. someone whose job is to sell fish to people for food 2. a shop where fish is sold

fish oil noun oil obtained from fish, considered beneficial to health because it contains essential fatty acids and vitamins A and D

fish pie noun a dish of various types of fish, cooked in a white sauce with a topping of potatoes. Also called fisherman’s pie

fish sauce noun a salty fishy-tasting liquid that drains off fermented and salted fish, widely used as a flavouring in Southeast Asia

fish slice noun a wide flat utensil used for turning fish and removing it from a frying pan

fish stick noun same as fish finger

fish stocks plural noun the population of fish in a particular area of ocean, which may suffer from overfishing

FISS abbreviation Food Industry Sustainability Strategy

five-a-day noun the government-recommended guideline of eating at least 5 portions of fruit and vegetables a day for health

five freedoms plural noun Freedom Food

five-spice powder noun a spice that is a mixture of cinnamon, black pepper, cloves, fennel seed and star anise
fizz noun champagne (informal)
fizzy drink noun a drink that has had carbon dioxide put in it so that it is full of small bubbles
flageolet bean noun a light green oval bean from semi-mature French bean pods, picked after the pod has become stringy but before it dries off and eaten fresh or dried
flake noun 1. a thin piece of tissue 2. an apparatus for drying fish ■ verb to break something such as fish into flakes
flakiness noun the quality of breaking into thin pieces of tissue easily
flaky pastry noun a type of soft pastry that breaks into flakes easily when cooked
flambé adjective used for describing food that has had brandy or other alcohol poured over it and has been set alight ■ verb to pour brandy or other alcohol over food and set it alight
flambé lamp noun same as chafing lamp
flameless ration heater noun a self-contained device for heating food without a flame, used for army rations. Abbreviation FRH
flan noun 1. an open tart 2. a French word for a custard tart
flank noun a cut of meat, especially beef, from an animal’s side that is typically tough and requires slow cooking in liquid
flash verb to brown the surface of a cooked dish very quickly under a very hot grill or in a very hot oven
FlashBake noun a device that can cook food in minutes using infrared radiation
flash evaporation noun the rapid evaporation of volatile components from a substance, e.g. fruit juice, that are added back after concentration
flash-freeze verb to freeze produce very rapidly, just after it has been picked or caught
flash-fry verb to cook food quickly over a very high heat
flash point noun the temperature at which a cooking oil will ignite, although not sustain a flame
flat noun any flat dish with low straight sides
flatfish noun a type of fish with a flattish back that lives on the bed of the sea or of a lake and has both eyes on the top of its body, e.g. a plaice
flat leaf parsley noun a variety of parsley with flat leaves (NOTE: Its botanical name is Petroselinum crispum Neapolitanum.)
flat mushroom noun a fully mature mushroom in which the cap is fully open so that all the gills are exposed on one side
flatogen noun a substance that increases gas production in the intestine
flat sour noun a bacterium that spoils food without producing gas, with the result that the packaging is not deformed
flatulence noun gas or air that collects in the stomach or intestines causing discomfort
flatulent adjective having flatulence, or caused by flatulence
flatus noun gas produced in the intestine
flatware noun flat pieces of crockery, e.g. plates
flatworm noun any of several types of parasitic worm with a flat body, e.g. a tapeworm. Compare roundworm
flavan-3-ol noun an active polyphenol found in red wine and ripened fruit and vegetables
flavanone noun a substance derived from flavone
flavido

flavido noun same as zest
flavin adenine dinucleotide noun a coenzyme that is required for oxidation and reduction reactions in the body. Abbreviation FAD
flavone noun a crystalline compound from which yellow pigments are derived
flavonoid noun a natural compound derived from phenol, belonging to a group that includes many plant pigments
flavonol noun a type of flavonoid found in cocoa
flavour noun the property of a substance that stimulates the sense of taste. e odour (NOTE: The main flavour qualities are salt, sweet, sour and bitter.) ■ verb to add spices and seasoning in cooking to add a flavour to something
flavour enhancer noun a substance that has little or no flavour itself but intensifies other flavours with which it is combined, commonly used in processed and convenience foods (NOTE: Monosodium glutamate is the most common and is used to enhance the flavour of vegetables and meat, especially in Chinese cooking.)
flavouring noun a substance added to food to give a particular taste
flavour modifier noun same as flavour enhancer
flavour profile noun a breakdown of the character notes of a flavour
flavour profile testing noun a method of sensory testing in which the testers choose from a single lexicon of flavour descriptors for all competing products, making the similarities and differences clear
flavour scalping noun the absorption of strong flavours from food by its packaging
flavoxanthin noun E161(a)

flaxseed noun seed from the flax plant, crushed to produce linseed oil
flaxseed oil noun oil obtained from the seeds of the flax plant, especially as used in products to promote human and animal health

fleishig adjective under Jewish dietary laws, relating to, containing, or used only for meat or meat products. Compare milchig, pareve

flesh noun 1. the soft part of the body covering the bones 2. the soft part of a fruit
fleshy fruit noun a fruit that has a mass of soft flesh, e.g. a peach, cherry or grape
flipper noun a swell can with one bulging end that can be forced back into place causing the other end to spring out

floor attendant noun a waiter responsible for room service in a series of hotel rooms on the same floor. Also called chef d’étage
floridean starch noun a polysaccharide resembling glycogen
flounder noun 1. an edible flatfish that has a greyish-brown mottled skin with orange spots and prickly scales, native to Europe (NOTE: Its scientific name is Platichthys flesus) 2. the general term for any flatfish 3. a small coastal flatfish that is excellent for eating but rather small (NOTE: Its scientific name is Pseudorhombus arsius.)
flour noun a grain crushed to powder, used for making bread, cakes and similar products

Flour Advisory Bureau noun an organisation that promotes bread and flour-based products as part of a healthy diet. Abbreviation FAB
Flour and Grain Education Program noun an information service provided by the Flour Advisory Bureau and the Home-Grown Cereals Authority. Abbreviation FAGEP
flour confectionery noun food which contains flour and which is sold ready to eat either immediately or after reheating
flour enrichment noun the addition of vitamins and minerals such as niacin to flour
flour improver noun an additive agent, often a form of vitamin C, that makes dough more elastic and manageable
flour strength noun the ability of the proteins in flour to retain gas, making the bread more textured and substantial
floury adjective like flour
fluid noun 1. a liquid 2. any gas, liquid or powder that flows
fluid bed dryer noun an apparatus for drying and gently mixing solid particles using a cushion of hot air
fluid milk noun milk that has not been dried or processed into cheese
fluid ounce noun a unit of liquid measurement in the imperial system that is equal to one twentieth of a pint or 28.41 ml
fluke noun a parasitic flatworm that settles inside the liver, in the bloodstream and in other parts of the body
fluoridation noun the addition of sodium fluoride to drinking water to help prevent tooth decay
fluoride noun a chemical compound of fluorine and sodium, potassium or tin
fluorosis noun a condition caused by excessive fluoride in drinking water
flush noun 1. to wash a wound with liquid 2. to turn red • verb 1. to wash a wound with liquid 2. adjective level or in line with something
foam noun 1. a mass of bubbles of air or gas in a liquid film 2. a light, porous, semi-rigid or spongy material used for thermal insulation or shock absorption
foam-mat drying noun a way of drying liquid foods by adding a foaming agent and drying the foam on a mat
FNBC abbreviation Food and Nutrition Information Center
foam-mat drying noun a way of drying liquid foods by adding a foaming agent and drying the foam on a mat
FOB abbreviation Federation of Bakers
focaccia noun a flat Italian bread, often sprinkled with a topping before baking, and served hot or cold
foetal alcohol syndrome noun damage caused to the foetus by alcohol in the blood of the mother, which affects the growth of the embryo, including its facial and brain development. Abbreviation FAS
foie gras noun goose liver that is swollen because the bird has been forced to eat large amounts of maize
folate noun 1. same as folic acid 2. a salt or ester of folic acid
fold in verb to add a food ingredient to a mixture carefully and lightly
folding in noun a way of combining flour with a soft mixture that cannot be treated roughly because it will lose air, e.g. in the making of a soufflé
folic acid noun a vitamin in the vitamin B complex found in milk, liver, yeast and green vegetables such as spinach, essential for creating new blood cells
follow-on milk noun an enriched milk drink given to babies during the dietary transition from milk to solid food
fondant noun a smooth paste made from boiled sugar syrup, often coloured or flavoured, used as a filling for chocolates or a coating for cakes, nuts, or fruit
fondue noun a dish eaten by dipping small pieces of food into a pot that contains a sauce, often cheese sauce, or hot oil
food additive

food additive noun same as additive

food aid noun food that is provided by aid agencies during times of war or famine

Food Alert noun information issued by the Food Standards Agency to local authorities and consumers when there is a health issue associated with a food product

food allergen noun a substance in food that produces an allergy

food allergy noun a reaction caused by sensitivity to particular foods, some of the commonest being nuts, strawberries, chocolate, milk, eggs and oranges

Food and Agriculture Organisation of the United Nations noun an international organisation that is an agency of the United Nations, established with the purpose of improving standards of nutrition and eradicating malnutrition and hunger. Abbreviation FAO

Food and Drink Federation noun a body that represents the food and drink manufacturing industry in the UK. Abbreviation FDF

Food and Drug Administration noun a US government department that protects the public against unsafe foods, drugs and cosmetics. Abbreviation FDA

Food and Nutrition Information Center noun an online resource provided by the library of the US Department of Agriculture, providing nutritional information and guidance. Abbreviation FNIC

food aversion noun a dislike for a particular type of food

food bank noun a place where food is collected before being distributed to people in need

food-borne disease noun a disease caused by microorganisms in ingested food

food choice noun the type of foods that a person chooses to eat, based on factors such as level of hunger, appearance of food and packaging, advertising, nutritional education and personal health choices

food chopper noun a food processor in which the bowl revolves in the opposite direction to the rotating cutting blades, used for high volume work in commercial kitchens

food combining noun the practice of eating different types of food at different times in the belief that this aids digestion and weight loss

Food Commission noun an organisation campaigning for safety and sustainability in food production practices

food composition noun the percentages of each nutrient present in a particular foodstuff

food court noun the part of a shopping centre where snacks and light meals can be bought from a number of different outlets, often with a communal eating area

food diary noun a note of all food eaten by a person over a particular period, used by a dietetic professional to assess their diet

food drop noun packages of food dropped by aid agencies into areas known to have a food crisis

food energy noun the amount of digestible energy provided by food

Food Ethics Council noun an independent research and campaign group that examines the ethics of food production processes

food finishing noun the action of making a preprepared food product ready to be served, e.g. by browning the surface, arranging it attractively and decorating or garnishing

FoodFitness noun an initiative by the Food and Drink Federation to educate the public about healthy eating

Food for Assets noun a project run by the World Food Programme, in which underprivileged communities are given food in exchange for work done to create sustainable resources
food formulation noun the scientific creation of a food product
food frequency questionnaire noun a survey designed to find out how often a
person eats particular types of foods
Food From Britain noun a trade organisation that promotes British food and drink prod-
ucts. Abbreviation FFB
FoodFuture noun an initiative by the Food and Drink Federation to provide the public
with information about GM foods
food group noun a general category under which foods are grouped, e.g. fats, proteins,
dairy, fruits, vegetables and grains
food hall noun the part of a department store where food is sold
food handler noun someone who touches food as part of his or her job
food handling noun the act of touching food as part of your job
food hygiene noun healthy conditions for handling, storing and serving food
foodie noun someone with a lively interest in cooking and eating good food (informal)
food industry noun businesses at all stages of the food production chain, including
farmers, food processing factories, packagers, distributors, retailers and caterers
Food Industry Sustainability Strategy noun a policy developed by Defra that
covers the secondary and tertiary food industries. Abbreviation FISS
Food in Schools noun a programme run jointly by DfES and DoH to improve the
quality of school meals
food intolerance noun a sensitivity to, or an inability to digest, a particular food, ingre-
dient or substance, which means that it should be excluded from the diet
food labelling noun the practice, required under EU rules, of labelling packaged food
with information such as a list of ingredients in descending order of weight, the net quantity,
a best-before or best-before-end date, special conditions of storage or use, the name and
address of the packager or seller, and often its place of origin
Food Labelling Regulations 1996 noun a UK statute that sets out labelling require-
ments on food packaging, including mandatory information and the accuracy of descriptions
and health claims
food law noun any national law that restricts how food can be prepared, packaged, labelled
or sold
food line noun a feeding tube
Food Manufacture noun a journal on the subject
food mile noun a measure of the distance travelled by foodstuffs from producer to
consumer, long distances being regarded as detrimental to quality, wasteful of energy, and
prejudicial to local producers
food mixer noun an electrical kitchen appliance used for beating eggs or cream or for
mixing together the ingredients for cakes and batters, typically with two detachable beaters
that are rotated electrically at varying speeds
food parcel noun a small package of essential, highly nutritious food items distributed by
the government or aid agencies to vulnerable people at times of war or famine
food poisoning noun an illness caused by eating food that is contaminated with bacteria
food preparation noun the act of making food ready to eat, by handling, processing and
cooking it
food preservation noun methods of preventing food from spoiling, using natural and
chemical agents and specially-designed packaging and storage methods
**Food preservation science**

noun the science that deals with methods of destroying or inhibiting the growth of harmful microorganisms in food.

**Food processing**

noun the actions of chopping, cutting, slicing and mixing food, either by hand or automatically.

**Food processor**

noun a kitchen appliance in which food can be cut, sliced, shredded, grated, blended, beaten or liquidised automatically by a variety of removable revolving blades.

**Food product**

noun a retail product that is edible.

**Food pyramid**

noun a chart of a food chain showing the number of organisms at each level.

**Food safety**

noun the issues surrounding the production, handling, storage and cooking of food that determine whether or not it is safe to eat.

**Food Safety Act 1994 (Amendment) Regulations 2990/2004 (2990)**

noun a statutory amendment that brought the UK Food Safety Act into line with EC food safety regulation 178/2002.

**Food science**

noun the chemical reactions that take place during food creation and processing.

**Foodservice**

noun food served outside the home, e.g. in restaurants and cafés.

**Food slicer**

noun same as slicing machine.

**Food spoilage**

noun deterioration in the quality of food, making it unpleasant or unsafe to eat, happening naturally over time or caused by bacterial contamination or poor storage.

**Food stacking**

noun the idea of eating nutrients in a particular order to allow them to be digested in the most efficient manner.

**Food Standards Agency**

noun a British government agency set up in 2000 to offer advice on food safety and make sure that food sold is safe to eat. Abbreviation FSA.

**Foodstuff**

noun something that can be used as food.

**Food surveillance**

noun the act of monitoring food at all stages of the supply chain to check for the risk of contamination.

**Food technologist**

noun a person who works in a food technology industry.

**Food technology**

noun the practical application of food science to the process of creating and preparing food.

**Forced convection oven**

noun same as convection oven.

**Force-feed**

verb to make someone swallow food against their will, e.g. by using a tube to put it directly down their throat.

**Forcemeat**

noun a mixture of breadcrumbs, onions and flavouring used for stuffing meat and poultry.

**Forcing bag**

noun a soft bag of fabric or plastic, to which various nozzles can be attached, used for squeezing out a soft substance such as icing or puréed potato in a decorative way.

**Foreign contamination**

noun contamination of a can with grease, oil, glue or dirt from the production line.

**Forerib**

noun a cut of beef from the back of the animal.

**Forged knife**

noun the best-quality kitchen knife, made of a single piece of steel that forms the blade and centre of the handle.

**Fork**

noun a piece of cutlery, with a handle at one end and sharp points at the other, used for picking food up.
**formic acid** noun a colourless corrosive liquid with an unpleasant smell that is naturally present in ants and in some plants. Also called *methanoic acid* (NOTE: It is used in tanning, electroplating, paper, textiles, insecticides and refrigerants.)

**forming machine** noun a piece of food processing equipment that forms soft foods into shapes such as nuggets

**formula** noun 1. a way of indicating the composition of a chemical compound using letters and numbers, e.g. \( \text{H}_2\text{SO}_4 \) (NOTE: The plural is *formulas* or *formulae*.)

2. powdered milk for babies

**formula diet** noun a diet of simple substances that do not need digesting

**formula milk** noun a preparation used as an alternative to human breast milk and intended to provide all the nutrients an infant requires

**fortified wine** noun wine that has an alcoholic spirit added to it, e.g. port or sherry

**fortify** verb to add further ingredients to food or drink in order to improve its flavour or add nutrients

**FOS** abbreviation fructo-oligosaccharide

**fowl** noun a bird kept for its meat and eggs, especially a chicken

**FPEO** abbreviation full-panel easy open

**fractional test meal** noun a way of measuring stomach activity by examining the stomach contents via a tube at intervals after a meal

**fragrant** adjective with a sweet smell

**frangipane** noun an almond-flavoured cream or paste used in pastries, cakes and other sweet foods

**Frankenstein food** noun food or a food product produced using genetic engineering (informal)

**Free-Choice Profiling** noun a method of sensory testing in which the testers choose from a different list of descriptors for each product. Abbreviation FCP

**Freedom Food** noun an RSPCA scheme that sets out guidelines for the welfare of livestock and labels food that comes from participating suppliers

**free fatty acids** plural noun fatty acids in the blood that are unattached to any other molecule, an important source of fuel. Abbreviation FFA

**freelance dietitian** noun a dietitian who is not affiliated full-time to a particular organisation but takes on short-term contract work for different companies and individuals

**free radical** noun an atom or group of atoms that is highly reactive owing to the presence of an unpaired electron (NOTE: Because of the effect they have on cells in the body, free radicals are thought to be a contributory cause of medical conditions such as cancer, atherosclerosis and Alzheimer’s.)

**free-range** adjective 1. used for describing a hen or other farm animal that is free to move about and feed at will, not confined in a battery or pen 2. produced by free-range poultry or livestock

**freeze** verb 1. to change the state of something from liquid to solid because of the cold 2. to become very cold 3. to store food at below freezing point. flash-freeze

**freeze-concentrate** verb to concentrate fruit juice or another water-based liquid by freezing out part of the water as crystals and removing them

**freeze concentration** noun a method of removing water from fruit juice, by chilling it until the water forms ice crystals which can be removed
freeze-dry verb to preserve food by freezing it and then reducing the air pressure around it, which reduces its water content greatly and thereby inhibits the action of microorganisms and enzymes that would otherwise degrade it

freezer noun an appliance or room in which food is kept at very low temperatures

freezer burn noun the pale dry spots that form when moisture evaporates from frozen food that is not properly wrapped

freezer tunnel noun part of a factory production line that flash-freezes food as it passes along a conveyor belt

freezing noun a way of preserving food by lowering its temperature to halt microbiological activity

d French verb to cut meat across the fibres

French beans plural noun same as green beans

French dressing noun same as vinaigrette

French fries plural noun thin stick-shaped pieces of potato, fried in deep oil or fat

French mustard noun a mild-tasting mustard made with wine or unripe grape juice

French paradox noun the observation that people in southern France suffer a lower incidence of heart disease, despite eating larger amounts of saturated fat, possibly due to their increased consumption of red wine

French service noun 1. a style of laying the table with a plate, cutlery, glasses and a napkin on the plate 2. a way of serving food in which guests help themselves from food offered on a dish or flat from the left by a waiter

French trim noun a method of preparing a rack of meat by removing the skin and membranes to leave the bones exposed, for presentation purposes

fresh adjective, adverb used for describing food that has been made recently, has been recently picked, killed or caught, or is not frozen or tinned

fresh-chilled adjective used for describing meat that is chilled when fresh, rather than being frozen or hung

fresh fruit noun fruit that has not been processed or preserved after harvesting

fresh water fish noun fish such as trout, bass and carp that live in rivers and lakes rather than in the sea

FRH abbreviation flameless ration heater

fricassee noun a dish of pieces of meat cooked in a rich white sauce verb to stew meat, usually chicken, with vegetables in a little water that is then used to make a rich white sauce

fried adjective cooked in oil or fat. © fry

fried egg noun an egg that has been shallow-fried, with the white, on the top, cooked either by basting with hot fat or by turning the egg over when almost finished

friendly bacteria plural noun, probiotic (informal)

g frigi-canning noun the process of sealing heat-treated food aseptically in a tin and then storing in a chilled place

frill noun same as cutlet frill

frittata noun a firm thick Italian omelette that may contain any of a variety of chopped ingredients, including meat or vegetables

fritter noun a piece of fruit, meat or vegetable dipped in a mixture of flour, egg and milk and fried

fromage frais noun a fresh cheese with a light creamy taste and a texture like thick cream or yoghurt
front-of-pack information noun basic nutritional information presented on the front of packaged food for easy reference

frost verb to give an item, especially a soft fruit or the rim of a glass or coupe, a frosty appearance by dipping it in lightly whipped egg white then in caster sugar and leaving it to dry

froth verb to dredge meat with flour before basting and roasting

frozen adjective
1. very cold
2. at a temperature below freezing point

frozen food noun foods, typically processed or made-up dishes, that have been frozen to ~20°C and can be stored for six weeks or more

frozen yoghurt noun a dessert similar to ice cream made from a mixture of yoghurt, sugar and flavourings

fructo-oligosaccharide noun a type of prebiotic. Abbreviation FOS

fructosan noun a polysaccharide of fructose that is not digestible

fructose noun the sugar found in honey and fruits such as figs

fruit noun the part of a plant that contains the seeds and is often eaten raw. verb to produce fruit

fruitarian noun someone who eats only fruit

fruit juice noun juice from fruit, often served as an appetiser or starter

fruit salad noun a mixture of pieces of fresh or tinned fruit, usually in fruit juice or syrup, served as a dessert

fry verb to cook in oil or fat in a shallow pan. deep-fry

fryer noun a large device for frying quantities of food at the same time

frying basket noun same as chip basket

frying pan noun a shallow, open pan used for frying

FSA abbreviation Food Standards Agency

fuel noun a substance that can be burnt to provide heat or power, e.g. wood, coal, gas or oil
verb to use a fuel to power something

fugu noun a Japanese fish that is considered a delicacy and must be prepared by a licensed chef as it contains a paralysing, potentially lethal toxin

full-cream adjective used for describing milk that has had none of the cream or fat removed, or for describing products made with this kind of milk

fuller’s earth noun an absorbent clay used for treating cloth and filtering liquids

full-panel easy open noun used for describing a can that opens using a key. Abbreviation FPEO

fumaric acid noun • E297

fumigant noun a chemical compound that becomes a gas or smoke when heated and is used to kill insects

famous adjective tending to produce gas in the digestive system

functional food noun food, often containing additives, that is said to be beneficial to health and able to prevent or reduce diseases such as tooth decay and cancer

fungicide noun a substance used for killing fungi

fungus noun an organism such as yeast or mould, some of which cause disease (NOTE: The plural is fungi.)

furan noun a ring compound produced during Maillard browning that supplies a caramel flavour
furcellaran noun a polysaccharide used as a gelling agent
furred game noun animals that have fur and are hunted for sport and food, e.g. deer and rabbit
fusel oil noun a solution of congeners in alcohol that gives flavour to spirits and also causes hangovers
fusilli plural noun pasta in the form of short spiral shapes
fusion cuisine noun the addition of a product from a different country to a particular type of cooking, or the mixing of dishes from different countries in the same menu
g  abbreviation gram
GABA  abbreviation gamma-aminobutyric acid
galactans  plural noun galactose derivatives found in carrageenan
galactosaemia  noun an inability to digest galactose
galactose  noun a sugar that forms part of milk and is converted into glucose by the liver
galactosidase  noun an enzyme that breaks down lactose
galangal  noun the pungent underground stem of a ginger plant, sold fresh or dried and ground
galantine  noun a dish of boned and cooked white meat, poultry or fish, usually stuffed, moulded into shape and served cold in its own jelly
galenicals  plural noun tinctures and other preparations made from medicinal plants
gallbladder  noun a small muscular sac on the right underside of the liver, in which bile secreted by the liver is stored and concentrated until needed for the digestive process
gallbladder sludge  noun a thick substance that is not broken down by bile and can build up in the gallbladder, causing pain
gallic acid  noun a colourless crystalline solid
gallon  noun a unit of liquid volume in the Imperial System, approximately equal to 4.5 litres
gallstone  noun a hard stone in the gallbladder formed of bile components
game  noun 1. animals that are hunted and killed for sport and food 2. food from animals such as deer or pheasants that have been hunted and killed
game farming  noun the breeding and care of furred or feathered game for use in sport shooting
gamey  adjective used for describing the desired smell and flavour of game that has been hung for the correct time and is sufficiently tenderised
gamma-aminobutyric acid  noun a stimulant and secretagogue used by athletes. Abbreviation GABA
gamma linolenic acid  noun full form of GLA
gamma rays  plural noun electromagnetic rays that are shorter than X-rays, given off by radioactive substances and used in food irradiation
gamma-tocopherol  noun E308
gammon  noun smoked or cured ham, either whole or cut into slices
gammon steak noun a thick slice of gammon
GAP abbreviation Good Agricultural Practices
garam masala noun a mixture of spices used in South Asian cooking to give a hot pungent flavour to a dish
garlic noun a plant whose bulb has a strong smell and taste, used as a flavouring
garlic press noun a small kitchen tool, usually made of metal or plastic, that minces a clove of garlic by squeezing it through small holes
garlic salt noun a preparation of salt and powdered garlic used as a food seasoning
garnish noun a small piece of food used as a decoration
verb to add things to decorate food
gasified adjective same as carbonated
gasket compound noun same as sealing compound
gas mark noun a mark on the temperature regulator of the oven of a gas cooker, indicating a gradation of heat. Also called regulo
gastral noun same as gastric
gastralgia noun pain in the stomach
gastric adjective relating to the stomach
gastric band noun a band fitted around the stomach to reduce its capacity in gastric bypass surgery
gastric bypass noun surgery to reduce the capacity of the stomach, used for treating morbid obesity
gastric feeding tube noun a plastic tube used for administering long-term enteral nutrition, which enters the stomach via an opening in the abdomen created by a gastrostomy procedure
gastric inhibitory peptide noun a hormone that stimulates insulin production, secreted by the duodenum. Abbreviation GIP
gastric juice noun the mixture of hydrochloric acid, pepsin, intrinsic factor and mucus secreted by the cells of the lining membrane of the stomach to help the digestion of food (NOTE: Often used in the plural.)
gastric lavage noun the action of washing out the stomach contents, e.g. to remove an ingested toxin
gastric ulcer noun an ulcer in the stomach. Abbreviation GU
gastrin noun a hormone that stimulates the gastric glands to release hydrochloric acid
gastritis noun inflammation of the stomach lining
gastroadenitis noun inflammation of the glands of the stomach
gastroblennorrhoea noun excessive production of mucus by the stomach
gastrodynia noun same as gastralgia
gastroenteritis noun inflammation of the membrane lining the intestines and the stomach, caused by a viral infection and resulting in diarrhoea and vomiting
gastroenterology noun the study of diseases of the stomach and intestines
gastroesthesia noun having a sensitive stomach
gastrogenic adjective caused by or relating to the stomach
gastrointestinal adjective relating to the stomach and intestine
gastrointestinal tract noun the digestive tract, comprising the stomach and intestines
gastrokinesograph noun a medical device that measures movements of the stomach
gastromalacia noun a softening of the walls of the stomach
gastronome noun an expert on food and drink
gastro-oesophageal reflux disease noun a tendency towards acid reflux causing long-term oesophageal damage. Abbreviation GORD
gastropathy noun a disease of the stomach
gastroplasty noun surgery carried out to change, usually reduce, the capacity of the stomach
gastrostomy noun a surgical operation to create an opening into the stomach from the wall of the abdomen, so that food can be introduced without passing through the mouth and throat
gastrostomy feeding noun tube feeding directly into the stomach through the abdominal wall
gateau noun 1. a rich cake, usually consisting of several layers held together with a cream filling 2. savoury food baked and served in a form resembling a cake
Gaucher disease noun a genetic metabolic disorder in which a fatty substance accumulates in the body, especially the spleen, liver, lungs and bone marrow, characterised by bruising, fatigue, anaemia, low blood platelets and enlargement of the liver and spleen
gauntlet noun an industrial oven glove covering the arm to the elbow
gavage noun same as gastrostomy feeding
gazpacho noun a Spanish-style soup consisting of tomatoes, onions, cucumber, garlic, oil and vinegar, served cold
GDA abbreviation guideline daily amount
gel noun a suspension that sets into a jelly-like solid
gelatiera noun an ice-cream maker
gelatin, gelatine noun a protein that is soluble in water, made from collagen
gelatinisation noun the addition of gelatin or a similar substance to a food to turn it into a gel
gelatinise verb to make something gelatinous, or to become gelatinous
gelatinous adjective used for describing something with a texture like jelly
gelato noun an Italian ice cream made from milk, gelatin, sugar, and fruit ■ adjective iced, frozen or chilled
gelling agent noun any substance that is dissolved in a liquid to cause it to set into a gel
GEMS/Food noun an official body that collates data on trends in food contamination. Full form Global Environment Monitoring System – Food Contamination Monitoring and Assessment Programme
gene noun a unit of DNA on a chromosome that governs the synthesis of a protein sequence and determines a particular characteristic

General Food Law Regulations 3279/2004 noun a set of EU regulations that confers on health authorities the right to enforce EU food laws, and sets out the offences and punishments for contravening these
generic descriptor noun the name for a vitamin that covers several different chemical forms with the same function
genetic adjective relating to or contained in genes
genetically modified adjective used for describing a plant that has received genetic material from a totally different organism, or for describing products made from such plants. Abbreviation GM

genetically modified organism noun a plant or animal produced by the technique of genetic modification. Abbreviation GMO

genetic disease noun a disease caused by a genetic variation, e.g. an intolerance to, or an inability to metabolise, some substance

genetic modification, genetic engineering noun the alteration of the genetic material of a plant or animal under laboratory conditions, resulting in a plant or animal with new characteristics. Abbreviation GM

genetic pollution noun unintended effects caused by genetically modified organisms breeding with related or even unrelated species

genistein noun an isoflavonoid in soya beans found to have phyto-oestrogenic properties, linked to reduced fertility in men

genotoxicity noun the toxic effect of a substance on genetic cellular structure, leading to the risk of physical or developmental disorders

geosmin noun a compound that can produce unpleasant flavours in wine

geranium taint noun a defect of wine in which it has a geranium aroma, caused by lactic acid bacteria

germ noun 1. a microorganism that causes a disease, e.g. a virus or bacterium 2. a part of an organism capable of developing into a new organism

gerontology noun the study of the process of ageing and the diseases of old people

gestational diabetes noun diabetes which develops during pregnancy in previously-unaffected women, thought to be caused by hormone levels affecting the production of insulin

gemaphobia noun a fear of unfamiliar flavours or textures in food

ghee noun clarified butter, especially as used in South Asian cooking

gherkin noun a small vegetable of the cucumber family used for pickling

ghrelin noun a hormone that controls the production of growth hormone

GI abbreviation glycaemic index

Giardiasis noun a disorder of the intestine caused by a parasite, usually with no symptoms but in heavy infections the absorption of fat may be affected, causing diarrhoea

giberelin noun a plant growth stimulator derived from fungus

giblets plural noun the liver, heart and other internal organs of poultry, removed before the bird is cooked

Gi diet noun a dietary plan based on choosing foods according to their glycaemic index rating, with foods with a low rating giving a slow, steady release of energy, reducing blood sugar peaks and troughs that cause food cravings and weight gain

gild verb 1. to glaze food with beaten egg before baking, to give a rich golden colour 2. to coat the surface of a hard food with gold leaf, for decoration and historically for parading the wealth of the person serving it

Gillette method noun same as high-performance liquid chromatography

gills plural noun 1. the breathing apparatus of fish and other animals living in water, consisting of a series of layers of tissue that extract oxygen from water as it passes over them 2. a series of thin structures on the underside of the cap of a fungus, carrying the spores

gin noun a strong colourless alcohol distilled from grain and flavoured with juniper
ginger noun 1. a plant with a hot-tasting root used in cooking and medicine 2. a spice made from the powdered root of this plant

gingerbread noun a cake made with treacle and flavoured with ginger

gingivitis noun swelling and bleeding of the gums, sometimes caused by poor nutrition

ginkgo noun a Chinese tree with leaves that are used in herbal remedies and seeds that are used in Southeast Asian cooking for their health benefits

ginkgo biloba noun a herbal preparation made from the pulvèrised leaves of the ginkgo tree

gin-nan noun food poisoning caused by eating raw (toxic) ginkgo seeds

ginseng noun the fleshy root of an Asian plant, believed to have various health benefits, or a herbal preparation made from the root

GIP abbreviation gastric inhibitory peptide

GLA noun a fatty acid obtained from the seeds of the evening primrose, used as a medicine. Full form gamma linolenic acid

glacé adjective 1. coated with a sugar solution that results in a glazed finish 2. made by mixing icing sugar and a liquid, usually water

glacé cherry noun a candied cherry given a glossy appearance by dipping it in sugar solution, used for decorating cakes and desserts and sometimes in cake mixtures

glacé icing noun a simple mixture of sugar and water or strained fruit juice of coating consistency that gives a glossy appearance when spread on cakes and biscuits. Also called water icing

glasshouse noun a large structure made of glass inside which plants are grown, especially commercially or for scientific purposes

glassine noun a transparent paper treated with a glaze to make it greaseproof and resistant to the passage of air, used in food packaging

glaze noun a shiny surface on food ■ verb to cover food with a shiny coating

gliadin noun a simple cereal protein

Global Environment Monitoring System – Food Contamination Monitoring and Assessment Programme noun full form of GEMS/Food

globalisation noun the development of a similar culture and economy across the whole world as a result of technological advances in communications

globe artichoke noun an artichoke

glossitis noun inflammation of the tongue

glucagon noun a hormone secreted by the islets of Langerhans in the pancreas, which increases the level of blood sugar by stimulating the breakdown of glycogen

glucaric acid noun dicarboxylic acid derived from glucose

gluco- prefix glucose

glucocorticoid noun a natural steroid hormone that regulates carbohydrate digestion

glucokinase noun an enzyme in the liver that plays a key role in carbohydrate metabolism

gluconeogenesis noun the production of glucose in the liver from protein or fat reserves

gluconic acid noun an acid formed by the oxidation of glucose

glucono delta-lactone noun • E575

glucos noun same as glucosinolate
glucosamine noun a glucose derivative found in supportive tissues and plant cell walls

glucosamine sulphate noun a supplement used by athletes that is thought to help rebuild damaged cartilage

glucose noun a simple sugar found in some fruit, but also broken down from white sugar or carbohydrate and absorbed into the body or secreted by the kidneys

glucose oxydase noun the enzyme that oxidises glucose

glucose syrup noun a syrup containing dextrose, maltose, dextrin and water that is obtained from starch and is used in food manufacture

glucose tolerance noun the ability to metabolise a high dose of glucose, which is a test for diabetes

glucosidase noun an enzyme that splits glucose off glucosides

glucosinolate noun a compound left in rape meal after the oil has been extracted. Also called glucos

glucosuria noun the presence of glucose in the urine, an indicator of diabetes

glutamate noun a salt or ester of glutamic acid, especially its sodium salt (monosodium glutamate)

glutamic acid noun an amino acid

glutamine noun an amino acid

glutathione noun a peptide consisting of glutamic acid, cysteine and glycine that is an important antioxidant

glutathione reductase noun an enzyme in red blood cells

glutens noun a protein found in some cereals that makes the grains form a sticky paste when water is added

gluten-free adjective used for describing foods that do not contain gluten

glutelin noun a protein that is present in gluten, responsible for the elasticity of dough

gluten-induced enteropathy noun same as coeliac disease

gluton noun someone who habitually eats or drinks too much

gluttonous adjective greedy, especially for food and drink

glutony noun the behaviour of someone who eats and drinks too much

glycaemic effect noun the extent to which a food containing carbohydrate can raise blood sugar levels

glycaemic index noun a points rating for different types of food, based on their glycaemic effect. Abbreviation GI

glycaemic load noun a rating for different types of food based on the amount of carbohydrate that they contain, as well as the extent to which this raises blood sugar levels

glyceraldehyde noun an intermediate in carbohydrate metabolism

glycerine, glycerol noun a sweetish colourless oily liquid used as a humectant to prevent foods from drying out, used especially for royal icing. Also called glycerol

glyceryl lactostearate noun, E472(ii)

glycine noun an amino acid

glyco- prefix sugar, or glycogen

glycoalkaloid noun a toxin produced in potatoes on exposure to sunlight

glycogen noun a type of starch, converted from glucose by the action of insulin, and stored in the liver as a source of energy
glycogenesis noun the synthesis of glycogen from glucose by insulin
glycogenolysis noun the breakdown of glycogen into glucose
glycogen storage disease noun a condition in which the liver and muscles accumulate excess amounts of glycogen
glycolysis noun the metabolic breakdown of glucose to release energy
glycoprotein noun a protein that is linked to a carbohydrate
glycorrhoea noun the expulsion of unusually large quantities of sugar from the body
glycosuria noun same as glucosuria
glysocholic acid noun an acid present in bile
GM abbreviation genetically modified
GMO abbreviation genetically modified organism
GMP abbreviation Good Manufacturing Practices
gnocchi plural noun in Italian cookery, dumplings made of potato, semolina or flour, usually boiled and served with soup or a sauce
goat’s milk noun milk from a goat, used for drinking and for making cheese
goitre noun enlargement of the thyroid gland caused by iodine deficiency
goitrogen noun a substance that interferes with the thyroid gland’s uptake of iodine
golden rice noun rice fortified with beta-carotene, developed as a humanitarian food to combat vitamin A deficiency
golden syrup noun thick golden juice from sugar, used for making dishes such as treacle tart
Gomez classification noun categories of malnutrition in children, based on the ratio of actual weight to expected or average weight
Good Agricultural Practices plural noun a set of codes which provide practical guidance for farmers on the proper maintenance of soil, water and air. Abbreviation GAP
good cholesterol noun cholesterol that is transported away from cells and tissue by high density lipoprotein (informal)
Good Manufacturing Practices plural noun a set of standards used by the FDA to assess processes in food manufacturing. Abbreviation GMP
goodness noun the nutritional value of food
goods plural noun things that are produced for sale
goose noun 1. a web-footed water bird, larger than a duck (NOTE: The plural form is geese.) 2. meat from this bird
gooseberry noun a small soft fruit from a small prickly bush, green or red in colour and usually cooked or preserved
GORD abbreviation gastro-oesophageal reflux disease
Gorgonzola noun a moist Italian blue cheese with a strong flavour
gosling noun a young goose
Gouda noun a mild Dutch cheese, typically sold in a thick round shape covered in yellow wax
goujon noun a long strip of fish or chicken coated in egg and breadcrumbs and deep-fried
goulash noun a Hungarian dish of meat and vegetables, flavoured with paprika
gourmet noun someone who knows a lot about and appreciates food and wine
gout noun pain caused by crystallisation of uric acid in the joints

Graham diet noun a dietary plan that is wholly vegetarian and allows fats only in small quantities

grain noun 1. a measure of weight equal to 0.0648 grams. Abbreviation gr 2. a small hard seed

Grain Information Service noun an organisation that provides information on wheat intolerance and associated diseases

graining noun the crystallisation of sugar that takes place when it is boiled and cooled

gram noun a metric measure of weight equal to one thousandth of a kilogram. Abbreviation g

gram flour noun a gluten-free flour, used in South Asian cookery, that is usually made from ground chickpeas and is pale yellow in colour

Gram's stain noun a way of identifying bacteria by whether their cell walls are stained by a particular dye or not

granary bread noun bread made from granary flour

granary flour a trade name for a brown flour with malted wheat grains added to give a nutty flavour

granulate verb to form into small particles or granules by crystallisation or agglomeration

granulated sugar noun refined sugar in small white crystals. Also called white sugar

grape noun any of numerous species of small fruit of vine plants of the Vitis genus, grown for eating and widely used for making wine and related drinks

grapefruit noun a citrus fruit similar to and about twice as large as an orange, but not as sweet, that is lemon-yellow when ripe and very juicy, and has flesh that is usually pale greenish-yellow, but can also be pink. (NOTE: The plural form is grapefruit.)

grape skin noun a good source of resveratrol, an antioxidant agent

grate verb to shred a firm textured food such as a carrot, a piece of cheese or a nutmeg using either a handheld tool or a food processor

grater noun a tool with a rough metal surface, or with rough holes, used for grating food such as cheese

gratin noun 1. food that has been topped with breadcrumbs, cream sauce or cheese, and browned under a grill or in an oven 2. a low flat dish in which food can be browned under a grill

gratinate verb to cause a crust to form on the surface of baked food, usually by sprinkling the surface with grated cheese or breadcrumbs and browning it under the grill or in the oven

gravadlax noun a Scandinavian dish consisting of thin slices of dried salmon marinated in sugar, salt, pepper, and herbs, especially dill, and usually served as an appetiser. Also called gravlax

gravity feed slicer noun a type of slicer for cooked meat such as ham, where the meat is placed on a sloping tray and slides further down after each slice is cut

gravlax noun same as gravadlax

gravy noun the juices that come from meat during cooking, or a brown sauce made using these that is served with meat

gravy browning noun a solution of dark caramel with salt, used for colouring gravy and sauces

grease noun thick soft animal fat, e.g. from cooked meat • verb to put a coating of fat or oil on the surface of a container, e.g. a baking tin, to prevent food sticking to it
ground rice

greaseproof paper noun paper that does not allow oil or grease to soak into it or pass through it, used in cooking, preparing, and wrapping food. Also called waxed paper

Greek salad noun a salad of tomatoes, lettuce, cucumber, olives, oregano and feta cheese

Greek yoghurt noun a thick sour yoghurt made from sheep’s milk

green adjective showing concern about or sensitivity towards environmental issues

green beans plural noun beans grown on low bushes and eaten when green in their pods. Also called French beans, string beans

green goose noun a young goose up to three months old that has been fed on pasture, less fatty than a Christmas goose and traditionally eaten at Michaelmas, September 29th

greenhouse noun a structure made of glass inside which plants are grown

green maté noun a South American tea that contains high levels of caffeine

green pepper noun an unripe sweet pepper with a green skin, eaten raw or cooked

greens plural noun plants with green leaves that are eaten as vegetables, e.g. cabbage and kale

green S noun • E142

green salad noun a salad made of lettuce or other green leaves, sometimes including other raw green vegetables such as cucumber or green pepper

green tea noun any type of tea in which the leaves are heated to prevent fermentation

griddle noun a flat metal sheet or pan on which food is cooked over a flame

griddle scraper noun a spatula-like utensil used for scraping burned food deposits from a griddle surface

grill noun 1. an open metal surface with heat above or below, used for cooking food 2. a dish of food cooked on a grill 3. a restaurant, or part of a restaurant, that specialises in grilled food • verb to cook food on or under a grill

griller noun a kitchen device with an open metal rack with heat beneath, used for cooking food

grill pan noun a metal tray used for putting food on while cooking it under a grill

grind verb to pass food through a machine that reduces it to powder or pulp

grinder noun 1. a machine for grinding food such as coffee or spices 2. same as mincer

gripe noun same as colic

gripe water noun a solution of sodium barcarbonate used for relieving colic in infants

gristle noun tough cartilage, especially in meat prepared for eating

grocer noun an owner or manager of a shop selling food and other household goods

Grocer, The noun the leading business magazine for the UK food and drink industry

groceries plural noun goods, especially food, sold in a grocer’s shop

grocery noun 1. a shop that sells food and other household goods 2. the trade or profession of a grocer

ground almonds plural noun dried sweet almonds dehusked and ground

groundnut noun same as peanut

ground rice noun rice flour or meal used for milk puddings, as a thickener and to give a crisp texture to biscuits, shortbread and batters
grouse noun a small black game bird, found in the UK, especially in the north of England and in Scotland (NOTE: The plural is grouse.)
growth noun the process of increasing in size
growth hormone noun same as somatotrophin
gruel noun a thin porridge made by boiling meal, especially oatmeal, in water
guacamole noun mashed or puréed avocado with chillies, used as a dip or as a filling for tacos
guanosine 5'-disodium phosphate noun inhabitants

guanosine monophosphate, guanylic acid noun a constituent of the nucleic acids DNA and RNA that plays a part in various metabolic reactions and is composed of guanosine linked to a phosphate group. Abbreviation GMP
guarana noun a herbal supplement that contains caffeine

guar gum noun gum extracted from the seeds of a plant that is widely grown in South Asia, used for thickening and stabilising processed foods

guava noun an orange-coloured tropical fruit with pink flesh

guideline daily amount noun inhabitants

guinea fowl noun a small black bird with white spots, bred for its meat that has a delicate flavour similar to that of game birds

gum noun the soft tissue covering the part of the jaw that surrounds the teeth

gum arabic, gum acacia noun a sticky substance taken from some acacia trees, used in confectionery and medicines. Also called acacia gum


gumbo noun 1. same as okra 2. a type of thick soup or stew, made with meat or fish and okra, from the southern USA

gum tragacanth noun inhabitants


gustation noun in sensory analysis, the sense of taste

gut noun the tubular organ for the digestion and absorption of food. Also called digestive tract, alimentary canal, intestine

Guthrie test noun a test for genetic diseases performed on infants, which measures amino acid levels in the blood. Also called heel-prick test

gut sweetbread noun the pancreas of an animal, used as food

gutting noun the action of removing the innards of an animal while butchering it

gutting knife noun inhabitants

gut wall noun the inner surface of the intestine, through which nutrients are absorbed
HACCP *abbreviation* Hazard Analysis and Critical Control Point

**hachoir** *noun* a chopping tool consisting of a curved blade with a vertical handle at each end, used with a rocking motion. Also called *mezzaluna*

**haddock** *noun* a white sea fish found in North Atlantic waters (NOTE: The plural form is *haddock*.)

**haem** *noun* a substance that carries oxygen in blood and bone marrow

**haematemeses** *noun* bleeding in the upper gastrointestinal tract causing vomiting of blood

**haematin** *noun* a iron-rich compound produced when blood is oxidised

**haematinic** *adjective* promoting the healthy growth of blood cells in bone marrow

**haemato-** *prefix* blood

**haem iron** *noun* dietary iron found in meat and seafood. Compare *non-haem iron*

**haemo-** *prefix* blood

**haemochromatosis** *noun* an excess of iron in the body, which can cause tissue damage and discoloration of the skin

**haemoglobin** *noun* a red pigment in red blood cells that gives blood its red colour and carries oxygen to the tissues. Abbreviation Hb

**haemolitical anaemia** *noun* anaemia caused by the destruction of red blood cells

**haemolytic uraemic syndrome** *noun* a serious kidney disease caused by infection of the intestine with EHEC, most commonly found in young children. Abbreviation HUS

**haemorrhoids** *plural noun* swollen veins around the anus. Also called *piles*

**haemosiderin** *noun* an insoluble protein that contains iron, produced by the action of phagocytes on haematin

**haggis** *noun* a Scottish dish consisting of a mixture of sheep’s heart, liver and other organs and oatmeal, traditionally in a sheep’s stomach but now often in a synthetic bag, boiled in water (NOTE: In Scotland, haggis is served on special occasions, especially on Burns’ Night.)

**hair tube** *noun* a piping-bag nozzle with multiple small openings that makes a hair- or grass-like icing decoration

**hake** *noun* a large white sea fish with flesh similar to that of cod but with a slightly coarser texture (NOTE: The plural form is *hake*.

**halal** *adjective* prepared according to Islamic law. Compare *haram*
half-fat 118

half-fat adjective containing half the amount of fat of a comparable product

half-fat milk noun milk from which some of the fat has been removed

half-life noun the time taken for half the cells in a tissue sample to die and be replaced

halibut noun a type of flat white sea fish, the largest of all flatfish (NOTE: The plural form is halibut.)

haliphagy noun the consumption of an excessive amount of salt

halitosis noun a condition in which a person has breath that smells unpleasant

halophilic adjective used for describing bacteria that are able to grow in a salty environment

halva noun a sweet food made from crushed sesame seeds or almonds combined with boiled sugar syrup, sold sliced from a block

ham noun meat from this part of the pig, usually cured in brine and sometimes dried in smoke

hamburger noun a small flat cake of minced beef that is grilled or fried. Also called beef-burger

hamburger roll noun a soft round bread roll suitable for serving a hamburger in

ham slice noun a thin piece of ham for use in sandwiches

hand sanitiser noun an antimicrobial liquid that can be used to disinfect the hands without rinsing

hand whisk noun a whisk

hang verb to suspend meat or a recently killed game animal until the flesh begins to decompose slightly and becomes more tender and highly flavoured

hanging noun the process of draining the blood from a slaughtered animal by hanging it by the hocks

hangover noun a condition occurring after a person has drunk too much alcohol, with dehydration causing symptoms including headache, nausea and trembling of the hands

haram adjective used for describing foods forbidden by Islam. Compare halal

hard adjective used for describing wheat that is hard to the bite

hard-boiled adjective used for describing an egg that has been cooked in boiling water until the white and yolk are set

hard cheese noun cheese that has been pressed and so has a firm texture

hard swell noun a can swell that is hard and cannot be forced back into shape by hand.

hard water noun tap water that contains a high percentage of calcium and magnesium (NOTE: Hard water makes it difficult for soap to lather and also causes deposits in pipes, boilers and kettles.)

hard wheat noun a wheat with hard kernels and a high gluten content, used for making flour for bread

hare noun a common field mammal of the genus Lepus that resembles a large, long-eared rabbit

haricot bean noun a white bean of the type used for making baked beans

harissa noun a spicy oily paste made from chilli and tomatoes, used as an ingredient in North African cooking

harvesting noun the practice of cutting marketing investment on a particular product prior to withdrawing it from the market
hash noun a dish prepared from chopped meat and vegetables
hash browns plural noun boiled potatoes, diced or mashed and fried till crisp and brown
haunch noun one of the back legs of a four-legged animal, either when it is alive, or as a cut of meat
haute cuisine noun high-class French cooking
haybox cooker noun a fireless cooker
Hay diet noun a dietary plan that classifies foods as acidic, alkaline or neutral and advises appropriate combinations
Hazard Analysis and Critical Control Point noun a formal food safety methodology in which critical control points are identified and adhered to. Abbreviation HACCP
haze noun cloudiness in beer
hazelnut noun a small round nut with a smooth shiny shell
HDL abbreviation high-density lipoprotein
HDR abbreviation Humanitarian Daily Ration
head chef noun the main chef in a restaurant
head waiter noun same as maître d’hôtel
health noun the fact of being well or being free from any illness
health-conscious adjective used for describing someone who is keen to eat healthy and nutritious foods and to look after his or her health in other ways, e.g. by exercising
health counsellor noun a general adviser on matters of health, fitness and nutrition in an institution such as a school
Health Education Board for Scotland noun a government agency in Scotland responsible for health advice, education and promotion. Abbreviation HEBS
Health Education Trust noun a charitable research body. Abbreviation HET
health food noun food with no additives or natural foods, which are good for your health
Health Food Manufacturers’ Association noun a society representing specialist health food producers. Abbreviation HFMA
Health Professions Council noun a regulatory body in the UK that sets standards for training in the health industries and qualifies people to practice under particular job titles. Abbreviation HPC
health risk noun a situation in which there is a risk to health caused by something such as not following safety procedures
health trainer noun a person who acts as a link between health professionals and the community, giving personal advice and support to people looking to improve their health
healthy adjective 1. in good physical condition 2. helping to maintain or bring about good health
healthy eating noun the practice of eating food that is rich in essential nutrients and within recommended dietary guidelines
Healthy Living Scotland noun a government information service promoting fitness and a healthy diet, available online
heaped adjective used for describing an amount large enough to rise up in a small heap
heart noun the compact central part of a vegetable such as lettuce, cabbage or celery, where the leaves or stalks curl in tightly
heartburn noun indigestion that causes a burning feeling in the stomach and oesophagus and a flow of acid saliva into the mouth
heart disease noun a general term for any disease of the heart

heart-smart adjective used for describing food that is low in fat and cholesterol and therefore reduces the risk of heart disease

hearty adjective 1. showing physical health, strength, and vigour 2. used for describing food that is substantial and gives considerable satisfaction and nourishment

heat noun the spiciness of food

heat labile noun same as thermolabile

heat lamp noun a source of infra-red radiation usually suspended above a food-serving or food-holding area to keep the food warm

heat-sealing noun a method of closing plastic food containers in which air is removed from a plastic bag with the food inside and the bag is then pressed by a hot plate that melts the plastic and seals the contents in the vacuum

heat transfer noun the process of passing heat from one medium or substance to another

heat treated adjective heated in order to reduce bacterial action to acceptable levels

HEBS abbreviation Health Education Board for Scotland

heel-prick test noun same as Guthrie test

height noun how tall someone or something is

height-for-weight noun an index of a child’s height against the average height for a child of that weight, showing whether they are being adequately nourished for growth

helminth noun a parasitic worm

helping noun a portion of food served to one person

hemiageusia noun a loss of taste from one side of the tongue only

hemicellulose noun a polysaccharide carbohydrate found in fruit and vegetables, of which pectin is a form

hen noun 1. a female of the common domestic fowl 2. any female bird, e.g. a hen pheasant

hepatic duct noun a duct which links the liver to the bile duct leading to the duodenum

hepatic portal vein noun a vein that drains blood from the digestive system and carries it to the liver

hepatitis noun inflammation of the liver through disease or drugs

hepatolithiasis noun the presence of calculi in the liver

hepatomegaly noun enlargement of the liver caused by congestion or inflammation

hepatorrhoea noun an excessive flow of bile from the liver

herb noun a plant that can be used to give a particular taste to food or to give a particular scent

herbal extract noun the active ingredients of a herb preserved in a water, alcohol or oil solution

herbicide noun a chemical that kills plants, especially used for controlling weeds

herbivore noun an animal that feeds only on plants. & carnivore, omnivore

hermetic adjective airtight

herring noun a small oily sea fish found in the temperate, shallow waters of the North Atlantic and the Baltic Sea (NOTE: The plural form is herring.)

herringworm noun a marine roundworm that can infect humans if it is ingested in raw fish, causing severe abdominal pain
herringworm disease noun infestation of the abdominal wall with herringworm larvae
hesperidin noun a white or colourless crystalline glycoside found in citrus fruits
Hess test noun a test for scurvy in which the skin is pressed to see if broken capillaries appear
HET abbreviation Health Education Trust
heterolysis noun the breaking of a chemical bond in a compound, producing particles or ions of opposite charge, e.g. the formation of sodium and chloride ions in a salt solution
hexamine noun • E239
HFCS abbreviation high fructose corn syrup
HFMA abbreviation Health Food Manufacturers’ Association
HFSS adjective used for describing calorie-dense snack foods. Full form high in fat, salt or sugar
HGCA abbreviation Home-Grown Cereals Authority
HGH abbreviation human growth hormone
HGH booster noun same as secretagogue
hide noun the skin of an animal, important commercially both in its raw state and as leather
high adjective used for describing meat, especially game, that has been kept until it is beginning to rot and has a strong flavour
high biological value noun the fact of containing large amounts of bioavailable proteins
high blood pressure noun same as hypertension
high-density lipoprotein noun an aggregate of fat and protein that transports cholesterol away from the arteries, high levels of which are associated with a decreased risk of heart disease. Abbreviation HDL • low-density lipoprotein
high electric field pulses plural noun a method of enhancing the antibacterial action of preservatives by passing an electrical charge through the preserved food
high-energy adjective used in marketing to describe foods such as glucose drinks or high-sugar items such as honey that can be broken down easily by the body to provide a rapid supply of energy
high-energy food noun food containing a large number of calories that give a lot of energy when they are broken down by the digestive system
high-fibre adjective used for describing foods that are rich in dietary fibre and therefore help to maintain a healthy colon
high fructose corn syrup noun a sweetener used in the soft drinks industry, extracted from maize. Abbreviation HFCS
high in fat, salt or sugar full form of HFSS
high-performance liquid chromatography noun a way of measuring the hotness of a spice or chilli pepper, using a scientific analysis of the proportions of heat-producing chemicals. Abbreviation HPLC
high pressure treatment noun a method of sterilising food without affecting its natural textures or nutritional value by subjecting it to intense pressure, which deactivates most bacteria
high-protein diet noun a dietary plan that is high in protein, used for building muscle mass especially while training
high quality protein noun protein that is bioavailable and contains high levels of all essential amino acids
high-ratio shortening noun fat with a higher-than-usual proportion of monoglycerides and diglycerides, able to absorb a lot of sugar

high temperature short time method noun the usual method of pasteurising milk, where the milk is heated to 72°C for 15 seconds and then rapidly cooled. Abbreviation HTST method

high-temperature short-time treatment noun a sterilisation technique that destroys bacteria rapidly without causing damage to food texture. Abbreviation HTST

histamine noun a substance released in response to allergens, causing blood vessels to dilate and leading to an increase in acid secretions in the stomach

histidinaemia noun a genetic disease causing histidine intolerance

histidine noun an amino acid from which histamine is derived

histotrophic adjective causing the growth or nourishment of tissue

hives noun an allergic reaction in which raised red welts are produced on the skin

HMB abbreviation beta-hydroxy beta-methylbutyrate

hob noun the flat top on a cooker

hock noun the lower part of a leg of a pig, used for food

hoisin sauce noun a thick dark sweet and spicy sauce made from fermented soya beans and used for flavouring Chinese dishes

holistic adjective used for describing a medical treatment that takes account of someone’s mental and personal circumstances, in addition to their physical symptoms

hollandaise sauce noun a sauce for meat, fish or vegetables, made of egg yolks, butter, lemon juice and sometimes vinegar

hollowware noun metal or china dishes from which food is served

holozoic adjective used for describing organisms such as animals that feed on other organisms or organic matter

holy basil noun a variety of basil with a dark leaf and a sharp, slightly aniseed flavour, native to Southeast Asia

home-baked adjective baked by hand, individually or as part of a small batch, as opposed to factory-produced

home-cooked meal noun a meal cooked on the premises or presented as having been cooked on the premises

home economics noun the study of cookery as taught in schools, often also including the study of other aspects of running a home

home economist noun a person who teaches or specialises in home economics

Home-Grown Cereals Authority noun an organisation that promotes and funds research into the UK arable industry. Abbreviation HGCA

homeopath noun a practitioner of homeopathy

homeopathic adjective relating to homeopathy or prepared using the principles of homeopathy

homeopathy noun a type of medical treatment that involves using natural substances that produce a very mild form of the condition that the patient already has

homeostasis noun the process by which the functions and chemistry of a cell or internal organ are kept stable, even when external conditions vary greatly

homocysteine noun an amino acid produced in the body during the metabolism of methionine
homocystinuria noun a genetic disease that makes the body unable to convert methionine to cysteine and may cause mental problems
homogenisation noun the treatment of milk so that the cream does not separate
homogenise verb to mix various parts until they become a single whole, especially to treat milk so that the cream does not separate
honey noun a sweet runny sticky substance produced by bees
honeycomb noun a structure made up of waxy hexagonal cells containing honey that is extracted from a bees’ hive or nest and can be eaten
honey dipper noun a wooden utensil with a rounded, grooved end designed for dipping into honey
hookworm noun a parasitic worm that lives in the small intestine
hop noun a climbing plant that has long thin groups of green flowers which are used dried in brewing to add flavour to beer (NOTE: The plant’s botanical name is *Humulus lupulus*.)
hormonal adjective relating to hormones
hormone noun a substance that is produced by one part of the body, especially the endocrine glands and is carried to another part of the body by the bloodstream where it has particular effects or functions
hormone-sensitive lipase noun a lipase that is controlled by insulin and adrenaline
hors d’oeuvre noun a small portion of food served cold or hot before a meal to stimulate the appetite
horse mackerel noun a name given to various large long-bodied fish of the mackerel family, found in tropical and subtropical seas
horseradish noun a plant with a large root that is grated to make a sharp sauce
hospitalise verb to send someone to hospital
hotdog noun a long sausage usually served hot on a bread roll with toppings such as fried onions, mustard or ketchup
hot holding noun the process of maintaining a foodstuff at a constant high temperature to prevent bacteria from multiplying
hotplate noun a piece of metal heated usually by electricity, used for cooking food or keeping it hot
hotpot noun a meat stew with sliced potatoes on top, cooked in the oven
hot-smoke verb to smoke food at a temperature between 40°C and 105°C, thus cooking it at the same time (NOTE: Food to be hot-smoked is usually cold-smoked first, and fish is not heated above 80°C.)
hot water pastry noun a strong dense pastry used for hand-raised meat pies, made from flour, fat and water or milk boiled together (NOTE: The mixture is moulded while warm.)
Howard mould count noun a test for mould contamination of food
HPC abbreviation Health Professions Council
HPLC abbreviation high-performance liquid chromatography
HTST abbreviation high-temperature short-time treatment
HTST method abbreviation high temperature short time method
hull noun 1. the outer covering of a cereal seed 2. the pod of a pea or bean
human growth hormone noun same as somatotrophin
Humanitarian Daily Ration noun a food package dropped by aid agencies into famine areas. Abbreviation HDR
humectant adjective able to absorb or retain moisture | noun a substance that can absorb or retain moisture, used as a food additive

hummus noun a thick paste made by combining mashed chickpeas, oil, lemon juice and garlic

hundredweight noun a unit of mass in the British imperial system equal to 112 lb or 50.80 kg. Abbreviation cwt

hungover adjective feeling ill as a result of having drunk too much alcohol earlier

hurdle noun something such as an unfavourable pH level or a modified environment that acts as an obstacle to the growth of microorganisms in food

hurdle effect noun the combination of more than one hurdle, having a stronger effect than either one in isolation

HUS abbreviation haemolytic uraemic syndrome

husk noun the dry outer covering of a cereal grain, removed during threshing | verb to remove the husk from seeds

huss noun a name given to various large sea fish. Also called dogfish

hyaluronic acid noun a substance which binds connective tissue

hyaluronidase noun an enzyme that destroys hyaluronic acid

hybrid noun an organism that is a result of a cross between individuals that are not genetically the same as each other | adjective used for describing a plant or animal that is the result of a cross between organisms that have different genotypes

Hybu Cig Cymru noun the red meat promotion board for Wales. Abbreviation HCC

hydragogue noun a substance that produces watery faeces

hydrase noun an enzyme that catalyses the addition or removal of water

hydrochloric acid noun an acid found in the gastric juices that helps to break apart the food

hydrocolloid noun a substance that forms a gel when mixed with water

hydrocooling noun the process of chilling food, especially fruit and vegetables, by putting them in chilled water, which stops the process of ripening

hydrodyne process noun a way of tenderising meat using shock waves to break the fibres

hydrogen noun a chemical element that combines with oxygen to form water, and with other elements to form acids, and is present in all animal tissue (NOTE: The chemical symbol is H.)

hydrogenate verb to add hydrogen to a compound in a chemical reaction

hydrogenated fat noun a liquid oil that has been converted to a hard fat by hydrogenation

hydrogenated glucose syrup noun a modified glucose syrup used in sugar-free confectionery

hydrogenation noun the process of chemically combining hydrogen with unsaturated oils and soft fats to make them more saturated and harder, used for making margarine and lard substitutes from oils

hydrogen sulphide noun a foul-smelling gas responsible for the smell of rotten eggs, produced by anaerobic bacterial action

hydrogen sulphites plural noun salts that are similar to sulphites but contain a higher proportion of sulphur dioxide, used as preservatives in the food industry. "E227"
hyperinsulinaemia noun an unusually high level of insulin in the blood, causing hypoglycaemia

---

dictionary:

- **hydrogen swell** noun a can swell caused by a reaction of acid fruits such as pineapple with the can, producing harmless hydrogen. (swell)
- **hydrolase** noun an enzyme that controls hydrolysis, e.g., an esterase
- **hydrolyse** verb to undergo hydrolysis, or make a substance undergo hydrolysis
- **hydrolysed protein** noun a protein that has been broken down into smaller peptides, usually by treatment with water at high temperature, to produce highly flavoured compounds, as in yeast and meat extracts (NOTE: The process also occurs when proteins are fermented, as in soy sauce, and to a limited extent when proteins are cooked.)
- **hydrolysis** noun a chemical reaction in which a compound reacts with water, causing decomposition and the production of two or more other compounds, e.g., in the conversion of starch to glucose
- **hydrometer** noun a device, usually a sealed graduated tube containing a weighted bulb, used to determine the specific gravity or density of a liquid
- **hydrophilic** adjective used for describing molecules that are soluble in water
- **hydrophobia** noun fear of drinking water
- **hydrostatic sterilisation** noun high pressure treatment
- **hydroxyapatite** noun a hydrated calcium phosphate mineral
- **hydroxyproline** noun an amino acid present in some proteins, especially in collagen
- **hydroxyproline index** noun a test of malnutrition in children that measures the excretion of hydroxyproline
- **hydroxypropyl cellulose** noun E463
- **hyfoma** noun the hygienic manufacture of food
- **hygiene** noun 1. methods and practices that keep people and places clean and healthy 2. the science of health
- **hygienic** adjective 1. clean and safe because all germs have been destroyed 2. producing or fostering healthy conditions
- **hygroscopic** adjective easily absorbing water
- **hyoscine** noun an anti-cramping agent found in lettuce
- **hyper-** prefix higher or too much
- **hyperactivity** noun a condition in which someone is unusually active, restless and lacking the ability to concentrate for any length of time, especially as a result of attention deficit disorder
- **hyperalimentation** noun the deliberate feeding of larger-than-average amounts of food to somebody
- **hyperammonaemia** noun high levels of ammonia in the blood, caused by inadequate metabolism of proteins
- **hyperchlorhydria** noun a larger-than-average secretion of gastric juices causing high levels of hydrochloric acid in the stomach
- **hypercholesterolaemia** noun a higher-than-average presence of cholesterol in the blood
- **hypergeusia** noun a heightened sense of taste
- **hyperglycaemia** noun an excess of glucose in the blood
- **hyperglycaemic** adjective having hyperglycaemia
- **hyperinsulinaemia** noun an unusually high level of insulin in the blood, causing hypoglycaemia
hyperinsulinism noun the reaction of a diabetic to an excessive dose of insulin or to hypoglycaemia

hyperkalaemia noun a higher-than-average presence of potassium in the blood

hyperlipidaemia noun large concentrations of lipids in blood plasma

hypermarket noun a very large supermarket, usually on the outskirts of a large town

hyperoxaluria noun a genetic disease in which too much oxalic acid is produced, leading to kidney stone formation

hyperoxemia noun a condition in which there is an unusually high concentration of oxygen in the blood and bodily tissues

hyperpepsinia noun the presence of excess pepsin in gastric juices

hyperphagia noun overeating (technical)

hyperphosphataemia noun a higher-than-average presence of phosphate in the blood

hyperpiesia noun same as hypertension

hypersensitivity noun same as allergy

hypertension noun arterial blood pressure that is higher than the usual range for gender and age. Also called high blood pressure, hyperpiesia. Compare hypotension

hyperthyroidism noun a condition in which the thyroid gland is too active and releases unusual amounts of thyroid hormones into the blood, giving rise to a rapid heartbeat, sweating and trembling. Also called thyrotoxicosis

hypertonic noun a liquid supplement that has more concentrated nutrients than are normally found in the body

hypervitaminosis noun excessively high intakes of vitamins, which can be toxic in large doses

hypo- prefix less, too little or beneath

hypoallergenic adjective not likely to cause an allergic reaction

hypocalcaemia noun a lower-than-average level of calcium in the blood

hypochlorhydria noun a lower-than-average secretion of hydrochloric acid in the stomach

hypogeusia noun an impaired sense of taste

hypoglycaemia noun a low concentration of glucose in the blood

hypoglycaemic adjective having hypoglycaemia

hypokalaemia noun a lower-than-average presence of potassium in the blood

hypopepsinia noun the condition of having too little pepsin in gastric juices

hypophosphataemia noun a lower-than-average presence of phosphate in the blood

hypoproteinaemia noun a low concentration of protein in blood plasma

hypotension noun a condition in which the pressure of the blood is unusually low

hypothalamus noun the part of the brain that controls the production of hormones by the pituitary gland and regulates important bodily functions such as hunger, thirst and sleep

hypothyroidism noun underactivity of the thyroid gland, causing a decrease in the metabolic rate and corresponding sluggishness and weight gain

hypotonic noun a liquid supplement that has more dilute nutrients than are normally found in the body

hypovitaminosis noun an unhealthily low intake of vitamins
hypoxia noun a condition in which there is an unusually low concentration of oxygen in the blood and bodily tissues
IAFP  abbreviation International Association for Food Protection
IASO  abbreviation International Association for the Study of Obesity
iatrogenic  adjective caused by medical interference or drug use
IBD  abbreviation inflammatory bowel disease
IBS  abbreviation irritable bowel syndrome
ice  noun 1. water that is frozen and has become solid 2. ice cream • verb 1. to add ice to something, e.g. a drink 2. to put icing on a cake
iceberg lettuce  noun a large round lettuce with a tight head of pale crisp juicy leaves
ice cream  noun a mixture of cream, eggs, sugar and flavouring or of milk, sugar, water and flavouring, frozen until quite hard
ice crystals  plural noun large clumps of ice that can form in frozen foods, affecting the texture
ice-glaze  verb to add a thin layer of ice to frozen food by spraying it with or dipping it in water (NOTE: The process is widely used with frozen prawns.)
ice-structuring protein  noun a protein found in deep-water fish that restructures ice crystals, with the potential for use in frozen food products
ichthysarcotoxins  plural noun toxins found in fish
icing  noun a covering of sugar and flavouring, spread over a cake or biscuits
icing bag  noun a cloth bag with a nozzle used for piping soft foods
icing sugar  noun a fine powdered white sugar, mixed with water or egg white and flavouring, used for covering cakes or biscuits
ICO  abbreviation International Coffee Organisation
ideal body weight  noun a healthy weight for a person based on a formula such as body mass index
ideopathic hypercalcaemia  noun high levels of calcium in the blood plasma, potentially fatal in infants
IDF  abbreviation International Dairy Federation
IDFA  abbreviation Infant and Dietetic Foods Association
idiosyncrasy  noun an individual reaction to food
IFIC  abbreviation International Food Information Council
IFR  abbreviation Institute of Food Research
index of nutritional quality

IFS  abbreviation  International Food Standard
IFST  abbreviation  Institute of Food Science and Technology
IGD  abbreviation  Institute of Grocery Distribution
IgE  abbreviation  immunoglobulin E
IgE-mediated  adjective  used for describing an allergic condition or reaction caused by immunoglobulin E
ileitis  noun  inflammation of the ileum
ileostomy  noun  a surgical operation that creates an opening to the ileum through the abdominal wall
ileum  noun  the lower part of the small intestine, between the jejunum and the caecum (NOTE: The plural is ilea.)
ileus  noun  an intestinal obstruction
ILSI  abbreviation  International Life Sciences Institute
immature  adjective  not old enough to have acquired the maximum flavour
immune system  noun  a complex network of cells and cell products that protects the body from disease, including the thymus, spleen, lymph nodes, white blood cells and antibodies
immunocompromised  adjective  with a lowered immune system
immunodeficiency  noun  a lack of immunity to a disease
immunoglobulin E  noun  a type of antibody that causes strong allergic reactions. Abbreviation IgE
immunomagnetic separation  noun  a way of separating pathogens from food using magnetism
impairment  noun  a condition in which a sense or function is harmed so that it does not work properly
import  noun  an article or type of goods brought into a country from abroad  ■ verb  to bring goods from abroad into a country for sale ▶ compare (all senses) export
improver  noun  an additive that improves the performance of foodstuffs when mixed with others
impulse food  noun  • convenience food
impurity  noun  a substance that is not pure or clean
inactivate  verb  to make bacteria unable to multiply
inanition  noun  a state of exhaustion caused by starvation
incise  verb  to cut deep slits in raw food, e.g. to allow a marinade to penetrate or to allow garlic, herbs or spices to be inserted
incisor  noun  a flat sharp-edged tooth in the front of the mouth for cutting and tearing food
inconcocted  adjective  not properly digested
incorporate  verb  to combine something with something else, e.g. when adding liquid ingredients to dry ingredients when making a cake
incubation period  noun  the period between the time someone is infected with a disease and the appearance of its first symptoms
independent retailer  noun  a shop or outlet that is not part of a larger chain
index of nutritional quality  noun  a way of describing the nutrient content of a particular food. Abbreviation INQ
indigestible adj used for describing food that cannot be digested, e.g. roughage
indigestion n a disturbance of the normal process of digestion that causes the person to experience pain or discomfort in the stomach. \(\text{\textcopyright dyspepsia}\)
indigestive adj experiencing or resulting from indigestion
indigo carmine n a blue dye that is injected into a person to test how well their kidneys are working
indigotine n indigo carmine
indispensable amino acids pl n same as essential amino acids
induction period n the time during which a food remains protected by an additive before it begins to deteriorate
industrial catering n commercial catering on a large scale
industry nutritionist n a professional who works with the food manufacture industry providing nutritional information when developing new products
inedia n the theory that a person can live without food or water, as in breatharian beliefs
inedible adj not fit to be eaten
inert adj not active or not producing a chemical reaction
Infant and Dietetic Foods Association n a society representing specialist dietetic food producers, especially those formulated for infants. Abbreviation IDFA
infant formula n powdered milk for babies
infantile paralysis n the provision of a healthy and nutritionally complete diet for small babies
infection n a state in which microorganisms enter into the body and multiply, usually causing unpleasant symptoms
infestation n the state of having large numbers of parasites or vermin
inflammatory bowel disease n a set of disorders in which the bowel is sore and inflamed, including ulcerative colitis and Crohn’s Disease. Abbreviation IBD
INFOODS ab n International Network of Food Data Systems
informed choice n the ability of a consumer to choose which foods to eat because they have access to information about their nutritional content
infra-red radiation n heat, the radiation that is transferred from a hot surface to food
infuse v to soak tea or herbs in liquid to extract the flavour or other qualities from them
infuser n a small perforated closed container that allows boiling water to come into contact with a substance such as tea, herbs or spices, extracting flavour from it
infusion n a drink made by pouring boiling water on a dry substance such as a herbal tea or a powdered drug
ingest v to take in or absorb food
ingesta pl n food or liquid that enters the body via the mouth (technical)
ingredient n an item used in making a dish of food
ingredients n a list of all ingredients in a food product, listed in decreasing order of proportional size, a required element in food labelling in the UK
ingredient technology n food technology
inhibited starch n same as modified starch
inhibitor noun a molecule that attaches to an enzyme and make it less active, widely used in drugs
innards plural noun the internal organs of the body, especially the intestines
inorganic adjective used for describing a substance that is not made from animal or vegetable sources
inosine noun an organic compound nucleoside involved in the formation of purines and energy metabolism, used in sports supplements
inosine 5’-disodium phosphate noun E631
inositol noun a carbohydrate found in fruits and cereals (NOTE: It has a role in fat metabolism and in the transmission of nerve impulses.)
INQ abbreviation index of nutritional quality
insalivate verb to mix food with saliva in the process of chewing
insalivation noun the act of mixing saliva with food while chewing
insecticide noun a liquid or powder that kills insects
insolation noun a method of drying food by exposing it to the sun, used for meat, fish and fruit
insoluble adjective not able to be dissolved in liquid
insoluble fibre noun the fibre in bread and cereals that is not digested but swells inside the intestine
instant adjective used for describing food that is quickly and easily prepared, and is usually sold in a premixed, precooked or powdered form
instant food noun food that has been dehydrated and reconstitutes quickly with water
Institute for Optimum Nutrition noun an independent educational body that specialises in clinical and therapeutic nutrition. Abbreviation ION
Institute of Food Research noun a registered charity that undertakes research on food safety, diet and health issues. Abbreviation IFR
Institute of Food Science and Technology noun a professional body for the food science industry that also runs courses and accredits courses run elsewhere. Abbreviation IFST
Institute of Grocery Distribution noun an organisation that brings together companies in the food and grocery industries and shares resources
instructions for use plural noun a suggested way to prepare a food product for eating, often seen in food labelling in the UK
insulin noun a hormone produced in the pancreas that regulates the body’s metabolism of carbohydrates and has widespread effects on the body
insulin-dependent diabetes noun same as diabetes mellitus
insulin resistance noun a medical condition in which bodily or injected insulin has a reduced effect in metabolising glucose, a possible cause of metabolic syndrome
insulism noun same as hyperinsulinism
intake noun 1. the amount of a substance taken in by the body 2. the process of taking a substance into the body
integrated pest management noun a holistic system of controlling pests, intended to minimise the build-up of pesticides on foodstuffs. Abbreviation IPM
integument noun an outer protective layer or part of an animal or plant, e.g. a shell, rind, husk or skin
intellectual property

intellectual property noun ideas, designs, and inventions, including copyrights, patents
and trademarks, that were created by and legally belong to an individual or an organisation

intense sweetener noun same as low-calorie sweetener

intensive farming noun the farming of small areas of expensive land, using machines
and fertilisers to obtain high crops

intercellular air space noun part of the cellular structure of a fruit of vegetable, which
affects its texture and may change on cooking or ripening

intermediate noun a chemical compound that is formed during a chemical reaction and
is used in another reaction to obtain another compound

International Association for Food Protection noun a food safety organisation.
Abbreviation IAFP

International Association for the Study of Obesity noun an umbrella organisation representing national obesity associations. Abbreviation IASO

International Coffee Organisation noun an association representing the interests of coffee importers and exporters, based in London. Abbreviation ICO

International Dairy Federation noun an international forum for national dairyassociations. Abbreviation IDF

International Food Information Council noun an information resource for nutritionists and related professions that publishes a monthly newsletter. Abbreviation IFIC

International Food Standard noun a set of quality control standards applied to food manufacturers and retailers across Europe. Abbreviation IFS

International Journal of Food Sciences and Nutrition noun an industry journal that seeks to integrate the two fields of nutrition and food science

International Life Sciences Institute noun a not-for-profit organisation that promotes the advance of science in the fields of nutrition, food safety and the environment. Abbreviation ILSI

International Network of Food Data Systems noun an organisation that promotes the integration of, and free access to, food analysis data systems. Abbreviation INFOODS

International Obesity Taskforce noun a group established to combat worldwide obesity. Abbreviation IOTF

International Society of Organic Agriculture Research noun an association which promotes the advancement of research into organic methods and practices. Abbreviation ISOFAR

International Union of Food Science and Technology noun an international association aiming to foster international cooperation and sharing of data between food scientists worldwide. Abbreviation IUFoST

international unit noun a standard amount of a biologically-active substance, such as a vitamin, which produces a particular response. Abbreviation IU

intervention study noun a comparison study between two groups of people on different dietary regimes

intestinal defences plural noun immune responses and friendly bacteria in the gut

intestinal flora plural noun microorganisms found in the gastrointestinal tract

intestinal juice noun an alkaline liquid secreted by the small intestine that helps to digest food

intestinal lavage noun the process of washing out the small intestine to remove toxins in the blood surrounding it
intestinal pseudoobstruction noun a decreased ability of the intestinal muscles to push food along, causing dilation of the colon

intestine noun the part of the digestive system between the stomach and the anus that digests and absorbs food. & large intestine, small intestine (NOTE: For other terms referring to the intestines, see words beginning with entero-)

intolerance noun food intolerance

intolerant adjective unable to eat or drink a particular food, ingredient or substance, or to take a particular drug without having an allergic reaction or becoming ill

intoxicant noun a substance that induces a state of intoxication or poisoning, e.g. an alcoholic drink

intravenous nutrition noun same as parenteral nutrition

intrinsic factor noun a protein produced in the gastric glands that reacts with vitamin B12, controls the absorption of extrinsic factor, and, if lacking, causes pernicious anaemia

intrinsic sugars plural noun sugars that are naturally found in a foodstuff

inulase noun an enzyme that brings about the breakdown of inulin

inulin noun a fructose polysaccharide that is a food reserve found in the roots and tubers of various plants

invertase noun an enzyme in the intestine that splits sucrose

invert sugar noun hydrolysed sucrose, a mixture of glucose and fructose

iodine noun a chemical element that is essential to the body, especially to the functioning of the thyroid gland (NOTE: Lack of iodine in the diet can cause goitre. The chemical symbol is I.)

iodised salt noun salt to which potassium iodide or iodate is added in order to overcome any deficiencies of iodine in the diet

ION abbreviation Institute for Optimum Nutrition

ionisation noun a process in which an atom or molecule loses or gains electrons, acquiring an electric charge or changing an existing charge

ionising radiation noun electromagnetic radiation that kills living organisms, used in the sterilisation of food in hermetically sealed packs, for reducing spoilage in perishable foods, for eliminating pathogens in foods, for controlling infestation in stored cereals, for preventing the sprouting of root vegetables in storage, and for slowing the development of picked mushrooms (NOTE: There is no current legislation requiring the labelling of foods treated in this way.)

IOTF abbreviation International Obesity Taskforce

IPM abbreviation integrated pest management

Irish coffee noun hot coffee, served in a glass, with Irish whiskey added to it and whipped cream poured on top

Irish cream noun cream flavoured with Irish whiskey and sweeteners, used as a drink or in coffee

Irish Food Board noun, Bord Bia

Iron noun a chemical element essential to the body, present in foods such as liver and eggs

iron ammonium citrate noun same as ferric ammonium citrate

iron-deficiency anaemia noun anaemia caused by a lack of iron in red blood cells

iron hydroxide noun, E172

iron rations plural noun food designed to be used in an emergency, especially by military personnel
irradiate verb to treat food with electromagnetic radiation in order to kill germs and slow down the process of ripening and decay
irradiated milk noun milk that has been treated with UV light to promote the development of vitamin D
irradiation noun the use of electromagnetic radiation to kill bacteria in food
irritable bowel syndrome noun a condition of the bowel in which there is recurrent pain with constipation or diarrhoea or alternating attacks of these. Abbreviation IBS
irritant noun a substance that can cause an irritation
ischaemia noun insufficient blood supply to an organ
ischaemic heart disease noun a disease of the heart caused by a failure in the blood supply, as in coronary thrombosis. Abbreviation IHD
isoenzyme noun a form of an enzyme that is chemically different to other forms but functions in the same way
ISOFAIR abbreviation International Society of Organic Agriculture Research
isoflavone noun an organic compound belonging to a group that occurs in legumes, especially soya beans, that may have positive effects against cancer and heart disease. Also called phytoestrogen
isoflavonoid noun an organic compound belonging to a group that occurs in legumes, especially soya beans, and is converted by bacteria in the intestines into substances that act rather like oestrogen
isolate verb 1. to keep one person apart from others because he or she has a dangerous infectious disease 2. to identify a single virus, bacterium or other pathogen among many • noun a pure culture of a microorganism
isoleucine noun an essential amino acid
isomalt noun a commercial sweetener that does not promote tooth decay
isomer noun each of two or more molecules that have the same number of atoms but have different chemical structures and therefore different properties
isomerase noun an enzyme that converts one isomer into another
isomerise verb to convert one isomer into another
isopropyl alcohol noun a colourless flammable alcohol used as a rubbing alcohol and a solvent
isopropyl citrate noun an ester used for preventing oils from becoming rancid
isotonic drink noun a liquid supplement that has nutrients in the same proportions in which they are normally found in the body
isozyme noun a form of an enzyme that is chemically different from other forms but functions in the same way
ispaghula noun a polysaccharide gum used as a thickening agent and laxative
Italian dressing noun a salad dressing typically made with oil and vinegar, garlic and oregano
-ite suffix salt or ester of an acid with a name ending in -ous
IU abbreviation international unit
IUFoST abbreviation International Union of Food Science and Technology
J

J  abbreviation joule

jacket potato noun same as baked potato

jalapeño noun a small hot pepper that is picked when green and is used extensively in Mexican cooking

jam noun a sweet food made with fruit and sugar

Jamaica pepper noun same as allspice

jambalaya noun a Creole dish of rice with a mixture of fish and meat such as shrimps, chicken, ham and spicy sausage

Japanese puffer fish noun same as fugu

jaundice noun a condition in which there is an excess of bile pigment in the blood, and in which the pigment is deposited in the skin and the whites of the eyes, which have a yellow colour

JECFA abbreviation Joint Expert Committee on Food Additives

jejunal adjective relating to the jejunum

jejuno-ileostomy noun a surgical operation to remove part of the ileum or jejunum

jejunostomy noun a surgical operation to make an artificial passage to the jejunum through the wall of the abdomen (NOTE: The plural is jejunostomies.)

jejunum noun the part of the small intestine between the duodenum and the ileum, about two metres long

jellied adjective cooked or preserved in a jelly

jelly noun 1. a semi-solid substance, especially a type of sweet food made of gelatin, water and fruit flavouring, etc. (NOTE: The plural form is jellies.) 2. a type of preserve made of fruit juice boiled with sugar 3. same as jam

jelly bag noun a bag used for straining the juice when making jelly or jam

jellying noun a way of preserving food by cooking it in a substance such as aspic that forms a gel when cooled

jelly mould noun a shape for making jelly

JEMRA noun a scientific committee that reports on risk assessment methods related to food safety. Full form Joint FAO/WHO Expert Meetings on Microbiological Risk Assessment

jerk seasoning noun a spice mixture used for coating meat prior to frying or grilling, consisting of some or all of ground cayenne and black pepper, allspice, cinnamon, oregano, bay leaf, nutmeg, onion and garlic, available as a paste or powder
Jerusalem artichoke noun, artichoke

JHCI abbreviation Joint Health Claims Initiative

jiaogulan noun a herbal supplement used in Chinese medicine, closely related to ginseng

JMPR abbreviation Joint Meeting on Pesticide Residues

John Dory noun a deep-sea fish with a large flat olive-yellow body, long dorsal spines and large jaws, native to the eastern Atlantic and the Mediterranean (NOTE: Its scientific name is Zeus faber.)

joint noun a piece of meat, especially one suitable for roasting ■ verb to cut a carcass into pieces of meat for cooking

Joint Expert Committee on Food Additives noun an association of scientists who provide WHO and the FAO with information on food additives, contaminants and toxicants. Abbreviation JECFA

Joint FAO/WHO Expert Meetings on Microbiological Risk Assessment noun full form of JEMRA

Joint Health Claims Initiative noun a joint venture between manufacturers of food products, trade associations and regulatory authorities to ensure that health claims are scientifically true when applied to food, legally acceptable under the current UK food law, and meaningful and not confusing to consumers. Abbreviation JHCI

Joint Meeting on Pesticide Residues noun a committee of the FAO that produces reports on the long-term toxicological effects of pesticide use. Abbreviation JMPR

joule noun the SI unit of measurement of work or energy. Abbreviation J (NOTE: 4.184 joules equals one calorie.)

Journal of Food Protection noun a scientific journal produced by the International Association for Food Protection

Journal of Human Nutrition and Dietetics noun a journal of peer-reviewed research papers published on behalf of the British Dietetic Association

jugged hare noun hare cooked slowly in a covered dish

juice noun the liquid inside a fruit or vegetable, or inside meat or poultry ■ verb to extract the juice from a fruit or vegetable

juice drink noun a flavoured drink containing between 6% and 30% fruit juice, water, sugar and flavourings

juice extractor noun a device for extracting juice from a fruit or vegetable

juice press noun ■ press

julienne adjective used for describing food such as vegetables which have been cut into long thin strips ■ verb to cut vegetables into long thin strips

juniper berries plural noun the dried berries of a shrub of the cypress family, used for flavouring gin and as a pickling spice, its piney flavour also making it a pleasant accompaniment to game and pork (NOTE: The plant's botanical name is Juniperus communis.)

junk food noun food of little nutritional value, e.g. high-fat processed snacks, eaten between or instead of meals

jus noun traditional gravy, the reduced juice from cooked meat, served as an accompaniment to meat
kale noun a plant of the cabbage family with large curly dark-green leaves, used as a green vegetable and also grown as animal forage
kallikrein noun an enzyme present in blood, urine, and body tissue that, when activated, dilates blood vessels
kaolin noun a fine soft clay used in the making of medical preparations, especially for the treatment of diarrhoea
karaya gum noun a compound used in the making of medical preparations, especially for the treatment of diarrhoea
Kashin-Beck disease noun selenium deficiency that causes damage to the cartilage in joints
kashruth, kashrut noun the set of Jewish laws that relate to the preparation and fitness of foods and to items such as textiles and ritual scrolls to be used by Jewish people
kava noun 1. a herbal medicine made from the dried roots and rhizome of a bush of the pepper family, used for relieving anxiety and improving sleep 2. a narcotic drink made from the roots of a bush of the pepper family
kcal abbreviation kilocalorie
kebab noun a dish of pieces of meat, fish or vegetables stuck on a skewer and cooked over a charcoal grill
kedgeree noun a spicy mixture of rice, fish, curry and eggs, traditionally eaten at breakfast
kelp noun a brown seaweed with large leathery fronds that is a source of iodine and potash
keratomalacia noun damage to the cornea caused by vitamin A deficiency
kernel noun the softer edible part inside a nut
Keshan disease noun selenium deficiency that causes damage to the heart
ketchup noun thick savoury tomato sauce, eaten especially with fried food
ketoadidosis noun an accumulation of ketone bodies in tissue in diabetes, causing acidosis
ketogenic diet noun a diet which causes the body to go into ketosis, typically one which is very low in carbohydrates
ketoglutaric acid noun a compound that combines with ammonia to form glutaric acid
ketone noun an organic compound containing a carbon atom connected to an oxygen atom by a double bond and to two carbon atoms
ketone bodies plural noun ketone compounds formed from fatty acids
ketonuria noun the excretion of ketone bodies in urine
ketosis noun the metabolisation of ketone bodies to provide the brain with energy when sufficient glucose is not available through the diet
key lime pie noun a pie made from thickened sweetened condensed milk flavoured with juice from limes, traditionally a small variety called the key lime
kg abbreviation kilogram
kibble verb to grind something such as grain into small pieces
kibbled adjective coarsely ground
kibbled wheat noun same as cracked wheat
kidney noun 1. one of a pair of organs in animals that extract impurities from the blood 2. this organ used as food
kidney bean noun a type of bean with reddish seeds, shaped like kidneys, used e.g. in chilli con carne
kidney failure noun a situation in which the kidneys do not function properly
kidney stone noun a hard stone in the kidneys formed of calcium, uric acid or cysteine
kilocalorie noun a unit of measurement of heat equal to 1000 calories. Abbreviation kcal
(NOTE: In scientific use, the SI unit joule is now more usual. 1 calorie equals 4.186 joules.)
kilogram noun an SI unit of measurement of weight equal to 1000 grams. Abbreviation kg
kilojoule noun an SI unit of measurement of energy or heat equal to 1000 joules. Abbreviation kJ
kinase noun an enzyme belonging to a large family of related substances that bind to the energy-providing molecule ATP and regulate functions such as cell division and signalling between cells
king prawn noun a type of very large prawn, the type that is served as scampi
kipper noun a smoked herring that has been opened up and is flat
kitchen clerk noun the person in the kitchen who shouts the order from the waiter to the chefs, and pins the waiter’s written order on a hook relating to a particular table. Also called aboyeur
kitchen foil noun same as aluminium foil
kitchen scales noun a machine for weighing, used in the kitchen to weigh ingredients
kitchenware noun frying pans, saucepans and other cooking or preparing containers, used in a kitchen
kiwi fruit noun a brownish oval fruit with green juicy flesh, the fruit of a subtropical climbing plant. Also called Chinese gooseberry
kJ abbreviation kilojoule
Kjeldahl determination noun a way of measuring the amount of nitrogen in a substance by converting it to measurable ammonia
knead verb to press and fold dough before it is cooked to make bread
knife noun an implement with a sharp blade, used for cutting and spreading
knife block noun a heavy block with slots in which sharp knives are stored safely
knife sharpener noun a device for grinding the edges of kitchen knives to make them sharp
knock back, knock down verb to lightly knead risen dough a second time in order to eliminate gas bubbles and help further develop the gluten
knuckle noun a joint on the leg of an animal
kohlrabi \textit{noun} a variety of cabbage with a swollen stem and green or purple leaves, used as a fodder crop, and also sometimes eaten as a vegetable

kollonychia \textit{noun} brittleness and warping of the fingernails caused by iron deficiency

Konzo \textit{noun} a debilitating illness caused by eating untreated cassava root that contains cyanide

Korsakoff’s \textit{psychosis} \textit{noun} a loss of long-term memory and embroidering of short-term memory, caused by a deficiency of vitamin B1

kosher \textit{adjective} prepared according to Jewish law

Krebs cycle \textit{noun} an important series of reactions in which the intermediate products of fats, carbohydrates and amino acid metabolism are converted to carbon dioxide and water in the mitochondria. Also called \textit{citric acid cycle}

krill \textit{noun} a tiny ocean crustacean resembling a shrimp that is the primary food of baleen whales and other animals that filter their food from seawater

krill oil \textit{noun} oil from krill that is rich in omega 3 essential fatty acids, taken as a food supplement

kumquat \textit{noun} a small oval orange fruit, related to citrus fruits, with sweet skin and tart flesh, eaten whole or preserved

kuru \textit{noun} a degenerative neurone disease believed to be caused by prions ingested from human tissue

kwashiorkor \textit{noun} malnutrition of small children, mostly in tropical countries, causing anaemia, wasting of the body and swollen liver
L.

L. abbreviation Lactobacillus

labelling noun the work of putting labels on products, especially food products, to show what the products contain or how or where they are made

labile adjective unstable under certain conditions

laccase noun an enzyme containing copper, found in plants

lace verb to add a small amount of alcohol or a drug to a drink or to food

L. acidophilus noun a lactic acid bacteria and probiotic

lacquer noun a protective layer of hard gum that stops the food inside a tin from corroding it

lactalbumin noun a milk protein that contains all the essential amino acids

lactase noun an enzyme, secreted in the small intestine, that converts milk sugar into glucose and galactose

lactate noun any of various salts of lactic acid used as buffers and firming agents

lactation noun 1. the production of milk in the body 2. the period during which a mother is breastfeeding a baby

lacteal noun a lymphatic vessel in the small intestine that absorbs fats

lactic acid noun a sugar that forms in cells and tissue, and also in sour milk, cheese and yoghurt

lactitol noun a modified lactose used in sugar-free confectionery

Lactobacillus noun a type of probiotic found in dairy products. Abbreviation L.

Lactococcus noun a bacterium that turns milk sour

lactogen noun a substance that promotes the production of milk

lactoglobulin noun any of a group of globular proteins that occur in milk

lacto-ovo-vegetarian noun a person who does not eat animal flesh, poultry or fish but does eat eggs and milk products. ▲ vegetarian, vegan

lactose noun a type of sugar found in milk

lactose intolerance noun a condition in which a person cannot digest lactose because lactase is absent in the intestine or because of an allergy to milk, causing diarrhoea

lactovegetarian noun a person who eats vegetables, grains, fruit, nuts and milk products but not meat or eggs. ▲ vegetarian, vegan

lactucarium noun a mild sedative agent found in lettuce
lactulose *noun* an artificially produced sugar used as a laxative

ladies’ fingers *noun* same as okra

ladel *noun* a spoon with a large bowl, used for serving soup

lager *noun* 1. a pale type of beer that is highly carbonated and typically slightly sweeter than bitter beer 2. a glass of this beer

lamb *noun* meat from a sheep, especially from a young sheep

langoustine *noun* a very large prawn

laparoenterostomy *noun* a surgical operation that creates an opening in the abdominal wall into the intestine

laparogastroscopy *noun* the creation of a permanent opening in the abdominal wall for tube feeding

lard *noun* pig fat used in cooking  ■ *verb* to cover meat with bacon, lard or other fat before cooking it in the oven

larder *noun* a cool room or cupboard for storing food

larder chef *noun* the chef in charge of cold dishes, salads and salad sauces, sandwiches, and who cuts meat and fish ready for cooking in the kitchen. Also called chef garde-manger

larder fridge *noun* a fridge for keeping food in until needed

larding *noun* the action of threading strips of fat into the surface of meat to prevent it drying out during cooking

lard *noun* a strip of fat or fatty bacon threaded through lean meat to prevent it drying out and to add flavour during cooking

lardoon *noun* a narrow strip of bacon fat used in larding

large bowel *noun* large intestine

large intestine *noun* the section of the digestive system from the caecum to the rectum

lasagne *noun* a type of flat pasta, served cooked with meat or vegetable sauce in layers

L-ascorbic acid *noun* vitamin C

lassi *noun* a South Asian drink consisting of flavoured yoghurt or buttermilk diluted with water

lateral abuse *noun* denting of a food tin caused by rough handling

lathyrisn *noun* nerve damage caused by a high intake of native pulses in Asia and northern Africa

latte *noun* 1. a type of Italian coffee consisting of an espresso with steamed milk added, topped with froth, and often served in a tall cup or glass 2. a cup of this coffee

laurel *noun* same as bay

lavage *noun* the process of washing out a hollow organ such as the stomach

laver bread *noun* a Welsh dish made from boiled seaweed mixed with oatmeal, formed into cakes, and fried, traditionally in bacon fat

laxative *adjective* causing a bowel movement  ■ *noun* a medicine that causes a bowel movement  ■ also called (all senses) purgative

lax bowel *noun* same as diarrhoea

layer *noun* 1. a flat mass of food under or over another mass 2. a bird that is laying eggs
lazy bowel noun same as atonic non-functioning colon

lazy Susan noun a revolving tray, placed in the centre of a dining table to hold condiments, extra dishes, hors d’oeuvres and other foods

lb abbreviation pound

L-cysteine hydrochloride noun E920

LDL abbreviation low-density lipoprotein

lead noun a very heavy soft metallic element that is poisonous in compounds (NOTE: The chemical symbol is Pb.)

lead poisoning noun poisoning caused by taking in lead salts

leaf gelatin noun purified gelatin in the form of sheets that look rather like stiff cellophane, softened in water for five minutes prior to using

leafy adjective used for describing a vegetable with large leaves, especially when the leaves are the edible part

lean adjective used for describing meat with little fat

lean meat

lean body mass noun fat free mass

Leatherhead Food International noun a research and advisory service for the UK food industry. Abbreviation LFI

leavening agent noun same as raising agent

lecithin noun a chemical that is a constituent of all animal and plant cells and is involved in the transport and absorption of fats

lecithinase noun same as phospholipase

lectin noun a protein found widely in nature, especially in seeds, that belongs to a group that bind to specific carbohydrates and cause clumping of blood cells (NOTE: Lectins might sometimes trigger immune reactions and dietary intolerance. They are used in testing for blood type.)

leek noun a vegetable with a white stem and long green leaves, related to the onion

leftovers plural noun food that has not been eaten

legume noun a seed, pod or other part of a plant such as a pea or bean, used as food

lemon noun the yellow edible fruit of an evergreen citrus tree, with sour-tasting flesh and juice

lemonade noun 1. a drink made from fresh lemon juice, sugar and water 2. a commercially produced fizzy drink with the flavour of lemons

lemon balm noun a widely cultivated plant of the mint family that has lemon-scented leaves. Also called melissa

lemon grass noun a green lemon-flavoured herb, used especially in Thai cooking

lemon juice noun the juice of lemons, used for flavouring, for preventing cut fruit and vegetables from browning, and for whitening fish and fish bones for stock

lemon sole noun a small flatfish with delicate flesh

lemon squeezer noun a device for removing the juice from a lemon

lemon thyme noun a variety of thyme that smells of lemon

lemon verbena noun a widely cultivated bush with leaves that produce a fragrance resembling lemons when crushed

lentil noun the small round dried yellow or green seed of a plant of the pea family, used as food, especially in soups and stews
leptin noun a hormone produced by fat cells that signals the body’s level of hunger to the hypothalamus of the brain
let down verb to dilute a substance
lettuce noun any of several varieties of plant with large leaves used in salads
leucine noun an essential amino acid
leucocyte noun a white blood cell
leucocytosis noun an increase in the numbers of leucocytes in the blood above the usual upper limit, which occurs when the body needs to fight an infection
leucopenia noun a reduction in the number of leucocytes in the blood, usually as the result of a disease
leucovorin noun a synthetic form of folic acid
lexicon noun a finite list of descriptors used in sensory evaluation of a foodstuff
LFI abbreviation Leatherhead Food International
liaise verb to thicken a substance
liaison noun a thickening agent used in soups and sauces, e.g. egg yolks or flour
licensed adjective given official permission to produce or sell something
licorice noun another spelling of liquorice
lientery noun incompletely digested intestinal contents expelled in faeces, indicative of a digestive disorder
life expectancy noun the number of years a person of a particular age is likely to live
lift noun the rising of a cooked mixture, especially the rising of puff pastry
light adjective with a pleasant open texture that does not give a feeling of heaviness in the stomach when eaten
lignan noun a phenolic compound of a group found mainly in plants that are believed to protect human beings from tumours and viruses
lignin noun the material in plant cell walls that makes plants woody and gives them rigidity and strength
lime noun a green citrus fruit similar to, but smaller than, a lemon
limiting amino acid noun the amino acid that is present in the smallest amount in a particular foodstuff, limiting the amount of protein that can be absorbed
limonene noun an antioxidant found in lemons
limosis noun a strong, abnormal desire for food
line verb to cover the inside of a cake tin, pudding bowl or other container with something edible, e.g. bacon, or something non-edible, e.g. greaseproof paper, usually to prevent the enclosed food from sticking to the container
liner noun a dish on which another dish is placed containing food ready for serving
linguine plural noun pasta made in long narrow flat strips
linoleic acid noun an omega-6 fatty acid, found in grains
linolenic acid noun an omega-3 fatty acid, found in oils and seeds
linseed oil noun oil from the seeds of the flax plant, rich in omega 3 essential fatty acids and taken as a food supplement
Lion Quality noun the symbol used on eggs in the UK to show that they come from a supplier approved by the British Egg Industry Council
lipaciduria 144

lipaciduria noun the excretion of fatty acids in the urine
lipaemia noun an increase of lipids in the blood
liparia noun same as obesity
lipase noun an enzyme that breaks down fats in the intestine. Also called lipolytic enzyme
LIPGENE noun a research consortium based at the University of Dublin, looking into the relationship between obesity and genetics
lipid noun any organic compound that is insoluble in water, e.g. fat, oil or wax
lipidema plural noun subcutaneous fat deposits that form in the lower extremities of the body
lipo- prefix fat, fatty tissue
lipodology noun the study of fat and its effects on the body
lipodystrophy noun any condition in which fat is ineffectively metabolised
lipoidic acid noun a sulphur-containing fatty acid that plays a role in carbohydrate metabolism
lipolysis noun the breakdown of fatty acids in the body
lipolytic enzyme noun same as lipase
lipolytic rancidity noun food spoilage caused by the hydrolyisation of fats by lipase
lipophilic adjective used for describing molecules that are soluble in fats
lipoprotein noun a protein that combines with lipids and carries them in the bloodstream and lymph system (NOTE: Lipoproteins are classified according to the percentage of protein they carry.)
lipoprotein lipase noun an enzyme found in the lining of blood vessels which hydrolys blood lipids (NOTE: Lipoproteins are classified according to the percentage of protein they carry.)
liposoluble adjective soluble in fat
liposome noun a microscopic spherical sac bounded by a double layer of lipids, sometimes used to carry a drug to targeted body tissues
liquefy verb to make a gas into liquid, or to become liquid
liqueur noun 1. alcohol 2. a liquid produced in cooking
liquid noun a substance that flows easily like water and is neither a gas nor a solid adjective flowing easily and neither gas nor solid
liquidise verb to reduce fruit or vegetables to liquid
liquidiser noun a machine that liquidises fruit or vegetables
liquid paraffin noun a lubricating mineral oil used as a mild laxative
liquor noun 1. alcohol 2. a liquid produced in cooking
liquorice noun the root of a perennial plant native to southern Europe and Asia, with a slightly aniseed flavour that makes it useful in sweets and soft drinks (NOTE: The plant's botanical name is Glycyrrhiza glabra.)
lissamine green noun E142
listeria noun a bacterium found in human and animal faeces, one species of which can cause meningitis if ingested in contaminated food
listeriosis noun an infectious disease transmitted from animals to humans by the listeria bacterium
lithium noun a soft silver-white metallic element that forms compounds, used as a medical treatment for bipolar disorder
live bacteria plural noun probiotic bacteria in a food or food supplement
liver noun 1. an organ in the body that helps the digestion by producing bile 2. an animal’s liver used as food
liver failure noun a medical condition in which the liver stops working efficiently, resulting in jaundice, weak blood vessels and failing general health
liver salts plural noun a solution of mineral salts used for relieving indigestion
Livestock and Meat Commission for Northern Ireland noun a marketing and advisory service promoting the meat industry in Northern Ireland. Abbreviation LMC
living food diet noun same as raw food diet
living salad noun salad vegetables sold still growing in a small pot, to be harvested when needed
LMC abbreviation Livestock and Meat Commission for Northern Ireland
loaf noun a large single piece of bread, cut into slices before being eaten
loaf tin noun a rectangular tin for baking bread and other foods in loaf form, with slightly outward sloping sides that allow for easy removal of the food
loaf tray noun a rectangular baking tray with deep sides for baking loaves of bread
lobster noun a shellfish with a long body, two large claws, and eight legs, used as food
local food noun the principle of buying food from local suppliers, to reduce the environmental impact of long-distance transport and also sustain the local economy
loganberry noun a soft red fruit, a cross between a blackberry and a raspberry
loin noun a cut of meat taken between the neck and the leg
lollo rosso noun a type of lettuce with curly red-tipped leaves
long chain fatty acids noun fatty acids with more than 6 carbon bonds
long-grain rice noun rice with long grains used in savoury dishes
long-life adjective specially treated to last for a long time. Also called ultra high temperature, ultra heat treated
loonzein noun rice grains with the husk removed
loose seam noun an improperly soldered seam on a tin that makes it vulnerable to contamination
loperamide noun an opiate drug that slows down the movements of the intestines, used in the treatment of acute and chronic diarrhoea
LOS abbreviation lower oesophageal sphincter
lot code, lot mark noun same as batch code
lot marking noun the marking of food packaging with a batch code, required by law in the UK
lot number noun batch code
lovage noun a herb used as a vegetable and for making herbal teas
low biological value noun the fact of containing a relatively low amount of bioavailable proteins
low-calorie, low-cal adjective with a low energy value, in the EU generally less than 40 kcal per 100g of food
low-calorie sweetener noun any sweet substance that is not made from sugar and contains fewer calories, e.g. aspartame

low-density lipoprotein noun the lipoprotein that carries cholesterol to cells and tissue. Abbreviation LDL

lower oesophageal sphincter noun a ring of muscle at the lower end of the oesophagus that prevents stomach contents from refluxing. Abbreviation LOS

lower-reference nutrient intake noun an amount of a nutrient that is sufficient for people with low nutrition requirements, but not for the majority of people. Abbreviation LRNI

low-fat adjective containing very little fat

low-sugar adjective containing very little sugar

L. plantarum noun a protective intestinal probiotic. Full form Lactobillus plantarum

L. rhamnosus noun a protective intestinal probiotic. Full form Lactobillus rhamnosus

LRNI abbreviation lower-reference nutrient intake

lubricant laxative noun a substance such as liquid paraffin that lubricates the walls of the colon and prevents water reabsorption

lumpy adjective used for describing semiliquid foods such as sauces and soups that lack the normal appetising smoothness of texture

luncheon meat noun a tinned meat loaf containing mostly minced pork

lupeose noun same as stachyose

lute verb 1. to seal the gap between the lid and body of a cooking dish with a flour and water paste that bakes hard in the oven 2. to place a strip of pastry around the rim of a pie dish to seal the pastry cover

lutein noun a yellow pigment in the corpus luteum

luting noun strips of pastry used for sealing down the lid of an oven container for slow-cook dishes

lychee noun the fruit of a tropical tree native to Southeast Asia, with sweet translucent white flesh that is rich in vitamin C

lycopene noun a powerful antioxidant of the carotenoid group, found in tomatoes and used in many antioxidant dietary supplements. E160(d)

lye-peeling noun the process of removing the skin from fruit and vegetables using a chemical solution of lye

lymph, lymph fluid noun a colourless liquid containing white blood cells that circulates in the lymph system from all body tissues, carrying waste matter away from tissues to the veins

lyonnaise adjective used for describing potatoes that are cooked with onions

lyophilisation noun the process of freeze-drying food

lyophilise verb to freeze-dry food

lysin noun 1. a protein in the blood that destroys the cell against which it is directed 2. a toxin that causes the lysis of cells

lysine noun an essential amino acid

lysozyme noun an enzyme found in the whites of eggs that destroys specific bacteria
macadamia noun same as macadamia nut
macadamia nut noun a nut rather like a large hazelnut, from an evergreen tree originally grown in Australia, developed in Hawaii and now grown worldwide (NOTE: There are two species of tree, Macadamia ternifolia, with hard-shelled nuts, and Macadamia integrifolia, with softer-shelled nuts.)
macaroni noun short thick tubes of pasta, often served with a cheese sauce
macaroon noun a small sweet almond biscuit
mace noun a spice made from the covering of the nutmeg seed, used in the form of dried pieces or as a yellow-orange powder
macerase noun an enzyme used for breaking down the pectin in fruit
macerate verb to make something soft by letting it lie in a liquid for a time
mackerel noun a sea fish with dark flesh, eaten grilled or smoked and also used for canning
macro- prefix large, inclusive or long
macrobiotic adjective relating to macrobiotics
macrobiotics noun a dietary system based on vegetarian foods without artificial additives or preservatives, especially organically grown whole grains, fruit and vegetables
macronutrient noun a substance that an organism needs in large amounts for normal growth and development, e.g. nitrogen, carbon or potassium. Compare micronutrient
mad cow disease noun same as BSE
Madeira noun a fortified wine from Madeira, used for flavouring foods, especially sauces
Madeira cake noun a rich yellow sponge cake flavoured with lemon juice and zest and decorated with candied citron peel
madeleine mould noun a hinged scallop-shaped mould that completely encloses the cake baked in it
magma noun a syrup of sugar containing crystals, produced during sugar refinement
magnesium noun a chemical element found in green vegetables, essential for the correct functioning of muscles (NOTE: The chemical symbol is Mg.)
magnesium carbonate noun a crystalline white salt used in glass making and in indigestion remedies
magnesium deficiency noun a condition that can cause heart arrhythmia and electrolyte disturbances
magnesium hydroxide noun a white powder used as an indigestion remedy and laxative. Also called milk of magnesia
magnesium oxide noun a white powder used in indigestion remedies and laxatives
magnesium salt noun a crystalline compound formed from the neutralisation of an acid solution containing magnesium
magnesium silicate noun E553(a)
magnesium stearate noun E572
magnesium sulphate noun a magnesium salt used as a laxative when diluted with water
magnesium trisilicate noun a magnesium compound used for treating peptic ulcers
Maillard reaction, Maillard browning noun a reaction between a sugar and an amino acid, responsible for the browning of meat, bread, chocolate, coffee and other roasted food
main course noun the central and most substantial dish of a meal, usually containing a fair amount of meat, fish or pulse protein
maître d’hôtel, maître d’ noun the person in charge of a restaurant, who is responsible for all the service and takes orders himself from customers. Also called head waiter
maître d’hôtel de carré noun a chief waiter who is in charge of a station, and takes the orders from customers. Also called station head waiter
maize noun a widely grown cereal crop. Also called corn
maize protein noun the protein found in corn
malabsorption noun a situation in which the intestines are unable to absorb the fluids and nutrients in food properly
malabsorption syndrome noun a set of symptoms caused by not taking in enough of a particular nutrient
malassimilation noun the poor or inadequate incorporation of food constituents such as proteins and minerals into bones, muscles and other body structures
maldigestion noun poor digestion and absorption of a nutrient
malic acid noun a colourless crystalline solid found in fruits, particularly apples
malnourished adjective not having enough to eat or having only poor-quality food, and therefore ill
malnutrition noun 1. a lack of food or of good-quality food, leading to ill-health 2. the state of not having enough to eat
malo-lactic fermentation noun the conversion of malic acid into lactic acid over time in wines, making them less acidic
mal rosson noun same as pellagra
malt noun a grain that has been prepared for making beer or whisky by being allowed to sprout and then dried • verb to treat grain such as barley by allowing it to sprout and then drying it
maltase noun an enzyme in the small intestine that converts maltose into glucose
malt bread noun a soft moist loaf enriched with malt extract, black treacle and dried vine fruits
malted adjective tasting of malt
malted wheatgrain noun same as granary flour
malt extract a sweet sticky substance produced from malt, used as an additive in cooking or brewing
maltitol noun a low-calorie bulk sweetener
maltose noun a sugar formed by digesting starch or glycogen
maltose intolerance noun same as disaccharide intolerance
malt vinegar noun brown vinegar made by partially oxidising ale, containing about 5% acetic acid
mandarin noun any of a group of orange citrus fruits that are small, sweet and have very easily separable thin skins and segments (NOTE: They are the satsuma or unshui mandarin, Citrus unshui, the Mediterranean mandarin, Citrus deliciosa, king mandarin, Citrus nobilis, and common mandarin, Citrus reticulata.)
mandatory fortification noun the enrichment of food products that is required by government policy, e.g. the enrichment of bread with folic acid
mandatory labelling noun, food labelling
mandolin, mandoline noun a kitchen tool for slicing vegetables, consisting of adjustable blades in a frame
manganese noun a metallic trace element (NOTE: The chemical symbol is Mn.)
mangosteen noun a fruit that has a dark shiny rind and a soft sweet white flesh
mannitol noun a diuretic drug used in the treatment of oedema of the brain
mannotetrose noun same as stachyose
manufacturing noun the production of machine-made products for sale
MAO inhibitor abbreviation monoamine oxidase inhibitor
MAP abbreviation modified atmosphere packaging
maple syrup noun a sweet syrup made from the sap of the sugar maple tree
maraschino noun a colourless liqueur flavoured with maraschino cherries and their crushed kernels, used for flavouring
maraschino cherry noun a cherry preserved in a red-coloured sugar syrup flavoured with almond oil, or in maraschino liqueur
marasmus noun a wasting disease that affects small children who have difficulty in absorbing nutrients or who are malnourished. Also called failure to thrive
marbled adjective 1. used for describing lean meat that contains streaks of fat 2. in pastry or cake-making, made from two contrasting coloured pastes mixed together to resemble marble when cooked
margarine noun a mixture of animal or vegetable fat used instead of butter
marinade noun a mixture of wine and herbs in which meat or fish is soaked before cooking
■ verb same as marinade
marinate verb to soak meat, fish or vegetables in a mixture that adds flavour
Marine Conservation Society noun a UK charity that campaigns for responsible and sustainable fishing practices. Abbreviation MCS
marinière adjective cooked with a little wine, herbs and chopped onion or shallot in a closed pan, so that the main ingredient, usually mussels, is partly poached and partly steamed
marjoram noun a herb related to oregano, used in Mediterranean cooking for its delicate citrus and pine flavours
market basket noun the theoretical food requirements for a family
market garden noun a place for the commercial cultivation of plants, usually vegetables, soft fruit, salad crops and flowers, found near a large urban centre that provides a steady outlet for the sale of its produce
marketing noun the techniques used in selling a product, e.g. packaging and advertising
marketing campaign noun a series of co-ordinated activities intended to advertise and promote a product
market measure noun the pre-metric system of volume measures used for large quantities of goods
market research noun the work of examining the possible sales of a product before it is put on the market
marmalade noun jam made of oranges, or other citrus fruit such as lemon or grapefruit
marquise noun a cold French dessert consisting of whipped cream folded into fruit-flavoured ice
marrons glacés plural noun shelled chestnuts boiled in sugar syrup and drained for use as a dessert, as a decoration, or, when puréed and sieved, as a flavouring and bulking agent for meringue and whipped cream
marrow noun a large green cylindrical vegetable with spongy white flesh from a plant of the melon family
marrow bone noun any large hollow bone that contains bone marrow, soft spongy tissue in which new blood cells are produced
mascapan noun a rich fatty unsalted Italian cream cheese with a spreadable texture
mash noun mashed potatoes verb to crush food to a soft paste
mashed potatoes plural noun potatoes that have been peeled, boiled and then crushed with butter and milk until they form a soft cream. Also called creamed potatoes
mask verb to coat the inside of a mould with savoury jelly
maslin pan noun a heavy-duty metal pan for making jam
mass production noun the process of manufacturing large quantities of identical products
mast cell noun a large cell in connective tissue that carries histamine and reacts to allergens
mastic noun a tree resin used in Turkish delight
masticate verb to chew food
mastication noun the act of chewing food
maturation noun the process of becoming mature or fully developed
mature adjective old enough to have acquired the maximum flavour
matzo noun a large thin piece of very dry unleavened Jewish bread eaten during Passover
matzo meal noun finely powdered matzos often used as a flour substitute in Jewish cooking and as the equivalent of dried breadcrumbs
maximum residue level noun the maximum amount of a pesticide that can remain in crops or foodstuffs under European Union regulations. Abbreviation MRL
mayonnaise noun a sauce for cold dishes, made of oil, eggs and lemon juice or vinegar
MCS abbreviation Marine Conservation Society
ME abbreviation myalgic encephalopathy
meal noun 1. an amount of food eaten at a particular time of day 2. roughly ground flour
Meal Ready-to-Eat noun a self-contained packaged meal used in army rations. Abbreviation MRE
meal replacement noun a convenience food product or a slimming or bodybuilding supplement that takes the place of a whole meal
meal replacement product noun a bodybuilding supplement containing concentrated proteins, vitamins and minerals, usually powdered and taken mixed with water or milk. Abbreviation MRP
mealy adjective 1. powdery or granular, like meal or grain 2. containing, made of, or covered with meal
mealy endosperm noun an endosperm with an open structure
measure noun 1. a way of calculating size or quantity 2. a serving of alcohol or wine ■ verb to find out the size or quantity of something
measuring cup noun the standard volume measure used in North America and Australasia, equal to 236 ml
measuring jug noun a jug with a scale of volume measures inscribed on the side
measuring spoon noun a hemispherical spoon, often one of a set, used for measuring small quantities of liquid or powder
meat noun food from an animal’s body
meat alternative noun a vegetarian food product that provides protein and takes the place of meat. Also called meat replacement
meat analogue noun a vegetarian food product that tries to simulate the flavour and texture of meat, made from vegetable proteins
Meat and Livestock Commission noun an organisation that provides services to livestock breeders, including the evaluation of breeding stock potential and carcass grading and classification. Abbreviation MLC
meatball noun a small ball of minced meat with flavourings
meat bar noun a compressed bar of cooked meat and fat, eaten for energy
meat cleaver noun a heavy chopping implement that can cut through bone
meat conditioning noun the practice of allowing the glycogen in the muscles of a slaughtered animal to convert to lactic acid, which improves its texture
meat extender noun any edible material or mixture added to meat preparations to increase their bulk
meat extract noun a thick dark syrupy paste consisting of the soluble components of meat, used for spreading, making drinks and as a flavouring
meat glaze  

**meat glaze** *noun* white or brown beef stock, reduced by boiling until sticky, used as a base for sauces or to improve their flavour

**meat hammer** *noun* a heavy hammer with a textured or spiked head, used for tenderising meat

**meat loaf** *noun* a solid block of minced meat, vegetables and flavourings cooked and usually served hot

**meat pie** *noun* a pie filled with precooked meat, gravy, flavouring and seasoning prior to baking

**meat-processing plant** *noun* a factory in which raw and cooked meats are processed and packaged

**meat products** *plural noun* foods made from meat, e.g. pies, sausages and pâtés

**meat replacement** *noun* same as *meat alternative*

**meat safe** *noun* a cupboard for storing meat, well ventilated and in a cool place, used in the time before refrigerators were in common use

**meat tenderiser** *noun* a form of proteinase in a water solution, used for tenderising meat by breaking down the muscle fibres

**meat thermometer** *noun* a metal thermometer with the measuring element in a sharp point and a circular indicating dial, placed with its point in the thick part of a joint so as to indicate its internal temperature. (NOTE: The required temperature for beef and lamb is 51°C, 60°C and 70°C for rare, medium and well done respectively. For pork and veal it is 75°C. For chicken, duck and turkey it is 80°, and for goose 85°C.)

**mechanical ileus** *noun* an ileus caused by a physical obstruction in the bowel

**mechanically-recovered meat** *noun* the scraps of meat that remain on an animal’s carcass after the prime cuts have been removed, which are removed using machinery, ground and used as cheap filler for foods such as burgers, pies and sausages. Abbreviation MRM

**medallion** *noun* a small round piece of tender meat, especially beef or veal, easily cooked by frying or grilling

**mediate** *verb* to act as a medium that transfers something from one place to another in the body

**medical food** *noun* food specially processed or formulated to be given, under medical supervision, to patients who require a special diet

**Mediterranean diet** *noun* a diet high in fibre and monounsaturated fat from fish, vegetables, grains and olive oil

**medium** *adjective* used for describing steak that is cooked so that it is brown on the outside but slightly pink and moist inside

**medium-fat** *adjective* containing between 10% and 20% butterfat

**medium oily** *adjective* used for describing fish flesh that contains between 2% and 6% fat or oil

**medium rare** *adjective* used for describing steak that is cooked so that the centre of the meat is just pink but set

**medulla** *noun* the soft inner part of an organ, as opposed to the outer cortex

**megadose** *noun* a large dose of something such as a vitamin

**megajoule** *noun* a unit of measurement of energy equal to one million joules. Abbreviation MJ

**megaloblastic anaemia** *noun* anaemia caused by the immaturity of red blood cells

**megavitamin** *noun* a dose of a vitamin or vitamins that is much higher than the usual dose
Melba sauce noun raspberry sauce
melba toast noun toast made by grilling a slice of bread once, then slicing it in half and grilling it again quickly, so as to produce a sort of cracker
melena noun black faeces containing blood, an indication of bleeding in the gastrointestinal tract
melon noun a large sweet round or cylindrical fruit with flesh varying from green to orange or white
melon baller noun a cutter used for making melon balls
melt verb to heat a solid so that it becomes liquid • noun an open toasted sandwich, often with cheese melted on top
melting point noun the temperature at which a solid turns to liquid
membrane noun a thin layer of tissue that lines or covers an organ
menadione noun a yellow crystalline solid used as a fungicide and a vitamin K supplement in medicines and animal feedstuffs
ménage noun the cleaning and preparing of a restaurant for guests
menaquinone noun a form of vitamin K produced by bacteria in the large intestine
Menkes' syndrome noun severe copper deficiency, causing a change in hair texture as well as fragile connective tissue
menopause noun a period, usually between 45 and 55 years of age, when a woman stops menstruating and can no longer bear children. Also called change of life
menstruation noun bleeding from the uterus that occurs in a woman each month when the lining of the uterus is shed because no fertilised egg is present
menu noun a printed list of food available in a restaurant
menu pricing noun the work of giving prices to dishes on the menu so as to produce a profit, but not so high as to deter customers
mercury noun a poisonous liquid metal, used in thermometers (NOTE: The chemical symbol is Hg.)
meringue noun a mixture of whipped egg white and caster sugar baked slowly until crisp
meromyosin noun either of two protein subunits of myosin produced through digestion by trypsin
mesomorph noun a body type that is muscular and powerful
mesophile noun a microorganism that grows at temperatures between 25°C and 40°C
mesophilic adjective used for describing microorganisms that prefer medium temperatures
metabisulphites plural noun • E223
metabolic imbalance teratogen noun a nutritional imbalance that may cause defects in a developing baby
metabolic nitrogen noun nitrogen in the body that comes from internal sources and not the diet, e.g. from intestinal bacteria
metabolic pathway noun a series of chemical reactions in the body, controlled by enzymes
metabolic rate noun a measure of how fast the chemical reactions in living cells happen
metabolic syndrome noun a medical condition characterised by symptoms such as obesity, diabetes, hypertension and high cholesterol
metabolisation noun the act of metabolising food
metabolise verb when the body metabolises food, it converts food into new or repaired cell material and tissues and energy after it has been broken down in the gut and transported in the blood to the cells of the body
metabolism noun the chemical processes that are continually taking place in the human body and are essential to life, especially the processes that convert food into energy
metabolite noun a substance produced by metabolism, or a substance taken into the body in food and then metabolised
metatartaric acid noun E353
meteorism noun same as tympanites
methane noun a colourless flammable gas with no smell
methanoic acid noun same as formic acid
methionine noun an essential amino acid
methyl 4-hydroxybenzoate noun E218
methyl cellulose noun E461
meunière adjective used for describing a fish dish in which the fish is dredged in flour, fried in butter, and sprinkled with lemon juice and chopped parsley
meze noun an assortment of snacks, typically stuffed vine leaves, small pastries, or grilled sausages, served with drinks as an appetiser or a light meal in Greece and Southwest Asia
mezzaluna noun same as hachoir
mg abbreviation milligram
micelle noun a molecular grouping of nutrients in milk
Michelin star noun an award made to the very best restaurants, graded from one to three stars
micro- prefix small or minute, or using a microscope or requiring magnification
micro-aerophiles plural noun microorganisms that do not need much oxygen to grow and can spoil even sealed food
microbe noun a microorganism that may cause disease and can only be seen with a microscope, e.g. a bacterium
microbial adjective relating to microbes
Microbiological Risk Assessment noun a formal set of guidelines for assessing the risk of contamination in a food preparation facility. Abbreviation MRA
microbiological swabbing noun a test for contamination in a food preparation facility in which a sample of food is taken and scientifically analysed
microbiology noun the scientific study of microorganisms
microbrewery noun a small, usually independently owned brewery that produces limited quantities of often specialised beers, often selling them on the premises
microbrewing noun the practice of brewing a limited quantity of beer on a small premises, often specialised beer
microcapsule noun a tiny capsule used to release a drug, flavour or chemical
microcrystalline cellulose noun E460(i)
microcrystalline wax noun E907
microencapsulate verb to enclose a substance in microcapsules
microflora noun same as intestinal flora
microgram noun a unit of measurement of weight equal to one millionth of a gram
micronisation noun the process of rapidly heating food using infra-red radiation
micronutrient noun a substance that an organism needs for normal growth and development, but only in very small quantities, e.g. a vitamin or mineral. Compare macronutrient
microorganism noun a microscopic form of life, e.g. a bacterium, virus or yeast
microwave noun an oven that heats food by means of very-high-frequency electromagnetic radiation ■ verb to heat a dish in a microwave
microwaveable, microwavable adjective able to be cooked in a microwave
microwave cooking noun cooking, usually reheating precooked convenience food, using a microwave oven
microwaves plural noun very-high-frequency electromagnetic radiation used for heating up and cooking food (NOTE: Microwaves transfer their energy to food by causing certain types of molecules to vibrate at their frequency.)
microwave thermometer noun a thermometer with no metal parts, used inside a microwave oven
MID abbreviation minimum infective dose
middle bacon noun bacon from the centre of the pig, combining streaky and back bacon
middle gammon noun a lean cut of bacon from between the corner gammon and the hock
middle loin noun meat from the middle section of the loin
mid-upper-arm-circumference noun a quick way of diagnosing potential malnutrition in children. Abbreviation MUAC
milchig adjective under Jewish dietary laws, relating to, containing, or derived from dairy products and so not to be used with meat products. Compare fleishig, pareve
mild-cure adjective cured using a solution of salt, saltpetre, flavourings and sometimes polyphosphates, which is either injected into the food or in which the food is immersed
mildew noun a fungus that grows on food exposed to a warm humid atmosphere, usually in the form of green furry blotches
milk noun a white liquid produced by female mammals for feeding their young, especially the milk produced by cows ■ verb to take the milk from an animal
milk alternative noun a product such as soya milk, substituted for cow’s milk to avoid the allergies and lactose intolerance the latter may trigger
milk chocolate noun a sweet pale brown chocolate made with milk
milk fat content noun the proportion of fat in cow’s milk
milk foam noun milk that has been whipped until it is stiff, containing lots of small air bubbles
milk of magnesia noun magnesium hydroxide used as a laxative
milk pan noun a small, usually non-stick pan for warming milk
milk products plural noun milk and other foodstuffs produced from it, e.g. liquid milk, butter, cheese, cream, ice cream, condensed milk and milk powder
milkshake noun a drink made from milk mixed with flavouring and sometimes ice cream
milk solids noun the portion of milk that is not water, made of fat, protein and minerals
milkstone noun the residue of calcium and protein left by milk when it is heated and evaporated
milk substitute noun same as creamer
milk thistle noun a herb that is reputed to cleanse the liver, taken in supplement form
mill noun 1. a factory where a substance is crushed to make a powder, especially one for making flour from the dried grains of cereals 2. a small device for grinding something such as coffee, pepper, or salt into granules • verb to grind cereal grains in a mill to make flour

millefeuille noun a dessert or pastry consisting of several layers of puff pastry with a filling of cream and jam, topped with icing sugar or icing

millerator noun a machine that cleans wheat and sorts it by particle size

millet noun a common cereal crop grown in many of the hot, dry regions of Africa and Asia, where it is a staple food

milligram¹ noun a unit of measurement of weight equal to one thousandth of a gram. Abbreviation mg

milligram² noun a unit of measurement of weight equal to one thousandth of a gram. Abbreviation mg

Minamata disease noun a form of mercury poisoning from eating polluted fish, first identified in Japan

mince noun meat, usually beef, that has been shredded into very small pieces • verb to shred meat into very small pieces

minced meat noun meat that has been shredded by being passed through a mincer, used for burgers, pies and meat sauces

mincemeat noun a mixture of dried fruit, suet, nuts and spices, used for making pies at Christmas time

mince pie noun a small round pastry tart with a pastry top, filled with mincemeat, baked and sprinkled with icing sugar

mincer, mincing machine noun a machine for shredding meat into very small pieces

mineral noun an inorganic substance with a characteristic chemical composition that occurs naturally and is an essential part of the human diet

mineral hydrocarbon noun any highly purified oil with a high boiling point, usually colourless and transparent, used as a release agent to prevent dried vine fruits from sticking together. • E905

mineralisation noun + bone mineralisation

mineral salt noun a crystalline compound formed from the neutralisation of an acid solution containing a mineral

mineral water noun water that comes naturally from the ground and is sold in bottles

miner’s cramp noun a cramping of the muscles due to salt loss through excess sweating

minestrone noun a soup of Italian origin made of vegetables, beans, pasta and herbs and served with grated parmesan cheese

minimum infective dose noun the number of bacteria that need to be present in a foodstuff in order for it to be unsafe for consumption. Abbreviation MID

mint noun any of various varieties of common herb used in cooking as a flavouring, and to flavour commercially made sweets (NOTE: The varieties belong to the genus Mentha.)

minute steak noun a very lean piece of beef that has been passed through spiked rollers to break down its fibres and make for fast grilling or frying

miscible adjective able to be completely mixed together (NOTE: This term is usually applied to liquids.)

mise en place noun 1. the act of setting out chairs, tables and linen in a restaurant, ready for customers (NOTE: From the French phrase meaning ‘putting in place’) 2. the act of preparing ovens, pans and other utensils in a kitchen, ready to start cooking for the day 3. the act of preparing the basic ingredients, ready for cooking
miso noun Japanese fermented soya bean paste used mainly in vegetarian cooking

misuse noun of an addictive substance

mitochondrion noun a tiny rod-shaped part of a cell’s cytoplasm responsible for cell respiration (NOTE: The plural is mitochondria.)
mix noun any commercially produced mixture of dry ingredients to which water, milk, eggs or a combination of these is added to produce a food • verb to combine two or more ingredients so that they become mingled and cannot be separated

mixed grill noun a mixture of small portions of various grilled meats, often served with grilled mushrooms and tomatoes, as a main meal or breakfast dish

mixed herbs plural noun a mixture of dried herbs used for flavouring, often prepared for a particular type of dish
mixer noun 1. a non-alcoholic drink, e.g. tonic water or ginger ale, used in a cocktail along with alcohol 2. • electric mixer
mixing noun the act of thoroughly combining two or more ingredients
mixing bowl noun a large bowl, usually made of glass, for mixing ingredients
mixiria noun a way of preserving meat by roasting it and sealing it in a jar with a layer of fat

MJ abbreviation megajoule
MLC abbreviation Meat and Livestock Commission
mmol abbreviation millimole
mobile shop noun a van fitted out like a small shop that travels round selling meat, fish, groceries or vegetables
modern biotechnology noun the genetic modification of living organisms
modern food materials plural noun food substances created by genetic modification or other recent scientific advances, e.g. probiotic-enriched foods
modified atmosphere packaging noun packaging inside which there is a mixture of gases that prevents the perishable contents from decaying. Abbreviation MAP
modified enzyme noun the chemical treatment of an enzyme to change its function or level of activity
modified starch noun potato or wheat starch that has had chemicals added to alter its function for increased efficiency
moist adjective slightly wet or damp
moisten verb to add a little liquid to a dry mixture of foods so as to soften or flavour it
moisture noun water or other liquid
molar adjective 1. used for describing the large back teeth 2. relating to the mole, the SI unit of amount of a substance • noun one of the large back teeth, used for grinding food
molasses noun a thick dark-brown syrup produced when sugar is refined (NOTE: The British English is treacle.)
mole noun a unit of measurement of molecular weight, meaning a quantity of particles numbering 6.02×10 to the power of 23
molecular structure noun the way in which a molecule is composed of two or more atoms joined by shared electrons
molecule noun the smallest particle into which a substance can be divided without changing its chemical and physical properties
Moller-Barlow disease noun same as Barlow’s disease
mollusc noun an animal with a shell, e.g. an oyster or a snail
molybdenum noun a metallic trace element (NOTE: The chemical symbol is Mo.)
monkfish noun 1. a large wide-bodied fish with a very wide mouth, found in the Atlantic waters of Europe, Africa and North America (NOTE: Its scientific name is Lophius piscatorius.) 2. a name sometimes given to the angel fish, a type of shark
mono- prefix containing a single atom, radical or group
monoamine oxidase noun an enzyme that breaks down the catecholamines to their inactive forms. Abbreviation MAO
monoamine oxidase inhibitor noun any of various drugs that inhibit monoamine oxidase and are used for treating depression, e.g. phenelzine. Abbreviation MAOI. Also called MAO inhibitor
monoglyceride noun a compound derived from glycerol in which one hydroxyl group has been esterified
monophagia noun the desire to eat only one type of food
monopotassium glutamate noun a food additive used as flavour enhancer. Abbreviation MPG. Also called E622
monosaccharide noun a simple sugar of the type that includes glucose, fructose and galactose
monosodium glutamate noun a substance added to processed food to enhance the flavour, but causing a reaction in hypersensitive people. Abbreviation MSG. Also called E621
monosodium tartrate noun same as E334
monoterpene noun a class of hydrocarbon components that are a constituent of essential oils
monounsaturated fat noun a fat or oil containing a single double bond in the chain of carbon atoms that make up the fatty acid part (NOTE: Olive oil is the commonest example.)
monté adjective used for describing a sauce to which butter has been added before serving to enrich, thicken and gloss it
Montevideo noun a strain of salmonella
Montezuma's revenge noun diarrhoea associated with travel in Mexico or eating Mexican food (informal)
Montignac diet noun a dietary plan that advises that carbohydrates and proteins or fats should not be eaten at the same time
mood swing noun a sudden and extreme change in someone's mood, possibly as a result of their diet
moral adjective good or right, when judged by the standards of the average person or society at large
moratorium noun a period when everyone agrees to stop a specific activity
morbidity noun the condition of being diseased or sick
morbid obesity noun severe obesity, as much as twice the ideal body weight of a person
morel noun an edible mushroom with a brown pitted spongy cap
morello cherry noun the best cooking variety of cherry, almost black in colour and slightly tart when ripe
Mornay adjective used for describing a dish of food cooked with a white sauce containing cheese
mother noun the name often given to a undefined mass of microorganisms, e.g. yeast or bacteria, used for starting the process of fermentation
mould noun 1. a fungus, especially one that produces a fine powdery layer on the surface of an organism 2. a container that is used to give a shape to a liquid substance poured into it to set or harden ■ verb to shape something, often using a mould
mould bran noun an amylase from mould grown on wheat bran
mould-ripened adjective used for describing cheese that is allowed to mature with blue or white mould that develops its flavour and texture
moule noun same as mussel
moussaka noun a Greek dish made of aubergines and minced meat in layers
mousse noun a light food made of whipped egg whites and cream with a gelatine base, flavoured with fruit, vegetables, fish or shellfish and served as a cold dessert or as a starter
mousseline noun a type of light hollandaise sauce made with whipped cream and egg whites
mouth noun an opening at the head of the alimentary canal, through which food and drink are taken in, and through which a person speaks and can breathe
mouth-feel noun the texture of a foodstuff in the mouth
mozzarella noun a rubbery white unsalted Italian cheese used in salads, cooking, and especially on pizza
MRA abbreviation Microbiological Risk Assessment
MRE abbreviation Meal Ready-to-Eat
MRL abbreviation maximum residue level
MRM abbreviation mechanically-recovered meat
MRP abbreviation meal replacement product
MSA abbreviation Margarine and Spreads Association
MSG abbreviation monosodium glutamate
MUAC abbreviation mid-upper-arm-circumference
mucin noun a glycoprotein that is a constituent of mucus
mucosa noun same as mucous membrane
mucosal ulceration noun lesions on the mucus membrane of the gastrointestinal tract, causing pain and bleeding present in blood and stools
mucus colitis noun same as irritable bowel syndrome
mucous membrane noun a wet membrane that lines internal passages in the body, e.g. the nose, mouth, stomach and throat, and secretes mucus. Also called mucosa
mucus noun a slippery liquid secreted by mucous membranes inside the body in order to protect them
muesli noun a breakfast food of grains and dried fruit, eaten with milk
muffin noun 1. a small round flat bun eaten warm with butter 2. a small sweet cake that often contains fruit
mulled wine noun sweetened red wine served warm, traditionally flavoured with cinnamon, dried ginger, cloves and orange zest
mulligatawny noun a spicy soup made with curry
multigrain adjective used for describing bread that is made from several different types of grain
multinational noun a company that has branches or subsidiary companies in several countries
multivitamin 160

multivitamin noun a preparation containing several vitamins and sometimes minerals, used as a dietary supplement. **adjective** used for describing a preparation containing several vitamins, and sometimes minerals.

mung bean noun a small green or yellow bean that is dried and sometimes split, also germinated to produce bean sprouts.

muscariine noun a poison found in fungi.

muscle fibre noun a component fibre of muscles. **NOTE:** There are two types of fibre, one forming striated muscles and one forming smooth muscles.

muscle function noun the smooth expansion or contraction of muscles in the body to create movement.

muscle tissue noun the specialised type of tissue which forms the muscles and which can contract and expand.

muscovado sugar noun a soft and sticky partially refined cane sugar with fine crystals, available in both light and dark varieties.

mushroom noun a small white fungus that grows wild in fields but is usually grown commercially in mushroom farms.

muslin noun woven cotton with an open texture, used for straining liquids or for wrapping dried foods from which the flavour is to be extracted in a simmering liquid.

mussel noun a small shellfish with a blue shell.

mustard noun a very spicy yellow condiment, eaten with meat.

mustard and cress noun seedlings of the mustard and cress plants sold for cutting to use as a garnish.

mustard seeds plural noun small seeds used extensively in Indian cooking, usually fried to bring out their pungent flavour.

mutagen noun an agent that makes DNA more liable to abnormal mutation.

mutate verb to undergo a genetic change.

mutton noun meat from a fully-grown sheep. **NOTE:** The word is not much used, as most meat from sheep is called lamb even when it comes from an older animal.

myalgic encephalopathy noun a complex disorder with symptoms of profound fatigue, claimed to be alleviated by some food supplements. Abbreviation ME.

mycoprotein noun a food, especially a meat substitute, made by fermenting a fungus and heating, draining and texturing the resultant product.

mycotoxin noun a toxic substance produced by a fungus growing on crops in the field or in storage.

myenteric plexus noun the bundles of nerves and neuron cells that detect food in the digestive tract and instruct the intestinal muscles to pass it along.

myiasis noun an infestation by the larvae of flies.

myoglobin noun a set of proteins found in muscle tissue.

myosin noun a protein in muscles that helps them contract.

mystery shopper noun a person employed by a market-research company to visit shops anonymously to test the quality of service.

myxoedema noun a slowing of the metabolic rate caused by iodine deficiency.
naan noun a type of flat bread made with wheat flour, served with South Asian food
NAASO abbreviation North American Association for the Study of Obesity
NACC abbreviation National Association for Colitis and Crohn's Disease
nacho noun a tortilla chip, usually eaten covered with melted cheese, salsa, or sliced pickled jalapeño peppers
NACNE abbreviation National Advisory Committee on Nutrition Education
NAD noun a substance in cells that helps glycolysis. Full form nicotinamide adenine dinucleotide
NADP noun a substance in cells that helps anabolic reactions. Full form nicotinamide adenine dinucleotide phosphate
nam pla noun a thin sauce of fermented fish with a strong flavour and smell and a salty taste, widely used in Southeast Asian cookery
nap verb to cover a food item, usually a piece of meat or fish on a plate or dish, with sauce
naprapathy noun a system of therapy that combines diet with manipulation of joints, ligaments, and muscles to assist the body's natural regenerative ability
narcotic noun a pain-relieving drug that makes someone sleep or become unconscious
adjective causing sleep or unconsciousness
nasogastric tube noun a plastic feeding that passes through the nose to the stomach
nasolabial seborrhoea noun redness and cracking of the skin in the nasolabial cavity, caused by a vitamin B deficiency
nasturtium noun any of various annual and perennial flowering plants with red, orange or yellow flowers that are sometimes used in salads
National Advisory Committee on Nutrition Education noun an advisory group, set up in the early 1980s, that published nutritional guidelines advising a cut in saturated fat and sugar in processed foods. Abbreviation NACNE
National Association for Colitis and Crohn's Disease noun an information and support service for sufferers of inflammatory bowel disease. Abbreviation NACC
National Diet and Nutrition Survey noun a nationwide survey carried out by the Food Standards Agency into the eating habits of British people. Abbreviation NDNS
National Institute for Health and Clinical Excellence noun a special health authority under the NHS that offers clinical guidance and recommendations for health services across the UK. Abbreviation NICE
natural additive noun a food additive that is a natural extract of a raw material, rather than a synthesized chemical
natural foods diet noun same as raw food diet
natural toxin noun a toxic substance produced naturally by a plant or animal
natural yoghurt noun yoghurt which contains no additives such as sugar or fruit
nature identical additive noun a synthesised additive that is chemically identical to one naturally occurring in food
naturopath noun a person who practices naturopathy
naturopathy noun a method of treatment of diseases and disorders that does not use medical or surgical means but natural forces such as light, heat, massage, eating natural foods and using herbal remedies
nausea noun a feeling that you want to vomit
nauseant noun a substance that induces vomiting
nauseate verb to have the unsettling feeling in the stomach that accompanies the urge to vomit, or to make someone have this feeling
nausifugic noun used for describing medicine that relieves nausea
navarin noun a lamb or mutton stew with onions and potatoes
navel orange noun a sweet seedless orange with a small bump at the top enclosing a smaller secondary fruit
N balance abbreviation nitrogen balance
NCHS standards noun tables of height and weight by age used for assessing the physical development of children, created by the National Center for Health Statistics
NDNS abbreviation National Diet and Nutrition Survey
NDpE abbreviation net dietary protein energy ratio
neat adjective used for describing an alcoholic spirit served undiluted or unmixed
neck noun 1. a part of the body connecting the head to the shoulders 2. this part of an animal eaten as food
neck end noun a fatty cut of meat from the upper part of the neck
nectar noun 1. a sweet sugary liquid produced by flowers that attracts birds or insects that in turn pollinate the flowers 2. a thick drink made from puréed fruit
nectarine noun a variety of peach with a smooth shiny skin and white to red firm flesh (NOTE: It is the fruit of the deciduous tree Prunus persica, variety nectarina, grown worldwide.)
needle noun a thin steel rod, sharpened at one end and pierced with a flattened hole at the other, used for trussing or larding a bird or piece of meat to pierce food in order to make it more absorbent, to introduce microorganisms, e.g. in making blue cheeses, or to inject fluids, as in quick curing
NEFA abbreviation non-esterified fatty acids
negative calorie diet noun a dietary plan in which negative calorie foods should be eaten as often as possible
negative calorie food noun a food that is claimed to provide fewer calories than are used to digest it, e.g. celery
NEL noun the amount of a food additive that has no discernible negative effect on the consumer. Full form No Effect Level
neomycin noun an antibiotic that is not absorbed from the digestive tract, used for treating intestinal infections

nephritis noun the practice of not drinking alcohol

nephrolithiasis noun the presence of calculi in the kidneys

N equilibrium abbreviation nitrogen equilibrium

nerve noun 1. a bundle of fibres that can transmit electrochemical impulses and that forms part of the network that connects the brain and spinal cord to the body’s organs 2. the sensitive tissue in the root of a tooth

nerve cell noun same as neuron

nerve function noun the ability of a nerve to effectively transmit signals to the brain

nerve tissue noun tissue that forms nerves and is able to transmit nerve impulses

net dietary protein energy ratio noun the protein content of a food, expressed as the amount of protein contained and the quality of it. Abbreviation NDpE

net protein retention noun a measure of protein quality, comparing its protein efficiency ratio with the weight loss of a test group fed no protein. Abbreviation NPR

net protein utilisation noun a measure of protein quality, taking into account both its biological value and its digestibility. Abbreviation NPU

nettle tea noun an infusion of nettle leaves, traditionally used for cleansing and detoxifying the body

neural tube defect noun a congenital disorder of the spine, the risk of which is lessened if the mother takes folic acid supplements before conception

neurological function noun the ability of neurones to effectively send, receive and process signals

neuron, neurone noun a cell in the nervous system which transmits nerve impulses. Also called nerve cell

neuropeptide Y noun a neurotransmitter that has a role in controlling feeding behaviour and appetite

neurotoxicity noun the extent to which a substance damages, destroys or impairs the functioning of nerve tissue

neurotoxin noun a substance that damages, destroys or impairs the functioning of nerve tissue

neurotransmitter noun a chemical substance which transmits nerve impulses from one neuron to another

neurotrophic adjective relating to the nutrition and maintenance of tissue of the nervous system

neutral adjective neither acid nor alkali

neutral fat noun fat with no excess fatty acid

newborn adjective born recently • noun a recently born baby

new potatoes plural noun small potatoes picked at the beginning of the season

new product development noun the process of developing completely new products or improving existing ones. Abbreviation NPD

NFE abbreviation nitrogen-free extract

niacin noun a vitamin of the vitamin B complex found in milk, meat, liver, kidney, yeast, beans, peas and bread, lack of which can cause mental disorders and pellagra. Also called nicotinic acid
niacinamide noun, vitamin B3

nibbed adjective used for describing nuts that are cut into small cubes about 2mm square

NICE abbreviation National Institute for Health and Clinical Excellence

nicotinamide adenine dinucleotide noun full form of NAD

nicotinamide adenine dinucleotide phosphate noun full form of NADP

nicotinic acid noun same as niacin

nigella sativa noun the seeds of a Southeast Asian plant, used as a spice

night blindness noun an inability to see in the dark, caused by vitamin A deficiency

NII abbreviation Nutritionists in Industry

nisin noun, E234

nitrate noun a chemical compound containing the nitrate ion, e.g. sodium nitrate

nitric oxide noun a sports supplement that promotes vasodilation, causing an increased blood flow to the muscles. Abbreviation NO

nitrites plural noun salts of nitrous acid used for giving cured meat its pink colour

nitrofurans noun a drug that inhibits the growth of bacteria (NOTE: It has been banned from use in food-producing animals in many countries.)

nitrogen noun a gas that is the main component of air and is an essential part of protein (NOTE: The chemical symbol is N.)

nitrogenase noun an enzyme found in nitrogen-fixing bacteria that catalyses the conversion of nitrogen to ammonia (NOTE: It is a key component of the nitrogen cycle, providing nitrogen compounds for plants.)

nitrogen balance, nitrogen equilibrium noun the ratio between the amount of nitrogen ingested and the amount excreted. Abbreviation N balance, N equilibrium

nitrogen cycle noun the set of processes by which nitrogen is converted from a gas in the atmosphere to nitrogen-containing substances in soil and living organisms, then converted back to a gas

nitrogen fixation noun the process by which nitrogen in the air is converted by bacteria in some plant roots into nitrogen compounds

nitrogen-fixing bacteria plural noun bacteria such as Rhizobium in the soil which convert nitrogen in the air into nitrogen compounds by means of the process of nitrogen fixation in plants

nitrogen-free extract noun the portion of a foodstuff when analysed that comprises only sugars and starches. Abbreviation NFE

nitrosamine noun an organic carcinogenic compound found in various foods

nitrous acid noun a weak acid that can exist only in solution or as salts

nitrous oxide noun a gas used as a propellant in aerosols

NMES abbreviation non-milk extrinsic sugars

NO abbreviation nitric oxide

noble rot noun a fungus that affects grapes and concentrates the juice, allowing sweet wine to be more easily made

nocturia noun excessive production of urine at nighttime

No Effect Level noun full form of NEL

noisette noun a piece of boned and rolled meat, especially the neck or loin of lamb

noma noun an ulceration of the mouth, commonly found in severely malnourished children
non-alcoholic adjective containing no alcohol, or an extremely low amount of alcohol
non-biological adjective 1. containing no enzymes 2. not relating to biology
non-dairy adjective used for describing ingredients or foods that contain no dairy products
non-dairy creamer noun same as creamer
non-enzymic browning noun same as Maillard reaction
non-essential adjective manufactured by the body and therefore not essential in the diet
non-essential amino acids plural noun amino acids that can be synthesised in the body and so do not need to be obtained in the diet. \( \text{\textasteriskcentered} \) essential amino acids
non-esterified fatty acids noun same as free fatty acids
non-fat adjective without fat solids, or with the fat content removed
non-fattening adjective not likely to cause a gain in weight
non-food adjective used for describing items sold in a supermarket that are not for eating or drinking
non-haem iron noun dietary iron found in plants. Compare haem iron
non-IgE mediated adjective used for describing an allergic reaction that is not caused by immunoglobulin E
non-insulin-dependent diabetes noun diabetes mellitus that does not require insulin for its treatment
non-milk extrinsic sugars plural noun sugars that are added to foods and drinks and are potentially causes of tooth decay
non-nutrient adjective used for describing a foodstuff that contains no nutrients
non-nutritive sweetener noun same as low-calorie sweetener
non-organic adjective used for describing crops that are not produced according to guidelines restricting the use of fertilisers and other practices, and for describing animals fed on such crops
non-perishable adjective used for describing food products that remain edible, without spoiling, for long periods without special storage. \( \text{noun} \) a non-perishable item of food
non-starch polysaccharides noun same as dietary fibre
non-stick adjective covered with a substance that prevents food from sticking when cooking
non-thermal technologies plural noun methods of sterilising food that do not involve heat treatment
non-wheat adjective not containing wheat
noodles plural noun long thin strips of pasta
nootropic noun a food supplement that is reputed to boost cognitive ability
noradrenaline noun a hormone secreted by the medulla of the adrenal glands that acts as a vasoconstrictor and is used for maintaining blood pressure in shock, haemorrhage or hypotension
norbixin noun a golden-yellow food colouring obtained from the seeds of achiote
North American Association for the Study of Obesity noun an organisation that promotes research into obesity. Abbreviation NAASO
nosocomial adjective referring to hospitals (technical)
nougat noun a chewy sweet made with egg whites, honey, and usually chopped nuts or dried fruit
nourish 166

nourish verb to give food or nutrients to a person

nourishing adjective providing the substances that people need to grow and be healthy

nourishment noun food or the valuable substances in food that help people to grow and be healthy

nouvelle cuisine noun a type of French cooking that aims at less heavy traditional dishes and attractive presentation and is often served in very small portions

novel food materials plural noun same as modern food materials

nozzle noun an open-ended hollow cone of varying size, used in the end of a piping bag to give a decorative effect

NPD abbreviation new product development

NPR abbreviation net protein retention

NPU abbreviation net protein utilisation

NSP abbreviation non-starch polysaccharides

nuclease noun an enzyme that breaks down nucleic acids

nucleoside noun a purine or pyrimidine base linked to a sugar, especially ribose or deoxyribose

nucleotidase noun any of a group of enzymes that produce nucleosides by splitting phosphoric acid from nucleotides

nucleotide noun a nucleoside linked to a phosphate group (NOTE: Nucleosides join together to form the polymers RNA and DNA.)

nucleus noun 1. the central body in a cell that contains DNA and RNA and controls the function and characteristics of the cell 2. a group of nerve cells in the brain or spinal cord (NOTE: The plural is nuclei.)

NuGO abbreviation European Nutrigenomics Organisation

nut noun a fruit with an edible centre inside a hard shell

nut cracker noun an implement used for cracking the hard outer shell of nuts using a lever or screw-thread action

nut cutlet noun a vegetarian cake or burger made from chopped nuts and other vegetable ingredients mixed together and sometimes formed into the shape of a meat chop or cutlet

nutmeg noun the seed of a tropical tree, grated and used as a spice

nutraceutical noun same as functional food

nutrient noun a substance in food that is necessary to provide energy or to help the body grow, e.g. a protein, a fat or a vitamin

nutrient-dense adjective used for describing food that is rich in vitamins and minerals and comparatively low in calories

nutrient enemata noun feeding using a glucose solution administered into the intestine through the anus

nutrient profile noun a description of the nutritional composition of a particular food

nutrient profiling noun a scientific method of categorising foods according to their nutritional content

nutrification noun the enriching of foods with added nutrients so as to make a significant difference to the diet

nutrigenomics noun the study of the way in which genetic and environmental influences act together on a human or an animal, and how this information can be used to boost productivity and health
nutrition noun 1. the way in which food affects health 2. the study of food
nutritional disorder noun any disorder or disease caused by poor nutrition
nutritional guidelines plural noun public advice about healthy eating given by an authority
nutritional information noun additional information about the nutritional value of a food product, often used on food labelling in the UK.
nutritional labelling noun nutritional information on the label of foods and drinks, including the energy value and the amounts of protein, carbohydrate and fat contained
nutritional melagia noun same as burning foot syndrome
nutritional needs plural noun the amounts of the various components of food required to be eaten for health and well being: ○ recommended daily intake
nutritional programme noun a dietary plan that is designed to achieve a particular aim, e.g. muscle building, weight loss or recovery from illness
nutritional status noun the balance of nutritional needs against intake and absorption
nutritional supplement noun • supplement
nutritional therapist noun a person who works with patients to devise a dietary plan for optimum health or to identify any intolerances
nutritional therapy noun the alleviation of symptoms by dietary changes, sometimes using vitamin and mineral pills
nutritional value noun the nutrient content of a food
nutrition claim noun wording or a logo on food packaging that makes a claim about the nutritional content of the food inside
nutrition information noun same as nutritional information
nutrition insecurity noun the state of having a restricted or deficient diet that makes it difficult to get all essential nutrients
nutritionist noun a person who specialises in the study of nutrition and advises on diets
Nutritionists in Industry noun a membership organisation for nutritionists that provides a forum for the dissemination of industry information. Abbreviation NII
nutrition policy noun a government plan to inform the public about healthy eating and access to healthy foods
Nutrition Research Review noun the journal of the Nutrition Society
nutrition security noun the state of having a varied diet that will provide all essential nutrients
Nutrition Society noun a professional body for the nutrition industry that also runs courses and accredits courses run elsewhere
nutritious adjective providing a fairly high level of nourishment
nutritive noun a food which is necessary for growth ● adjective relating to nourishment
nutritive value noun the degree to which a food is valuable in promoting health
nut roast noun a vegetarian loaf made from chopped or ground-up nuts with onions, herbs, and seasonings, bound with breadcrumbs and baked
nyctalopia noun same as night blindness
OAS abbreviation oral allergy syndrome

oatcake noun a dry biscuit made of oatmeal, often served with cheese

oatmeal noun coarse flour made from oats

oats plural noun a cereal food grown in northern European countries

obese adjective so overweight as to be at risk of several serious illnesses, including diabetes and heart disease

obesity noun the condition of being seriously overweight

obesity rates plural noun the proportion of a country’s population who are more than 20% overweight

obesogenic adjective promoting or causing obesity

obstipation noun severe constipation, often caused by a blockage in the intestines

obstruent adjective obstructing or closing a passage in the body such as the intestinal tract

obstruction noun something that obstructs or closes a passage in the body

occupational activity levels plural noun the extent to which a person is active in their job, affecting their dietary energy requirements

ochratoxin noun a type of mycotoxin that is produced by fungus on meat products

ochratoxin A noun a mycotoxin that affects cereals and can cause severe kidney damage if ingested

octadecyl ammonium acetate noun an anticaking additive used in bread making

octopus noun a sea animal with a big head, a soft oval body and eight arms containing rows of suckers

octyl gallate noun same as E311

odour noun the property of a substance that stimulates the sense of smell. § flavour (NOTE: The six main odour qualities are fruity, flowery, resinous, spicy, foul and burnt.)

odynophagy noun pain while eating or swallowing

oedema noun the swelling of part of the body caused by accumulation of fluid in the intercellular tissue spaces

oesophagalgia noun pain in the oesophagus

oesophageal adjective relating to the oesophagus

oesophageal motility disorder noun a condition in which peristalsis is abnormal due to spasms in the oesophagus
oesophagitis noun erosion of the lining of the oesophagus caused by acid reflux
oesophagomalacia noun a softening of the walls of the oesophagus
oesophagostomy noun a surgical operation to create an opening in the oesophagus for feeding purposes
oesophagus noun the tube in the body down which food passes from the pharynx to the stomach (NOTE: The plural is oesophagi.)
oestrogen noun any steroid hormone that stimulates the development of secondary sexual characteristics in females at puberty
oestrogen inhibitor noun a substance or drug that reduces or blocks the action of oestrogen, used as a sports supplement and in the treatment of breast cancer
offal noun the inside parts of an animal when used as food, e.g. the liver, kidneys and intestines (NOTE: There is no plural form. The US term is variety meats.)
off-the-shelf adjective, adverb ready-made according to a regular design
ohmic heating noun heating by passing an electric current through the food itself
oil noun a thick smooth-running liquid of various kinds used in cooking / verb to put oil on food
oil pastry noun shortcrust pastry made with oil instead of hard fat, rolled out between sheets of non-stick paper because of its fragility
oilseed noun a seed that is rich in oil, especially one grown as a crop for oil extraction, e.g. linseed, groundnut or cottonseed
oily adjective like oil, containing oil or covered with oil
oily fish noun any fish with flesh that contains more than 6% of fat by weight
OKG abbreviation ornithine alpha-ketoglutarate
okra noun a vegetable with a green pod, widely used in Mediterranean and Asian cooking. Also called gumbo, lady’s fingers
oleic acid noun a fatty acid that is present in most oils
oleo oil noun a yellow fatty substance extracted from beef fat, used in the manufacture of margarine and soap
oleoresin noun a mixture of a resin and an essential oil, either obtained naturally from plants or produced synthetically
olestra noun an ester of fatty acids and sugar that behaves like oil or fat but is not absorbed by the human body, making it usefully non-fattening but nevertheless controversial in the food industry because it can sequester several vitamins and other nutrients
olfaction noun in sensory analysis, the sense of smell
oligoallergenic diet noun a restricted diet used for diagnosing the effects that particular foods have on a person
oligodipsia noun a reduced sense of thirst
oligopeptide noun a peptide consisting of fewer than ten amino acids
oligophagous adjective feeding on a restricted range of foodstuffs, usually a small number of different plants
oligosaccharide noun a carbohydrate made up of a relatively small number of linked monosaccharides
oligotrophic adjective used for describing foods that do not contain sufficient nutrients
olive noun a small black or green fruit from a Mediterranean tree, crushed to produce oil and also eaten as food
olive oil 170

olive oil noun oil made from olives

omega-3 noun a polyunsaturated fatty acid found in fish oils, seeds and whole grains, used in the prevention of such conditions as high cholesterol, heart disease and arthritis

omega-6 oil noun a polyunsaturated oil deficiency of which can cause skin problems and hormonal imbalances

omelette noun a dish made of beaten eggs, cooked in a frying pan and folded over before serving, with any of various fillings added

omelette pan noun a heavy-based frying pan with rounded sloping sides, usually kept exclusively for omelettes and never washed after use but cleaned with absorbent paper

omnivore noun an animal that eats both plant and animal foods. & carnivore, herbivore (NOTE: Humans and pigs are examples of omnivores.)

omnivorous adjective used for describing an animal that eats both plant and animal foods

omphagia noun the practice of eating uncooked or unprocessed food

oncology noun the scientific study of new growths, especially cancers

onion noun any of several varieties of strong-smelling vegetable with a round white bulb (NOTE: They belong to the genus Allium.)

on-pack information noun nutritional information that is clearly printed on food packaging

on-the-go adjective a term used for describing convenience food that does not need heating or other preparation and can be eaten straight from the packaging

open-cap mushroom noun any large flat variety of mushroom

open sandwich noun one slice of bread with meat, cheese or some other filling on it

open-view kitchen noun a kitchen that restaurant customers can see into from where they sit and can therefore watch the chefs at work

opisthorchiasis noun a severe infection of the biliary tract caused by a fluke found in raw fish

OPP abbreviation orthophenylphenol

opsomania noun a craving for a particular type of food

opsomic index noun a number that gives the strength of a person’s serum reaction to bacteria

opsonin noun a protein that promotes the destruction of antigens by white blood cells

ORAC abbreviation Oxygen Radical Absorbance Capacity

oral allergy syndrome noun an allergic reaction to certain fresh fruits and vegetables, caused by the body mistaking the proteins in these for the proteins in pollen. Abbreviation OAS

oral rehydration salts plural noun same as rehydration salts

orange noun a sweet citrus fruit with a reddish-yellow skin

orange squash noun a sweet non-alcoholic drink made from oranges or with the flavour of oranges, sold in concentrated form to be diluted with water

orange yellow s noun & E110

oregano noun a herb that is widely used in Mediterranean cooking

orexigenic adjective stimulating the appetite

oreximania noun an unusually large appetite
**organic adjective** used for describing crops that are cultivated naturally, without any chemical fertilisers or pesticides, and for describing meat from animals fed on such crops

**organic food noun** food grown or reared without synthetic or chemically produced fertilisers, pesticides and herbicides on land that itself has been organic for two years

**organolepsis noun** the study of the sensory properties of food, e.g. its appearance, smell and mouth feel

**organosulphur compound noun** a substance that contains both carbon and sulphur

**organotrophic adjective** nourishing bodily organs

**Ornish diet noun** a dietary plan for slimming originally developed to reverse heart disease, in which all cholesterol and saturated fat is prohibited

**ornithine noun** an amino acid produced by the liver

**ornithine alpha-ketoglutarate noun** a compound of ornithine and glutamine used as a sports supplement to build muscle. Abbreviation OKG

**orotic acid noun** a chemical produced by the body when there is a block in the flow of urea, used as a sports supplement

**orthophenylphenol noun** an antimicrobial agent used as disinfectant and to preserve fresh fruit and vegetables. Abbreviation OPP

**orthophosphoric acid noun** same as phosphoric acid

**orthorexia noun** an obsession with eating only the right things, which may lead to extreme weight loss as so many foods are rejected

**osmophile noun** bacteria that thrive under high osmotic pressure

**osmosis noun** the movement of a solvent from one part of the body through a semipermeable membrane to another part where there is a higher concentration of molecules

**osmotic dehydration noun** the dehydration of fruit using osmosis with a sugar solution

**osmotic pressure noun** the pressure required to stop the flow of a solvent through a membrane

**osteoarthritis noun** a degenerative disease of middle-aged and elderly people characterised by inflamed joints which become stiff and painful

**osteocalcin noun** a protein that helps to bind the calcium in bone

**osteomalacia noun** a softening and bending of the bones resulting from an inability to absorb calcium caused by a vitamin D deficiency

**osteoporosis noun** a condition in which the bones become thin, porous and brittle, due to low levels of oestrogen, lack of calcium and lack of physical exercise. Also called brittle bone disease

**ostomate noun** someone in whose body a surgical opening into the intestine has been created

**ostrich noun** a large flightless African bird bred on farms for its meat (NOTE: Its scientific name is Struthio camelus.)

**ounce noun** an imperial measure of weight equal to 28 g. Abbreviation oz

**outbreak noun** a series of cases of a disease that start suddenly

**out of season adjective** used for describing fruit and vegetables that are not available domestically because their growing season is over and that therefore have to be imported

**ouzo noun** a Greek alcoholic drink flavoured with aniseed

**ovalbumin noun** the protein that comprises about 70% of the protein in an egg white, responsible for the stability of whipped egg white
oven noun any enclosed box that can be heated for cooking, nowadays usually an appliance heated by gas or electricity

oven brick noun a terracotta container with a tightly fitting lid for slow-cooking meat in the oven

oven glove noun a padded hand covering used as protection when putting hot dishes into, and taking them out of, an oven

oven management noun the practice of using an oven correctly, including temperature settings, placement of food in the oven and oven safety

ovenproof adjective able to be used in an oven without being damaged by the heat

oven-ready adjective sold in a state ready to be put in the oven for heating or cooking, after packaging is removed

oven temperature noun the temperature of an oven, set according to any of four different scales, Fahrenheit, Celsius, gas mark, or the qualitative scale in which ‘cool’ is less than 120°C, ‘slow’ is around 120°C, ‘moderate’ is 180°C, ‘hot’ is 220°C and ‘very hot’ is 250°C. 

overcook verb to cook something so long that it loses its flavour and texture

over easy adjective used for describing an egg that has been fried on both sides. Compare sunny side up

overeat verb to eat too much food, especially habitually

overfishing noun the practice of catching so many fish that the fish do not reproduce quickly enough and become rare

overnutrition noun the act of taking in too much of a particular nutrient, causing a condition such as obesity or hypervitaminosis

overripe adjective too ripe and past its best flavour and texture

overweight adjective having a body weight greater than that considered ideal or healthy

ovoglobulin noun a globulin present in egg white

ovo-lacto-vegetarian noun a vegetarian who eats eggs and dairy products, but no products that involve the killing of animals

own brand, own label noun an item for sale that has the trademark or label of the retailer, usually a large supermarket chain, instead of that of the manufacturer

own-brand, own-label adjective used for describing a food product that is not branded but is made for the supermarket or shop in which it is sold, usually a cheaper version of the branded product

ox noun a name used in the food industry to refer to meat and offal from a castrated male of any species of domestic cattle, also sometimes confusingly applied to meat and offal from either a bull or cow

oxalate noun a salt or ester of oxalic acid

oxalic acid noun a substance, found in food and also produced within the body, that can form kidney stones in large concentrations

oxidant noun an agent which causes oxidation

oxidase noun an enzyme that encourages oxidation by removing hydrogen. 

monoamine oxidase

oxidation noun a chemical reaction in which a substance combines with oxygen with loss of electrons (NOTE: In food, oxidation is caused by the reaction of food to the oxygen in the air. This causes the food to deteriorate.)

oxidative stress noun impaired performance of cells caused by the presence of too many oxygen molecules in them
173 ozone

oxidise verb to react with oxygen, or cause a chemical to react with oxygen, e.g. in forming an oxide

oxidoreductase noun an enzyme that catalyses the oxidation of one compound and the reduction of another

oxtail noun the tail of a cow or bull, used in stews or to make oxtail soup

oxycalorimeter noun an instrument that measures the amount of oxygen consumed and carbon dioxide produced when a food is burned

oxygen noun a common colourless gas that is present in the air and essential to human life (NOTE: The chemical symbol is O.)

oxygen absorber noun a sachet of iron particles inside food packaging that attracts and traps oxygen, preventing spoiling

oxyg benzene noun an enzyme that promotes the addition of oxygen to a compound

Oxygen Radical Absorbance Capacity noun a way of measuring the antioxidant properties of different foodstuffs. Abbreviation ORAC

oxygeusia noun a heightened or sharpened sense of taste

oxyhemoglobinometer noun a device for measuring the levels of oxygen in the blood

oxyntic cells plural noun cells that produce or secrete acid

oxyosmia noun a heightened or sharpened sense of smell

oxypathy noun a disorder in which the body cannot expel unoxidisable acids, which damage tissues

oxystearin noun a sequestering agent that also prevents fats from crystallising, used in salad creams and similar foodstuffs

oyster noun a shellfish with two rough, roundish shells

oyster knife noun a knife with a thin, strong, sharp-pointed blade, used for opening oysters

oyster mushroom an edible mushroom that grows on dead wood and has a soft flavourful grey cap. Latin name: Pleurotus ostreatus.

oyster sauce noun a salty bottled sauce flavoured with oysters, used in Chinese cooking

oz abbreviation ounce

ozone noun a sterilising solution used in chemical ice
PABA abbreviation para-amino benzoic acid
PAC abbreviation proanthocyanin
package noun a number of different things or operations grouped together and considered as a single item • verb to create suitable or attractive packaging in which to sell a product
packaging noun 1. the wrapping or container in which an item is presented for sale, or the materials used to make it 2. the design or style of the wrapping or container in which something is offered for sale, especially from the point of view of its appeal to buyers
packaging gas noun gas used in packaging, either to create a modified atmosphere or as a propellant
packaging origination noun the original design of food packaging
packed lunch noun a lunch of cold foods packed in a box or basket for eating when travelling
packing noun the processing and packaging of food such as meat or produce for sale
packing date noun the date on which a product was packaged
paddy noun rice after threshing, when it is still in the husk
paella noun a Spanish dish of cooked rice with fish, shellfish and vegetables in it
pak choi noun a Chinese vegetable with white stems and fleshy green leaves, used like cabbage. Also called bok choy
pakora noun a deep-fried South Asian fritter made by dipping pieces of vegetable, meat or shellfish in a chickpea-flour batter and generally eaten as a snack
PAL abbreviation physical activity level
palatability noun the extent to which something is good to eat
palatable adjective good to eat
palate noun 1. the roof of the mouth and floor of the nasal cavity, consisting of the hard and soft palates 2. a personal sense of taste and flavour
pale, soft, exudative noun • PSE meat
palette knife noun a kitchen implement with a long flexible blunt-edged blade for lifting and turning food or for spreading, particularly when filling or icing cakes
pallet noun a standardised platform or open-ended box, usually made of wood, that allows mechanical handling of bulk goods during transport and storage
pallor noun the condition of being pale
palmmitic acid noun a waxy solid derived from plant and animal fats and oils and used in making soap and candles and as a food additive

palm kernel oil noun oil extracted from the kernel of the oil palm, used in cooking oils and margarines

palm oil noun an edible oil produced from the seed or fruit of an oil palm

pan noun a metal cooking container with a handle

panada noun a very thick paste of flour and a liquid such as milk or stock, used as a base for sauces, or for binding for stuffing

panage noun the practice of covering food in breadcrumbs before cooking it

panary fermentation noun the raising action of the yeast when bread is left to rest before baking

pancake noun a thin soft flat cake made of flour, milk and eggs

pancetta noun a salt-cured and spiced form of belly of pork, used in Italian dishes

pancakes noun a gland on the back of the body between the kidneys that produces digestive enzymes and important hormones, including insulin

pancreatic duct noun a duct leading through the pancreas to the duodenum

pancreatic juice noun a watery alkaline secretion from the pancreas that contains digestive enzymes that break down food in the small intestine

pancreatin noun a solution of digestive enzymes from animals, used for replacing or supplementing pancreatic juices in humans

pandan leaf noun the leaf of a tropical Asian plant, used as a digestive stimulant and breath freshener and as a herb in cooking

pané adjective used for describing foods coated with seasoned flour, beaten egg and breadcrumbs, prior to frying

panettone noun a tall Italian yeast cake flavoured with vanilla and dried and candied fruits, traditionally eaten at Christmas

pan-fry verb to cook food in a frying pan with a small quantity of fat or oil

pangamic acid noun a supplement that is claimed to be an antioxidant and to ease tiredness, sometimes called vitamin B15

panini noun a flattish Italian white bread roll, or a sandwich or toasted sandwich made with it (NOTE: The plural is panini.)

panna cotta noun a rich dessert made from cream and milk flavoured with vanilla and set with gelatin, often served with a fruit sauce (NOTE: Literally 'cooked cream'.)

panthenol noun pantothenic acid in an alcohol solution

pantothenic acid noun a vitamin of the vitamin B complex, found in liver, yeast and eggs

PAN UK abbreviation Pesticide Action Network UK

panure noun a coating of flour, beaten egg and breadcrumbs. & pané

papain noun an enzyme found in the juice of the papaya, used as a meat tenderiser

papaya noun a large pear- or melon-shaped tropical fruit with yellowish orange skin and juicy pinkish orange flesh with many black seeds in a central cavity. Also called pawpaw

papillote noun an oiled paper case in which meat or fish is cooked, described on a menu as 'en papillote'

pappardelle noun pasta in the shape of broad flat ribbons
paprika noun a red spice made from powdered sweet peppers (NOTE: Paprika is used in Central European cooking, such as goulash.)

para-amino benzoic acid noun part of the folic acid molecule, without which folic acid cannot be synthesised. Abbreviation PABA

paraben noun a chemical that mimics the hormone oestrogen (NOTE: Evidence suggests that parabens can play a role in the development of breast tumours.)

parageusia noun a distorted or impaired sense of taste

paragonimiasis noun a severe lung infection caused by a fluke found in raw shellfish

parakeratosis noun a skin disease in pigs caused by zinc deficiency

paralytic ileus noun an ileus caused by paralysis of the intestinal muscles

paralytic shellfish poisoning noun food poisoning caused by eating shellfish that are contaminated with saxitoxin. Abbreviation PSP

Para red dye noun a printing dye found to be illegally used in some food products as a colorant, sparking a product recall in 2005

parasite noun a plant or animal that lives on or inside a host plant or animal and derives its nourishment and other needs from it

parathyroid hormone noun one of four small glands which are situated in or near the wall of the thyroid gland and secrete a hormone which controls the way in which calcium and phosphorus are deposited in bones

parboil verb to half-cook food in boiling water

parch verb to dry-roast food until it is slightly brown

pare verb to cut the skin or peel off a fruit, vegetable, etc.

parenteral adjective not involving the intestinal tract

parenteral nutrition noun administration of nutrients directly into the veins, either as a supplement or as a complete source of nutrition for a patient

parer noun peeler

dehve adjective under Jewish dietary laws, relating to food which is made without milk or meat or derivatives of them, and which may therefore be eaten with either type. Compare milchig, fleishig

parfait noun a rich dessert consisting of frozen whipped cream or rich ice cream flavoured with fruit

parietic cells plural noun same as oxyntic cells

Parma ham noun dry-cured ham eaten raw, air-dried for at least 8 months, produced around the Italian town of Parma

Parmesan noun a very hard Italian grating cheese with a strong flavour, made from unpasteurized skimmed cows’ milk, matured for well over two years

parosmia noun a disorder of the sense of smell

parsley noun a green herb with either curly or flat leaves, used in cooking as a flavouring or garnish

parsnip noun a plant whose long white root is eaten as a vegetable

partie noun a specialised section of a restaurant kitchen, making sauces, pastries, etc.

partly-milled adjective used for describing cereal grain that has been only partly ground in a mill, leaving whole grains and large particles

partridge noun a large brown and grey bird, shot for sport and food, in season between September 1st and February 1st
parts per million noun an expression of the proportions of active and inactive particles in a solution. Abbreviation ppm

part-treated adjective used for describing foods that are unprocessed but have flavour enhancers added

passata noun a thick tomato sauce with a rough texture, sometimes flavoured with herbs

PASSCLAIM abbreviation Process for the Assessment of Scientific Support for Claims on Foods

passion fruit noun a purple fruit with a hard case filled with juicy pulp and many seeds

pasta noun a type of food made from flour from durum wheat and shaped into forms such as lasagne, macaroni, noodles, ravioli and spaghetti (NOTE: There is no plural form.)

paste noun a soft food mixture produced by crushing or liquidising

pasteurisation noun the treatment of a liquid such as milk by heating it in order to destroy harmful bacteria

pasteurise verb to make a food product, especially milk, safer to drink or eat and improve its keeping qualities by heating it in order to destroy harmful bacteria

pasteurised milk noun milk that has been pasteurised at 72°C for 15 seconds and then rapidly cooled

pasteuriser noun a device for pasteurising liquids, using heated plates or pipes

pastrami noun smoked and strongly seasoned beef, usually prepared from a shoulder cut, that is served cold in thin slices

pastry noun 1. a paste made of flour, fat and water, used for making pies 2. a sweet cake made of pastry filled with cream or fruit

pastry bag noun a cloth bag with a nozzle used for piping soft foods

pastry board noun a square or oblong board, preferably marble but usually wood, on which pastry is rolled out

pastry brake noun a set of rollers with a variable gap through which pastry is prepared for commercial production (NOTE: A very small version is used domestically for pasta production.)

pastry case noun a piece of pastry used for lining a dish and filled either before or after baking

pastry chef noun a chef who specialises in preparing pastries and sweet dishes. Also called chef pâtissier

pastry cutter noun a utensil for cutting pastry into small shapes

pastry wheel noun a small wooden wheel with a serrated edge attached to a handle, used for crimping edges of pastry

pat noun a small shaped amount of a solid or semi-solid substance, especially butter verb to shape a solid or semi-solid into a pat, traditionally by using two flat wooden paddles

pâté noun a paste made of cooked meat or fish finely minced

patent blue V noun E131

patent flour noun a very fine good-quality wheat flour

pathogen noun a microorganism that causes a disease

pathogenicity noun the ability of a pathogen to cause a disease

patisserie noun sweet pastries or cakes

patty noun a small flat individual cake made from minced meat, vegetables or other food

patulin noun a toxin in fruit juices caused by a mould affecting the unprocessed fruit
paunch

verb to remove the internal organs from a rabbit or hare before cooking

pavlova noun a large circle of meringue filled with fruit and whipped cream

PBM abbreviation peak bone mass

PCB abbreviation polychlorinated biphenyl

PCT abbreviation primary care trust

pea noun a climbing plant with round green seeds that are eaten as vegetables

peach noun a juicy fruit with a soft hairy yellow or red-and-yellow skin and sweet yellow flesh

peak bone mass noun the amount of bone tissue present in the body at full maturation of the skeleton. Abbreviation PBM

peanut noun a nut that grows in the ground in pods like a pea

peanut butter noun a spreadable food of varying consistency made from ground peanuts, sometimes with added peanut oil, salt or sugar

pear noun a fruit with a greenish or yellowish skin and soft white flesh

pear barley noun grains of barley used in cooking

pear shaped adjective used for describing a person with a body shape in which most of the subcutaneous fat deposits are carried around the hips and bottom

pecan noun a sweet nut from a tree that grows in the south of the USA

pecorino noun a hard pungent Italian cheese made from ewe’s milk

pectase noun an enzyme in fruits involved in transforming pectin into pectic acid

pectin noun a mixture of polysaccharides in the cell walls of plants and fruit that helps jam to set

pectinase noun an enzyme used for clarifying wine and beer and for extracting juice from fruit

pectinesterase noun an enzyme that catalyses the breakdown of pectin

peel noun 1. the outer skin of a fruit, or the skin of a potato 2. a shovel-like tool used for lifting baked goods into and out of an oven ■ verb to take the skin off a fruit or vegetable

peeler noun a tool for taking the skins off fruit or vegetables

pelagic adjective used for describing fish that live in the waters of the open sea, as opposed to those living near the shore. Compare demersal

pellagra noun a disease caused by a deficiency of nicotinic acid, riboflavin and pyridoxine from the vitamin B complex, where patches of skin become inflamed and the person has anorexia, nausea and diarrhoea

PEM abbreviation protein energy malnutrition

pemmican noun compressed cooked meat and fat mixed with berries, eaten for energy

penicillin noun a common antibiotic originally produced from a fungus

penicillium noun an organism used for producing the veins in blue cheeses

penne noun short tube-shaped pasta cut diagonally at the ends

pentapotassium triphosphate noun E450(ii)

pentasodium triphosphate noun E450(ii)

pepper noun 1. a condiment made from the crushed seeds of the pepper plant 2. any of several varieties of flowering vine with small berries that are dried for use as a spice and seasoning ■ verb to sprinkle food with pepper
personalised nutrition

peppercorn *noun* a dried berry of the pepper plant

pepper mill *noun* a kitchen utensil for storing and grinding peppercorns

peppermint *noun* a flavouring prepared from the oil of a mint plant

pepsin *noun* a digestive protease that allows proteins to be converted into peptides in the stomach

pepsinogen *noun* a secretion from the gastric gland that is the inactive form of pepsin

peptic *adjective* related to or affecting the digestive system

peptic ulcer *noun* an erosion of the wall of the stomach or duodenum, caused by stomach acid

peptidase *noun* an enzyme that breaks down proteins in the intestine into amino acids

peptide *noun* a compound formed of two or more amino acids

peptide bond *noun* a linkage formed between the amino group of one amino acid and the carboxylic acid group of another

peptone *noun* a substance produced by the action of pepsins on proteins in food

peptonise *verb* to digest protein using an enzyme

PER *abbreviation* protein efficiency ratio

percentile growth chart *noun* a chart for measuring a child’s development which compares them with the average development of other children and places them on a scale

perch *noun* any of various types of freshwater fish, several of which are used as food

percolator *noun* a coffeemaker in which the water boils up through a tube and filters through ground coffee

perennial *adjective* used for describing plants that grow for more than two years *noun* a plant that grows for more than two years, often dying back during the winter

perennial crop *noun* a crop that lasts for more than two growing seasons, dying back after each season

performance enhancer *noun* a dietary supplement used by athletes to enhance bursts of high performance

pericarp *noun* a fibrous part of a grain, forming the major part of bran

periderm *noun* the outer layer of plant tissue in woody roots and stems

perish *verb* to deteriorate or decay, or make a material such as rubber deteriorate or decay

perishable *adjective* likely to go bad quickly

perishables *plural noun* perishable food

perishable store *noun* a storeroom for food that can go bad quickly, e.g. meat and fruit

peristalsis *noun* the movement, like waves, produced by alternate contraction and relaxation of muscles along an organ such as the intestine or oesophagus, that pushes the contents of the organ along it. Compare antiperistalsis

pernicious anaemia *noun* anaemia caused by a deficiency of vitamin B12

peroxisome *noun* a tiny part within a cell containing enzymes that oxidise toxic substances such as alcohol and prevent them from doing any harm

perry *noun* an alcoholic drink made from pear juice

persistent organic pollutant *noun* a compound that enters the food chain and accumulates in the human body. Abbreviation POPs

personalised nutrition *noun* an approach to nutrition that meets the needs of the individual, taking into account considerations such as state of health, lifestyle, age, gender, etc
pescetarian

**pescetarian, pesco-vegetarian** *noun* a person who will not eat red meat or poultry, but will eat fish

**pesticide** *noun* a poisonous substance used for destroying pests on crops

**Pesticide Action Network UK** *noun* an organisation that promotes alternatives to pesticides. Abbreviation **PAN UK**

**pestle** *noun* a rod-shaped object made from hard material with a rounded end that is used for crushing or grinding substances in a mortar, **pestle and mortar**

**pestle and mortar** *noun* a short hard crushing implement and a small hard shallow bowl, used in combination for grinding hard foods into a paste or powder

**pesto** *noun* a sauce or paste made by crushing together basil leaves, pine nuts, oil, Parmesan cheese, and garlic

**petechiae** *plural noun* small spots of bleeding under the skin, a possible indicator of nutritional deficiencies

**petits fours** *plural noun* very small cakes and biscuits, often containing marzipan, served with coffee after a meal

**pH** *noun* the concentration of hydrogen ions in a solution, which determines its acidity (NOTE: A pH less than 7 is acid, and a pH more than 7 is alkaline.)

**phaeophytin** *noun* a brownish derivative of chlorophyll that is formed during cooking, making vegetables lose their bright green colour

**phagocyte** *noun* a cell, especially a white blood cell, that can surround and destroy other cells such as bacteria cells

**phagocytosis** *noun* the destruction of bacteria cells and foreign bodies by phagocytes

**phagodynamometer** *noun* a device for measuring force used in chewing

**phagology** *noun* the study of eating

**phagomania** *noun* obsession with food or eating

**phagophobia** *noun* a fear of food or eating

**phagosome** *noun* a membranous sac formed within some types of cells that contains the microorganisms or other small particles that the cell has engulfed in order to destroy them

**phagotherapy** *noun* the treatment of illness by changes in diet

**phagotrophy** *noun* the act of obtaining nourishment by ingesting food

**pharmacokinetics** *noun* the study of how the body reacts to drugs over a period of time, including their absorption, metabolism and elimination. **plural noun** the ways in which a drug interacts with the body

**pharmacological** *adjective* relating to pharmacology

**pharmafood** *noun* same as **functional food** *(informal)*

**Pharaoh’s curse** *noun* diarrhoea associated with travel in Egypt or with eating Egyptian food *(informal)*

**phase** *noun* a physical form in which a substance can exist: gas, vapour, liquid or solid (NOTE: Two or more phases are common in many foods. For example, milk and cream contain two liquid phases, water and butterfat.)

**phaseolamin** *noun* a substance that inhibits alpha amylase, allowing less sugar to be absorbed by the digestive tract, sold as a diet aid

**pheasant** *noun* a large bird with a long tail, shot for sport and food and in season from October 1st to February 1st

**phenolic acid** *noun* a plant metabolite with antioxidant properties
phenolic compound noun a compound of phenolic acids derived from plants, added to food as an antioxidant
phenol oxidase noun the enzyme that causes the cut surfaces of foods such as apples and potatoes to brown in air
phenylalanine noun an essential amino acid found in many proteins and converted to a non-essential amino acid by the body
phenyl benzene noun E230, diphenyl
phenylketonuria noun a genetic disease that affects the metabolisation of phenylalanine and can have severe effects on the brain of a developing child
pheromone noun a chemical produced by an animal that sends a message to others of the same species, some of which are used in agriculture to interrupt insect breeding cycles and control pests
PHF abbreviation potentially hazardous food
phlegm noun same as sputum
phosphatase noun an enzyme in milk, the presence of which indicates inadequate pasteurisation
phosphate noun a salt of phosphoric acid, used for flavouring and as a stabiliser. Polyphosphate (NOTE: The important ones used in the food industry are disodium dihydrogen, tetrasodium, tetrapotassium and trisodium diphosphate, all classified as E450(a), and pentasodium tripolyphosphate and pentapotassium triphosphate, classified as E450(b).)
phosphaturia noun cloudy urine caused by a high concentration of phosphate salts, indicating possible formation of kidney stones
phosphofructokinase noun an enzyme that catalyses the transfer of phosphate to a fructose compound during the metabolism of glucose
phosphoglucomutase noun an enzyme that catalyses the breakdown and synthesis of glycogen, providing energy that can be used or stored
phosphoglyceraldehyde noun an intermediate product in carbohydrate metabolism
phospholipase noun an enzyme that catalyses the hydrolysis of phospholipids in cell membranes. Also called lecithinase
phospholipid noun a compound with fatty acids, which is one of the main components of membranous tissue
phosphomonesterase noun an enzyme promoting the breakdown of phosphoric acid esters that have only one ester group
phosphoprotein noun a protein that contains an enzymatically bound phosphate group
phosphoric acid noun an acid that is very soluble in water and gives rise to acid, neutral and alkali salts
phosphorus noun a toxic chemical element that is present in very small quantities in bones and nerve tissue (NOTE: The chemical symbol is P.)
phosphorylase noun an enzyme that aids the process of carbohydrate metabolism
photosensitivity noun the fact of being sensitive to light
photosynthesis noun the process by which green plants convert carbon dioxide and water into sugar and oxygen using sunlight as energy
phrynoderma noun a disease of the skin caused by vitamin A deficiency
phycotoxin noun a toxin that is eaten by fish and shellfish and accumulates in their bodies
physical activity
exercise and general movement which a person carries out as part of their day

physical activity level
the amount of physical activity that a person undertakes each day, which is used in calculating their daily calorie requirements. Abbreviation PAL

physical treatment
physical processes such as heating and cooling that food undergoes

physico-chemical
involving both physical and chemical changes

physiological
referring to physiology and the regular functions of the body

physiological availability
same as bioavailability

physiology
the study of regular body functions

phytate
a component of plant fibres that has antioxidant properties

phytic acid
a plant acid that binds iron and zinc in vegetable foods and carries them through the human gut, with the result that they are not absorbed by the body

phytochemical
any naturally occurring plant substance, some of which have been shown in research to protect against disease

phytoestrogen
same as isoflavone

phytonutrient
same as phytochemical

phytosterol
a group of phytochemicals that are used as food additives and may have cholesterol-lowering properties

phytotoxin
a poisonous substance produced by a plant

pica
same as allotriophagy

pickle
a mixture of chopped vegetables preserved in a spicy vinegar- or brine-based liquid, served as a condiment to preserve food in a vinegar- or brine-based liquid

pickling
a way of preserving food by keeping it in a liquid that inhibits microbiological activity, usually vinegar or brine

pick-up station
the place in a kitchen where the prepared meals are left ready for the waiters to collect and deliver them

picowave
verb to expose food to radiation in order to kill insects, worms or bacteria

pie
a cooked dish of pastry with a filling of meat or fruit, eaten hot or cold

pie marker
an implement used for accurately cutting pies and cakes, consisting of a frame with a wheel-shaped cutting blade

pie tin
a round shallow baking dish with sloping walls

pig
an animal of the Suidae family kept exclusively for meat production (NOTE: The males are called boars, the females are sows, the young are piglets. Pigs reared for pork meat are called porkers and those reared for bacon are baconers.)

pigmeat
a term used in the EU for meat from pigs

pigment
a substance that gives colour to parts of the body such as blood, the skin and hair

pigment rubine
E180

pilaff
a name given to various rice-based dishes cooked in an oven, strictly one that contains finely chopped onions sweated in butter, with rice then added and cooked in white stock or fish stock, with butter stirred in at the end

pilchard
a small fish similar to a herring, sold in tins

piles
plural same as haemorrhoids
pilot production noun a stage of product development that is a test run for mass production, carried out in order to find any flaws with the process

pimento noun a large heart-shaped variety of chilli

pinch noun an amount of powder held between the thumb and forefinger, roughly equal to one quarter of a gram

pineapple noun a tropical fruit with a tough knobbly skin, pale yellow flesh and leaves sprouting from the top

pine nut noun a small sweet seed of some pine trees, especially the piñon pine. Also called pine kernel

pinholing noun the formation of small holes in food packaging as it flexes during handling, breaking the hermetic seal

pinotherapy noun the act of treating a disease by starving the body of the nutrients that are causing it

pint noun an imperial fluid measure equal to 20 fluid ounces or 567.5 ml in the UK, and 16 fluid ounces or 473 ml in the US. ≈ gallon

pinto bean noun a mottled brown and pink kidney-shaped bean, cooked and eaten as a vegetable or used as fodder

pinworm noun same as threadworm

pip noun a small seed found in fruits such as apples, citrus fruits, grapes and melons; verb to remove pips from fruit or vegetables

pipe verb to squeeze soft food mixture through a small tube, so as to make decorative shapes

piping noun the decorative lines of icing piped onto a cake

piping bag noun an implement used for applying a soft food in a decorative way, consisting of a triangular-shaped bag with a cone fitted at the pointed end. Also called forcing bag, icing bag

piping hot adjective extremely hot

piquant adjective having a flavour, taste or smell that is spicy or savoury, often with a slightly tart or bitter edge to it

piri piri noun a meat or fish dish served with piri piri sauce

piri piri sauce noun a spicy sauce made with chillies

pistachio noun a nut of a small tree native to central Asia and now cultivated in Mediterranean regions, eaten salted or in confectionery

pit noun the stone in some fruit such as cherries, plums, peaches, or dried fruit such as prunes and dates

pith noun the soft white material under the skin of a lemon, orange or other citrus fruit

pitta bread noun flat white unleavened bread, served with Greek and Turkish food

pitting noun the act of removing the pits from fruit

pituitary gland noun the main endocrine gland in the body that secretes hormones that stimulate other glands

pizza noun an Italian savoury dish consisting of a flat round piece of dough cooked with tomatoes, onions, cheese and often sliced meat or vegetables on top

pizza dough noun dough made of strong flour, tepid water, yeast, salt and olive oil, proved, knocked back and proved again

pizza oven noun a traditional brick oven with a stone floor and a wood fire to one side, radiating heat from the brick roof onto the pizza, or a modern oven that mimics these characteristics by having a large hot mass of metal
pizza stone
noun a piece of bakeware, usually made of terracotta, that is used to brown and crisp a pizza base

pizza wheel noun a utensil with a small, sharp rotating disc on a handle, used for cutting pizza

placebo noun a tablet that appears to be a drug but has no medicinal substance in it, used in tests and trials

place of origin noun the place in which a food product was manufactured, a required element in food labelling in the UK

plaice noun any of three varieties of flat white sea fish (NOTE: The plural form is plaice.)

plain chocolate noun dark, bitter chocolate

plain flour noun flour that has had no baking powder added to it

plain yoghurt noun same as natural yoghurt

plank verb to cook meat or fish on an oiled wooden board

plansifter noun a series of sieves mounted together that sort a material by particle size

plant noun 1. a vegetable organism that does not have a permanent woody stem, e.g. a flower or herb rather than a bush or tree 2. a factory, power station, or other large industrial complex where something is manufactured or produced

plantago noun same as psyllium

plantain noun the name given to various types of large banana used for cooking

plant extract noun a preparation of plant chemicals used in foods, cosmetics and toiletries

plant exudate noun any substance that seeps from a plant, e.g. a gum or resin

plant senescence noun the final stage in the life cycle of a plant, leading to the death of part or all of the plant (NOTE: Knowledge of plant senescence is important for farmers as it determines when they should harvest a crop in order to ensure it is of the highest possible quality.)

plant sterol noun same as phytosterol

plaque noun a film of saliva, mucus, bacteria and food residues that builds up on the surface of teeth and can cause gum damage

plasticity noun variability in the growth of a plant in response to differences in the supply of resources

plastic wrap noun a clear plastic film that sticks to itself and to surfaces, used for wrapping food for storage

plate verb to place food and garnishes on a plate ready for serving it to a customer

plateau noun a large dish with a display of food on it (NOTE: The plural form is plateaux.)

plate count noun an estimate of the number of bacteria in a sample, carried out by treating them so that they become visible to the naked eye

plate heat-exchanger noun a piece of machinery used in food manufacture that transfers heat to and from liquids using metal plates

plate ring noun a metal ring used for stacking plated food in such a way that the food is not spoiled

plate waste noun food left on the plate by customers in a restaurant, the amount of which is monitored by a good restaurant so that adjustments can be made to quality or portion size

platter noun a large plate generally used for serving food to several people or for serving several foods on the same plate
ploughman’s lunch noun a cold lunch, typically served in a pub, consisting of a plate of bread, cheese, pickle or chutney, and a pickled onion
pluck verb to remove some or all of the feathers or hair from a bird or other animal noun the liver, lungs and heart of an animal
plucking noun the act of removing the feathers from a bird before butchering
plum noun a gold, red or purple fruit with a smooth skin and a large stone
plumpy noun an enriched peanut paste bar that is highly nutritious, distributed by humanitarian agencies during times of famine
plum tomato noun a variety of tomato that is egg-shaped and is the variety most usually used for canning
pneumatic conveying noun the transport of powder materials from one place to another using air currents, used in the food processing industry
pneumophagy noun same as aerophagy
poach verb to cook something, e.g. eggs without their shells, or fish, in gently boiling liquid
poached egg noun a shelled egg, yolk intact, placed in acidulated water just below simmering point for about three minutes until set then carefully removed
pod noun a container for several seeds, e.g. a pea pod or bean pod
point-of-sale noun a shop or other place where a food product is sold. Abbreviation POS
polenta noun in Italian cooking, fine yellow maize meal cooked to a mush with water or stock, sometimes set, sliced and served baked or fried
poliomyelitis, polio noun a severe infectious viral disease, usually affecting children or young adults, that inflames the brain stem and spinal cord, sometimes leading to loss of voluntary movement and muscular wasting
pollo-vegetarian noun a person who will not eat red meat but will eat poultry and fish
poly- prefix more than one, or more than normal
polyalcohol noun same as polyol
polyavitaminosis noun an illness caused by a deficiency of more than one vitamin
polychlorinated biphenyl noun a contaminant in fish. Abbreviation PCB
polyicosanol noun a supplement extract of plant waxes that is reputed to reduce levels of LDL cholesterol
polydextrose noun a bulking agent used in reduced-calorie and low-calorie foods
polydipsia noun an unusually intense thirst
polyoxin noun a type of antibiotic that is active against coliform bacteria
polyneuropathy noun serious nerve damage caused by dietary deficiencies or alcoholism
polyol noun an alcohol that contains more than two hydroxyl groups, e.g. glycerol. Also called polyalcohol
polyoxyethylene sorbitan monolaurate noun, E432
polyoxyethylene sorbitan monooleate noun, E433
polyoxyethylene sorbitan monopalmitate noun, E434
polyoxyethylene sorbitan monostearate noun, E435
polyoxyethylene sorbitan tristearate noun, E436
polypeptide noun a type of protein formed of linked amino acids
polyphagia

**polyphagia** 
**noun** constant eating, or obsessive interest in food

**polyphenol oxidase** 
**noun** an enzyme that oxidises food and increases its activities when subjected to high pressure

**polyphosphate** 
**noun** any of various complex phosphates of sodium and potassium used mainly to retain added water in frozen chickens, ham, bacon and other similar meat products, and also as stabilisers and emulsifiers

**polysaccharide** 
**noun** a long chain or branched chain of simple sugars that makes up starch, dextrans, cellulose and other carbohydrates of natural origin

**polysorbate** 
**noun** an emulsifier used in preparing some foods and drugs

**polytetrafluoroethylene** 
**noun** full form of **PTFE**

**polyunsaturated fat** 
**noun** a type of fat with more than one double atom bond, typical of vegetable and fish oils. Compare **saturated fat**, **unsaturated fat**

**polyuria** 
**noun** excessive production of urine

**pomace** 
**noun** the dry remains of something such as fruit or fish after the juice or oil has been extracted

**pomegranate** 
**noun** a fruit with yellowish pink or red skin, masses of seeds and sweet red flesh

**ponceau 4R** 
**noun** [E124]

**ponderal index** 
**noun** the cube root of a person’s body weight divided by height, a measure of how fat a person is

**ponderocrescive** 
**adjective** used for describing foods that stimulate weight gain

**ponderoperditive** 
**adjective** used for describing foods that stimulate weight loss

**POP** 
**abbreviation** persistent organic pollutant

**poppadom** 
**noun** a thin round crisp Indian pancake, fried or grilled

**porcini** 
**noun** an Italian name for the cep mushroom, often sold sliced and dried

**pore** 
**noun** a tiny hole in an egg’s shell that allows carbon dioxide to seep out

**pork** 
**noun** fresh meat from pigs, as opposed to cured meat, which is bacon or ham (NOTE: There is no plural form.)

**pork belly** 
**noun** meat from the underside of the abdominal and chest cavity of a pig, consisting of alternating layers of fat and lean muscle. Also called **belly pork**

**pork pie** 
**noun** minced pork in a pastry case, usually eaten cold

**pork scratchings** 
**plural noun** scratchings

**porous** 
**adjective** used for describing a substance that allows fluids to pass through it

**porphyria** 
**noun** a hereditary disease affecting the metabolism of porphyrin pigments

**porphyrin** 
**noun** a substance that develops into haem when acted upon by enzymes, necessary for the health of the blood and bone marrow

**porridge** 
**noun** a soft food consisting of oatmeal cooked in water, often eaten as a breakfast food

**porridge oats** 
**plural noun** oats that have been crushed ready to be made into porridge

**port** 
**noun** a dessert wine from Portugal, usually served after a meal

**porterhouse steak** 
**noun** a very large boneless beef steak from the short loin, possibly including some of the sirloin and including the fillet

**portion** 
**noun** a small quantity, especially enough food for one person. **verb** to divide something into portions
portion control noun the process of keeping a check on the amount of food served by splitting it up into individual portions, e.g. by serving butter in small individual packets or pots
portion size noun the weight or number of each item in one serving
portobello mushroom noun a very large dark mushroom known for its meaty texture
POS abbreviation point-of-sale
pot noun 1. a deep cylindrical metal or ceramic container with a lid and two handles, used on the stove for stews and other foods to be cooked slowly 2. a cylindrical ceramic or glass container in which food is placed for serving or storage ■ verb to put food into a jar or ramekin and seal it, either for presentation at the table or for preserving
potable adjective clean and safe to drink
potage noun thick soup, especially one made from vegetables
potassium noun a metallic element that exists naturally in seawater and in several minerals (NOTE: The chemical symbol is K.)
potassium acetate noun E261
potassium alginate noun E402
potassium benzoate noun E212
potassium bicarbonate noun a raising agent
potassium bitartrate noun a white powder or crystalline compound used as a raising agent in baking
potassium carbonate noun a white salt used in brewing and in the manufacture of ceramics, explosives, fertilisers, glass and soap
potassium chloride noun a colourless crystalline salt used as a fertiliser and in photography and medicine
potassium dihydrogen citrate noun a potassium salt of citric acid. ■ E332
potassium dihydrogen orthophosphate noun a chemical treatment used for making water safe for human consumption
potassium ferrocyanide noun a yellow crystalline compound used in medicines and explosives
potassium gluconate noun E577
potassium hydrogen carbonate noun a white powder or granular compound used in baking powder and as an antacid
potassium hydrogen tartrate noun cream of tartare
potassium hydroxide noun a caustic and poisonous white solid, used in making soap, detergents, liquid shampoos and matches
potassium lactate noun E326
potassium malate noun E351
potassium metabisulphite noun E224
potassium nitrite noun E249
potassium polyphosphate noun E452
potassium propionate noun E283
potassium salt noun a crystalline compound formed from the neutralisation of an acid solution containing potassium
potassium sodium tartrate noun a colourless crystalline salt used as a mild laxative and food preservative
potassium sorbate noun E202
potassium sulphate noun E515
potassium tartrate noun cream of tartar
potato noun a vegetable that grows from the roots of a plant, has a brown skin and white flesh, and can be eaten boiled, roasted, fried or baked
potato croquette noun a deep-fried cylinder of mashed potato with butter, milk, seasoning and possibly eggs
potato masher noun an implement for mashing boiled or steamed potatoes, consisting of a flat perforated metal or plastic disc with an upright handle, pressed onto the potatoes with an up and down movement
potato ricer noun an implement, rather like a large garlic press, for mashing potatoes
potato starch noun powdered starch used as a stabilising agent
poteen noun in Ireland, a spirit that has been distilled illegally, especially from potatoes
potency noun the strength of something such as a drug, medicine or alcoholic drink
potentially hazardous food noun food that needs to be carefully stored to keep it safe for human consumption. Abbreviation PHF
pot liquor noun the liquid left in a pan after cooking something
potomania noun an unusually strong desire to drink alcohol
potophobia noun an unusually strong aversion to drinking alcohol
pot-roast verb to cook meat in a covered pan or casserole with a little fat and a small amount of liquid or vegetables over a low heat for a considerable time
pottage noun a thick soup made with vegetables, or meat and vegetables
potted adjective cooked or preserved in a pot or jar
potted shrimps plural noun shrimps that have been cooked and put in a small pot with melted butter, served with lemon and brown bread and butter
poulet noun a chicken between three and eight months old
poultry noun a general term for domestic birds kept for meat and egg production, e.g. chickens, turkeys and ducks (NOTE: The word is mainly used in butchers’ shops and recipe books.)
poultry lacer noun a device for holding a chicken together during roasting to prevent the stuffing spilling out
poultry needle noun a large curved needle used for sewing up the abdominal cavity of poultry and game birds
poultry shears plural noun heavy scissors or secateurs with a serrated edge and a good hand grip, used for cutting through the bones of poultry
pound noun 1. an imperial unit of weight equal to 453.6 g, divided into 16 ounces
pound noun 2. verb 1. to bruise, break up and crush any hard food item to reduce it to a smooth consistency or a fine powder. 2. to beat meat in order to tenderise it or flatten it into, e.g., an escalope
poussin noun a chicken reared to be eaten when very young and tender
powdered cellulose noun E460(ii)
powdered milk noun a powder made from dried milk solids, used as a substitute for fresh milk or as a protein supplement
ppm abbreviation parts per million
practitioner noun a qualified person who works in the medical profession
Prader-Willi syndrome noun a condition in which the hypothalamus is non-functioning, meaning that the person has a constant urge to overeat without ever feeling satisfied
praline noun a sweet made of crushed nuts and caramelised sugar
prawn noun a type of shellfish, like a large shrimp
prawn cocktail noun a starter consisting of shelled prawns in mayonnaise and tomato dressing, served in a glass
PRE abbreviation protein retention efficiency
prebiotic noun a dietary supplement in the form of non-digestible carbohydrate that promotes the growth of desirable microflora in the large bowel. vs probiotic
precipitate verb to make a substance separate from a chemical compound and fall to the bottom of a liquid during a chemical reaction ■ noun a substance that is precipitated during a chemical reaction
precook verb to cook food completely or partially in advance, especially before it is sold, so that it only need minimal cooking or reheating before it is eaten
precursor noun a substance or cell from which another substance or cell is developed
predigest verb to treat food with chemicals or enzymes so that it is more easily digested by people with digestion problems
preference test noun a consumer taste test in which the testers decide which product they prefer from a choice of two or more
pregnancy noun 1. the time between conception and childbirth when a woman is carrying the unborn child in her uterus 2. the condition of being pregnant
pregnant adjective with an unborn child in the uterus
preheat verb to heat an oven, dish or other item before using it
premium brand noun a brand that is perceived as better quality than its competitors and charges above average for its products
pre-packaged, pre-packed adjective already packaged before being sold
prepare verb 1. to get food ready to be cooked, e.g. by washing, chopping or boning it 2. to make something
prep counter noun a metal counter on which food is prepared
presbyoesophagus noun a slowing down of swallowing ability caused by advancing age
preservation noun the process or practice of treating food in order to slow down natural decay caused by bacteria (NOTE: Traditional methods of food preservation include pickling, curing, freezing and drying. Modern techniques include the use of modified atmosphere packaging and irradiation.)
preservative noun a substance, e.g. a sugar or salt, added to food to preserve it by slowing natural decay caused by bacteria
preserve noun a food consisting of fruit or vegetables cooked and kept in jars or cans for future use, e.g. jam or chutney ■ verb to treat something such as food so that it keeps for a long time
preserving pan noun a very large pan for making jam or chutney
preserving sugar noun a refined white sugar in the form of large crystals, used for jam-making because it minimises scum formation and reduces caramelisation when it is being dissolved
press noun a device or machine for crushing fruit or vegetables to extract the juice ■ verb to crush fruit or seeds to extract juice or oil
pressure-cook verb to cook food in a pressure cooker, very quickly and at a temperature above the normal boiling point of water
pressure cooker noun a type of pan with a tight-fitting lid that cooks food rapidly under pressure
pressure frying noun a method of frying in that keeps meat under enough pressure to prevent any water from boiling away, leaving it juicy
pressure preservation noun a method of food preservation in which it is treated in a high-pressure vessel, which restricts microorganism activity
pressure steaming noun a method of cooking vegetables or meat in which a purpose-built steamer is used to create steam under high pressure so that the food cooks rapidly
pressure steam oven noun a special oven where food can be steamed under pressure
pressure-temperature relationship noun the fact that the boiling point of water depends on the pressure exerted on its surface, so that it is 100°C at sea level in an open container but it rises to 120.5°C at a pressure of 15 pounds per square inch above atmospheric pressure and decreases by approximately 2.7°C for every 1000 m above sea level
preventive adjective used for describing an action taken to stop something happening, especially to stop a disease or infection from spreading
primary care noun in the UK, health services offered directly to individuals by GPs, dentists, opticians and other health professionals who may also refer a patient on to specialists for further treatment
primary care trust noun in the UK, the top level of the primary care group with extra responsibilities such as direct employment of community staff. Abbreviation PCT
primary processing noun the part of a food processing plant that receives raw materials and prepares them for further processing, e.g. by cleaning, milling or separating
primary protein energy malnutrition noun malnutrition caused by a severe lack of protein and energy in the diet
primavera adjective made with an assortment of fresh spring vegetables, especially sliced as an accompaniment to pasta, meat or seafood
prion noun a variant form of a protein found in the brains of mammals and causing diseases such as scrapie in sheep, BSE in cattle and variant CJD in humans
Pritikin diet noun a dietary plan for slimming that advises eating high-bulk, low-calorie foods such as vegetables to reduce hunger
proanthocyanidin noun any one of a class of flavonoids found in many plants that can be used as a dietary supplement to enhance immunity and to strengthen connective tissue
proanthocyanin noun a flavonoid that is found in berries and is a powerful antioxidant. Abbreviation PAC
probiotic noun a substance containing live microorganisms that claims to be beneficial to humans and animals, e.g. by restoring the balance of microflora in the digestive tract. ◆ prebiotic
procarcinogen noun a substance that is not carcinogenic but may be metabolised or form a compound with another substance to become one
process noun a technical or scientific action ■ verb to treat food in a way so that it will keep longer or become more palatable
process control noun the monitoring and standardising of food production processes
processed cheese noun a product made by beating and mixing one or more types of cheese and adding colouring, flavouring and emulsifiers
processed food noun food that is specially treated to preserve it, improve its appearance or make it more convenient to use

processed meats plural noun products made from meat that has been treated in some way, e.g. bacon or sausages

Process for the Assessment of Scientific Support for Claims on Foods noun a programme developed by the European Commission for evaluating the various schemes that assess claims that producers make about their food. Abbreviation PASSCLAIM

process industry noun any industry in which raw materials are treated or prepared in a series of stages, e.g. oil refining, water and sewage treatment and food production

processing aid noun any substance that is used during the processing of food, traces of which may end up in the finished product as long as they pose no risk to human health

processing plant noun a factory that receives raw materials and processes them into consumer products

proctology noun the scientific study of the rectum and anus and their associated diseases

procyanidin noun a polyphenol extracted from apples that stimulates human hair growth

product analysis noun an examination of each separate product in a company’s range to find out information such as why it sells and who buys it

production line noun a system of manufacturing a food product in which the item moves through a factory from one process to another until the product is finished (NOTE: Each stage of the production line is carefully checked to ensure that hygiene standards are met.)

product launch noun the act of putting a new product on the market

product name noun the name and explanation of what a food product is, a required element in food labelling in the UK

product recall noun an occasion on which a particular batch of a food product is recalled by the manufacturer because it has been found to pose a health risk, e.g. because of contamination with bacteria

product safety device noun a piece of machinery on a food production line that routinely checks for contamination of products and equipment

product specification noun in product design, an outline of what a product is intended to achieve, used later in the evaluation of its success

product storage noun methods of storing foods that are designed to maximise its keeping time, e.g. refrigeration

proenzyme noun a biologically inactive substance that is the precursor of an enzyme

profiterole noun a small ball of choux pastry filled with cream and usually served with chocolate sauce

progoitrin noun a proenzyme of goitrogens, found in plants

pro-hormone noun a substance that is the precursor of a hormone, used as a bodybuilding supplement as an attempt to boost the body’s natural supply of that hormone

proof noun the relative strength of an alcoholic drink expressed by a number that is twice the percentage of the alcohol present in the liquid

propane-1, 2-diol alginate noun, E405

propeller mixer noun a rotating column with propeller blades attached

propionate noun a chemical compound that is a salt or ester of propionic acid

propionibacteria plural noun bacteria in starter cultures, used for Swiss cheese, that convert the lactic acid to carbon dioxide, causing holes to form
proprionic acid

proprionic acid noun E280

propyl 4-hydroxybenzoate noun E216

propyl gallate noun an ester of gallic acid used as a powerful antioxidant

prosciutto noun Italian cured ham, usually served cold and uncooked in thin slices

prostaglandin noun any of a class of unsaturated fatty acids found in all mammals that control smooth muscle contraction, inflammation and body temperature, are associated with the sensation of pain and have an effect on the nervous system, blood pressure and in particular the uterus at menstruation

prostate cancer noun a malignant tumour of the prostate gland, found especially in men over 55

prosthetic group noun the non-protein part of a conjugated protein, e.g. the lipid group in a lipoprotein

protean noun a slightly denatured, insoluble protein

protease noun an enzyme that hydrolysates proteins. Also called proteolytic enzyme

protease inhibitor noun a compound that breaks down protease, inhibiting the replication of viruses and development of some cancers

protein noun a compound that is an essential part of living cells and is one of the elements in food that is necessary to keep the human body working properly

proteinase noun an enzyme that splits the peptide bonds of proteins

protein bodies plural noun roughly spherical structures consisting of protein encapsulated in a membrane, present in all seeds, including cereals. *gluten, glutenin, gliadin* (Note: They cannot be broken mechanically but water causes them to swell and break open, which is what happens in germination and in dough production.)

protein efficiency ratio noun a measure of protein quality, expressed as the amount of weight gained by an animal per gram of protein ingested. Abbreviation PER

protein energy malnutrition noun a severe lack of protein and calories in a person’s diet, or their inability to absorb them from food, leading to wasting and general deterioration of health. Abbreviation PEM

protein intolerance noun an allergic reaction to a particular protein

protein powder noun a bodybuilding supplement of concentrated egg or milk proteins, made into a drink

protein quality noun a measure of how effective a particular protein is at nourishing the body

protein retention noun the percentage of dietary protein that is absorbed and used by the body

protein retention efficiency noun net protein retention shown on a percentage scale. Abbreviation PRE

protein score noun a measure of protein quality, expressed as its content of certain amino acids as compared to egg protein

protein shake noun a drink made with protein powder, used as a bodybuilding aid

proteolysis noun the breaking down of proteins in food by digestive enzymes

proteolytic enzyme noun same as protease

proteose noun a water-soluble compound formed during hydrolytic processes such as digestion

prove verb to leave dough to rest before baking so that the yeast can ferment
Provençale adjective used for describing a dish prepared with olive oil, garlic, herbs and tomatoes

provitamin noun a substance that can be metabolised into a vitamin

Provolone noun a semisoft Italian cheese originally made from water buffalo’s milk and now from cow’s milk, often smoked and used widely in cooking

prune noun a dried plum • verb to remove pieces of a plant, in order to keep it in shape, to promote growth in spring, or to reduce its size in autumn

PSE meat noun meat from stressed animals in which the pH decreases too fast after slaughter. Full form pale, soft, exudative

PSP abbreviation paralytic shellfish poisoning

psychrophilic adjective used for describing microorganisms that tolerate or prefer low temperatures

psyllium noun small seeds used as a laxative when mixed with water

pteroylglutamic acid noun same as folic acid

PTFE noun a non-stick coating used for cooking utensils, marketed under the tradename Teflon. Full form polytetrafluoroethylene

ptomaine noun a nitrogenous compound produced when protein is broken down by bacteria

ptomaine poisoning noun food poisoning caused by bacteria, but formerly believed to be caused by ptomaines

ptyalin noun an enzyme in saliva that cleanses the mouth and converts starch into sugar

ptyalism noun the excessive production of saliva

ptyalolithiasis noun same as sialolithiasis

puberty noun the physical and psychological changes that take place when childhood ends and adolescence and sexual maturity begin and the sex glands become active

public health noun the study of illness, health and disease in the community. • community medicine

public health intervention noun action taken by authorities in response to a risk to public health

public health nutritionist noun a professional who works to educate others in the community about eating for health. Also called community dietitian

pudding noun 1. same as dessert 2. any food made with flour and suet, cooked by boiling or steaming

pudding basin noun a bowl used for cooking steamed puddings

pudding mould noun a rounded bowl used for shaping puddings

pudding rice noun a type of short-grain rice that is chalky when raw and sticky when cooked

PUFA abbreviation polyunsaturated fatty acid

puff pastry noun a type of soft pastry made from flour and butter, in which air is trapped by repeated folding and rolling of the dough

pulp noun a soft mass that results when something with liquid in it is crushed • verb 1. to crush something into pulp 2. to remove the soft fleshy tissue from fruit or vegetables

pulse noun a general term for a certain type of seed that grows in pods, and which is often applied to an edible seed of a leguminous plant used for human or animal consumption, e.g. a lentil, bean or pea
pumping noun the transfer of food by mechanised means from one part of the production line to the next

pumpkin noun a large round orange-coloured vegetable

pumpkin seeds plural noun large flat green seeds from pumpkins and squashes eaten raw or cooked, in sweet or savoury dishes or as a snack food

punch verb to fold dough and beat it with your fist to expel air

punctured can noun a can with a hole in it that breaks the hermetic seal

pûrée noun 1. a type of soup in which fresh vegetables and pulses are simmered in stock with flavouring then forced through a sieve or liquidised to give a smooth consistency 2. a food that has been made into a thick moist paste by rubbing it through a sieve, mashing it or blending it

pûrgative adjective, noun same as laxative

pûrge verb to induce evacuation of the bowels

purine noun a chemical compound which is metabolised into uric acid, excessive quantities of which can cause gout

pûrslane noun a trailing wild plant sometimes used in salad or cooked and served as a vegetable (NOTE: There are several varieties, belonging to the genus Portulaca.)

putrefaction noun the decomposition of dead organic substances by bacteria

putrescine noun an amine produced in cheese while it is ripening, with an aroma like rotting meat

pûy lentil noun a small dark blue-green lentil with a distinctive flavour

pyloric sphincter noun a ring of muscle that separates the stomach from the duodenum and relaxes to let food pass

pylorus noun an opening at the bottom of the stomach leading into the duodenum (NOTE: The plural is pylori.)

pyrazine noun a ring compound produced during Maillard browning that supplies a nutty flavour

Pyrex a trade name for borosilicate glass, used for making oven-safe cooking pots

pyridoxal noun, vitamin B6

pyridoxamine noun, vitamin B6

pyridoxine noun, vitamin B6

pyrimidine noun 1. a nitrogenous based compound with a six-sided ring structure that is the parent compound of several biologically important substances 2. a biologically significant derivative of pyrimidine, especially the bases cytosine, thymine and uracil found in RNA and DNA

pyruvate noun a sports supplement that increases metabolism

pyruvic acid noun a chemical formed in living cells when carbohydrates and proteins are metabolised
QA *abbreviation* quality assurance
QC *abbreviation* quality control
QDA *abbreviation* quantitative descriptive analysis
QMS *abbreviation* Quality Meat Scotland
quail *noun* any of various small to medium-sized birds, often eaten roasted or stuffed
quality assurance *noun* a set of criteria that are designed to check that people in an organisation maintain a high standard in the products or services they supply. *Abbreviation* QA
quality control *noun* the work of checking that the quality of a product is good. *Abbreviation* QC
Quality Meat Scotland *noun* the marketing board for red meat in Scotland. *Abbreviation* QMS
quantitative descriptive analysis *noun* a method of sensory testing in which a food product is rated and placed on a scale for different qualities alongside its competitors. *Abbreviation* QDA
quantitative ingredient declaration *noun* the requirement for the amount of a particular ingredient used in a foodstuff to be included on its labelling, in cases where this may be misleading or confusing, e.g. the actual amount of juice used in a 'juice drink'. *Abbreviation* QUID
queen scallop *noun* a small variety of scallop with an almost circular shell and a vivid red roe, found in deeper waters than the great scallop (NOTE: Two species exist: *Pecten opercularis* and *Chlamys opercularis*.)
queen substance *noun* same as royal jelly
quenelle *noun* 1. a small dumpling consisting of fish, meat or poultry meat bound with eggs or fat poached in a cooking liquor 2. any soft food substance which is formed into an oval shape, e.g. quenelles of mousse
quiche *noun* a savoury tart made of a pastry case filled with a mixture of eggs and milk, with other ingredients such as onion, bacon, vegetables or cheese added
quiche Lorraine *noun* a quiche with a filling of small pieces of bacon and sometimes cheese
quick-freeze *verb* to preserve food by cooling it quickly to 0°C or less
QUID *abbreviation* quantitative ingredient declaration
quiescent cooling, quiescent freezing *noun* slow cooling and freezing of a food mixture without stirring, leading to the formation of ice crystals
quince noun a hard yellow or orange fruit, shaped like an apple or pear and used for making jelly
quinoa noun a tiny golden seed from South America that is similar to rice but has a higher protein content
quinoline yellow noun, E104
Quorn noun a trade name for a vegetable protein used in cooking as a meat substitute
rabbit noun a common wild animal with grey fur, long ears and a short white tail, used as food
rachitis noun same as rickets
rack of lamb noun best end of neck of lamb, a joint for roasting
raclette noun a Swiss dish consisting of slices of melted cheese served on boiled potatoes or bread
radappertisation noun the use of ionising radiation in food production to remove microorganisms that cause spoilage
radiation noun electromagnetic waves given off by some substances, especially radioactive substances. \( \Rightarrow \) ionising radiation
radicchio noun a variety of chicory with reddish-purple and white leaves, usually eaten raw in salads
radicidation noun the elimination of pathogens in food using ionising radiation
radioallergosorbent test noun an allergy test carried out by treating a person’s blood sample with known allergens and monitoring rises in immunoglobulin E. Abbreviation RAST
radio frequency heating noun same as microwave cooking
radionuclide noun any element that gives out radiation
radish noun a small red root vegetable with a pungent flavour, eaten raw in salads
radourisation noun the process of reducing the level of spoilage organisms in perishable food using ionising radiation
ragout noun a rich slow-cooked stew of meat and vegetables
rainbow trout noun a freshwater trout with a silvery green back banded with pink (NOTE: Its scientific name is *Salmo gairdneri*.)
raise verb to lighten baked doughs and cake mixtures by adding raising agents or by fermenting with yeast prior to cooking
raised pie noun a pie made with a very stiff pastry that is self-supporting, e.g. a pork pie
raisin noun a dried grape
raising agent noun any chemical mixture, e.g. bicarbonate of soda or baking powder, that releases carbon dioxide on heating and hence lightens the mixture it is in
Ramadan noun in the Islamic calendar, the ninth month of the year, during which Muslims fast between dawn and dusk as a religious observance
ramekin **noun** a small dish for baking food in an oven, or food cooked in this type of dish

ramen **noun** a Japanese dish of thin white noodles served in a thin well-flavoured soup or stock

rancid **adjective** used for describing butter that tastes bad because it is stale

rancidity **noun** the state of being rancid

rapeseed oil **noun** oil from the seed of the rape plant, a yellow-flowering plant of the cabbage family, used as a cooking oil and for margarine manufacture

rare **adjective** used for describing steak that is very lightly cooked

rasp **verb** to grate or break bread up into raspings

raspberry **noun** a small red soft fruit shaped like a tiny cup (NOTE: The plant’s botanical name is *Rubus idaeus*.)

raspberry leaf **noun** a food supplement taken during pregnancy to prepare the smooth muscles of the uterus and ease morning sickness

raspings **plural noun** very fine breadcrumbs used for coating foods before cooking

RAST **abbreviation** radioallergosorbent test

rastrello **noun** a sharp-edged spoon used for removing the pulp from a halved citrus fruit

ratafia **noun** a sweet biscuit or drink flavoured with almonds

ratatouille **noun** a Mediterranean vegetable stew of onions, tomatoes, aubergines, peppers and courgettes cooked in olive oil

ration **noun** an amount of food given to an animal or person • **verb** to allow someone only a certain amount of food

ravioli **noun** a dish made from small squares of pasta sealed around a meat, cheese or vegetable filling

raw **adjective** in its original uncooked state

raw food diet **noun** a diet in which only raw, unprocessed foods may be consumed

raw material **noun** a substance that is used to manufacture something, e.g. the eggs and flour that might be used to produce cakes (NOTE: The raw materials that are used in commercial food production are subject to strict hygiene and quality controls, to ensure that they do not cause any contamination in the finished product.)

raw milk **noun** milk that has not been pasteurised

raw sugar **noun** unrefined sugar imported for treatment

RDA **abbreviation** recommended daily amount

RDI **abbreviation** recommended daily intake

reactive arthritis **noun** arthritis caused by a reaction to something such as a virus

ready-cooked meal **noun** same as ready meal

ready-made food **noun** food that has been processed so that it requires no extra preparation at home

ready meal **noun** any convenience food that consists of an entire precooked meal, designed to be quickly reheated. Also called ready-cooked meal

ready-to-eat **adjective** used for describing any convenience food that does not require reheating. Abbreviation RTE

reamer **noun** same as lemon squeezer

réchaud **noun** a small heater, usually with a spirit lamp under it, used for keeping food hot on the table or for cooking dishes rapidly next to the guest’s table
rechauffé noun leftover food that is reheated
recipe noun written details of how to cook a dish
recipe development noun the act of creating and publicly disseminating a new recipe to promote the use of a particular food product
recipe engineering noun the design, development and testing of a commercial recipe
recommended daily intake noun the amounts of vitamins, minerals and other nutrients that the government recommends people take in their food or otherwise every day to avoid ill health. Abbreviation RDI
recommended retail price noun the price at which a manufacturer recommends their product should be sold on the retail market, although this may be reduced by the retailer. Abbreviation RRP
reconstitute verb to add water or other liquid to dried foods so as to restore them to some semblance of their original state
recontamination noun contamination of a foodstuff after it has been effectively sterilised, caused by poor storage
recovery noun the process of returning to health after being ill or injured
recovery time noun the time it takes for a cooking appliance to return to the required temperature for another batch of food after a batch of cooked food has been removed from it
rectal feeding noun same as nutrient enemata
rectoscopy noun an internal examination of the lower colon and rectum
rectum noun the end part of the large intestine leading from the sigmoid colon to the anus
red 2G noun E128
red blood cell noun any red-coloured cell in blood that contains haemoglobin and carries oxygen to the tissues
red cabbage noun a variety of cabbage with red to purple leaves and a round firm head, generally available in autumn and winter, often casserole with sugar, sultanas and vinegar, or pickled (NOTE: Its botanical name is Brassica oleracea, variety capitata.)
redcurrant noun a red soft fruit growing in small clusters, mainly used to make jam and jelly, or used as decoration on cold dishes such as pâté
red grouse noun the finest flavoured of the grouse family, found only in the UK and Ireland (NOTE: Its scientific name is Lagopus lagopus scoticus.)
red meat noun meat that is relatively dark red in colour when raw, e.g. beef or lamb
red mullet noun a small red sea-fish, used in Mediterranean cooking
red snapper noun a large reddish-coloured fish.
reduce verb to boil sauce so as to make it smaller in quantity and more concentrated
reduced-fat adjective containing less than 25% of the fat normally found in the product
reductase noun an enzyme that catalyses the chemical reduction of an organic compound
reduction noun a chemical reaction in a molecule in which it takes on electrons from another molecule
reduction milling noun the stage in the conversion of grain to flour in which the endosperm is ground from semolina size particles to flour after the preceding bran separation
reduction sauce noun any sauce based on vinegar, wine or stock concentrated by boiling to give an intense flavour and sometimes a pouring consistency
red wine noun wine that becomes red because the grape skins are left for a time in the fermenting mixture
reference nutrient intake noun a standard or test protein against which the quality of others is measured, commonly egg protein

refine verb to process something to remove impurities

refined sugar noun sugar that has been processed to remove all but the simple carbohydrate content

refinery noun a processing facility where impurities are removed from raw materials such as oil or sugar

reflux noun a situation in which a fluid flows in the opposite direction to its usual flow

reformed meat noun meat that has not been cut from a joint but is made from compressed meat fibres pressed into shape

refractive index noun a measure of how light is refracted when passing through a medium, used for measuring the purity of substances such as oil or sugar

refractory rickets noun rickets that responds only to very large doses of vitamin D, owing to a deficiency in its reception or metabolism

refresh verb 1. to immerse blanched vegetables in fast running cold water so as to cool them quickly and prevent further cooking 2. to make slightly wilted herbs, leaves and vegetables crisp again by immersing them in cold water

refried beans plural noun in Mexican and TexMex cuisine, beans cooked with spices, mashed, then fried

refrigerate verb to keep food cold so that it will not go bad

refrigerator noun a large appliance in which food is kept cold

regeneration noun the task of preparing food from frozen, e.g. by putting it in a microwave

regimen noun a fixed course of treatment, e.g. a course of drugs or a special diet

regional enteritis noun same as Crohn’s disease

regional food noun same as local food

Registered Nutritionist noun a nutritionist on the Nutrition Society’s register. Abbreviation RNutr

Regulation (EC) 178/2002 noun a legal rule establishing the European Food Safety Authority, and also setting out basic principles and procedures for food safety

Regulation (EC) 258/97 noun a legal rule relating to modern food materials

Regulation (EC) 1829/2003 noun a legal rule that standardises national laws on the labelling and marketing of GM food products

Regulation (EC) 1830/2003 noun a legal rule that sets out requirements for the satisfactory traceability of GM organisms in food

Regulation (EEC) 2081/92 noun a legal rule that protects the naming rights of food and drink products originating from a specified geographical area, e.g. Champagne

Regulation (EC) No 1760/2000 noun a legal rule providing for the marking of cattle with details of their farm of origin, as a disease control measure

Regulation (EC) No 1935/2004 noun a legal rule that specifies the types of substances that may be used in food preparation equipment to prevent contamination of food

regulatory body noun an independent organisation, usually established by a government, that makes rules and sets standards for an industry and oversees the activities of companies within it
regulatory system noun a system of laws, procedures and supervisory bodies governing the production and sale of something

reheat verb to heat food again

rehydrate verb to restore body fluids to a healthy level, or to cause this to occur

rehydration salts plural noun minerals mixed with water to make a rehydration solution

rehydration solution noun a drink that contains substances such as minerals and electrolytes, used for treatment when a person is dehydrated, e.g. because of illness or strenuous exercise

reinforcement feature noun a measure such as beading that protects a food tin against deformation during cooking and handling

reject verb to vomit food or drink

relative density noun same as specific gravity

relative protein value noun a measure of protein quality, expressed as its ability to support nitrogen balance in the body. Abbreviation RPV

release agent noun a substance such as silicone that prevents food products from sticking to packaging

releasing oil noun an oil used to grease bakeware to prevent the food sticking during cooking

relief cook noun a cook who takes the place of a cook who is absent

religious food law noun a requirement to avoid certain foods, to avoid combining certain foods, or to prepare certain foods or slaughter certain animals in particular ways, many of which exist in the major religions (NOTE: For example, Buddhists are usually vegetarian; Hindus have complex food laws depending on caste, but generally avoid beef; Jews avoid meat from pigs and horses, eat only seafood with fins and scales, avoid mixing dairy products and meat, and eat meat from animals slaughtered and prepared by licensed persons; Muslims avoid pork and alcohol, eat meat slaughtered in a special way, and avoid gold and silver plate on cooking and serving implements; and Jainists are strict vegetarians who avoid eggs but allow themselves other dairy products.)

relish noun a sharp or spicy sauce made with vegetables or fruit which adds extra flavour when eaten with other food

rémoulade noun mayonnaise with herbs, mustard, capers and gherkins added, and sometimes chopped hard-boiled egg

renal calculus noun same as kidney stone

renal colic noun strong pain experienced when passing kidney stones

renal failure noun a medical condition in which the kidneys stop working efficiently, resulting in infections and the formation of kidney stones

renal threshold noun the concentration of a particular nutrient in the blood at which the kidney begins to excrete any excess

render verb to melt something in order to purify or extract substances from it, especially to heat solid fat slowly until as much liquid fat as possible has been extracted from it

renin noun an enzyme secreted by the kidney to prevent loss of sodium, and which also affects blood pressure

rennet noun a substance made from the lining of calves’ stomachs that is used in cheese making

rennin noun same as chymosin
research dietitian noun a professional who is sponsored to undertake a specific area of nutritional research for a company or institution.

resistant starch noun starch that is not broken down in the digestive tract and counts as a component of dietary fibre.

resource management noun a system of controlling the use of resources in such a way as to avoid waste and to use them in the most effective way.

respiratory paralysis noun an inability to breathe sometimes caused by severe food toxins such as botulinum.

respiratory tract noun the parts of the body that are responsible for breathing, including the lungs, trachea, mouth and nose.

rest verb 1. to leave pastry or dough for a while after it has been kneaded to allow the gluten in the flour to relax 2. to leave a piece of meat for a while after cooking to allow some of the juices to be reabsorbed into the fibre of the meat, making the meat more tender.

resting energy expenditure noun the number of calories needed to maintain the body’s normal function while at rest.

restoration noun the addition of nutrients to a food stuff to replace those lost in processing.

resveratrol noun an antioxidant present in many plants and plant products, especially in red grape skins.

retail multiple noun a retail company with two or more outlets.

retention of moisture noun the degree to which a substance keeps its water content without evaporation.

retentiveness noun the degree to which a substance can retain something such as water or nutritional content on time.

reticulin noun a fibrous protein that is one of the most important components of reticular fibres.

retinoic adjective relating to retinol.

retinoic acid noun same as tretinoin.

retinol noun a vitamin found in liver, vegetables, eggs and cod liver oil that is essential for good vision.

retort noun same as autoclave.

retort pouch noun a flexible sealed pouch or package in which food can be stored for long periods without spoiling.

retrogradation noun the change over time in the composition of starch, caused by the action of amylopectin and amylose, which contributes to food spoilage.

retrograde adjective returning to an earlier worse or less developed state.

RF heating abbreviation radio frequency heating.

rheology noun the study of how materials flow, used in scientifically analysing the texture and behaviour of non-solid foods.

rheumatoid arthritis noun a general painful disabling collagen disease affecting any joint, but especially the hands, feet and hips, making them swollen and inflamed. c osteoarthritis.

Rhodotorula noun a family of yeasts that cause discoloration in foods.

rhodoxanthin E161(f).

rhubarb noun a plant with long red leaf stalks that are cooked and eaten as dessert.
rib noun 1. any of a set of bones that form a protective cage across the chest 2. a piece of meat with the rib bone attached to it. Also called chop
ribbon blender noun a piece of machinery in a food processing plant that mixes powders, pastes and liquids
ribbon stage noun the stage at which whipped eggs or cream become just stiff enough to form ribbons when dropped from a spoon
riboflavin noun vitamin B2, the yellow component of the B complex group, an important coenzyme in many biochemical processes, found in foods such as spinach, eggs, milk and liver
ribonucleic acid noun full form of RNA
ribose noun a type of sugar found in RNA
rice noun a cereal grass that produces edible grains, or these grains used as food
Rice Association noun an organisation that promotes the interests of those working in the rice production, import, packaging and marketing industries
rice ball noun a metal utensil for steaming rice, in which the rice is placed and suspended over a pan of boiling water
rice cooker noun a special electric pan for boiling rice
rice flour noun ground polished rice that is mainly starch with very little gluten, used in the same way as corn flour and for noodles, sweets and short pastry
rice noodles plural noun noodles made with rice flour in very long strands and of varying thicknesses and widths, very common in Vietnam
rice paper noun very thin paper that you can eat, used in cooking
ricer noun a kitchen utensil consisting of a perforated plate in one end of an open cylinder through which foods can be pressed to form long strings
rice vinegar noun vinegar made by oxidising beer or wine made from fermented rice starch, uses in Asia
rice wine noun an alcoholic liquid with a sherry-like taste, made by fermenting a cooked ground rice mash and used both as a drink and as a cooking liquid. & sake
rich adjective used for describing food that has a high calorific value
ricin noun a highly toxic albumin found in the seeds of the castor oil plant
ricing noun the process of pressing food into long thin pieces
rickets noun a disease of children in which the bones are soft and do not develop properly, owing to a lack of Vitamin D. Also called rachitis
ricotta noun a soft white mild-tasting Italian cheese made from whey and used mostly in cooking
rigatoni plural noun short rounded tubes of pasta with narrow ridges running along them
rigor mortis noun the stiffening of the muscles of recently dead animals due to production of lactic acid, which can be reversed by conditioning the meat
rillettes plural noun seasoned pork or goose cooked in its own fat until very tender and potted as a type of soft spreadable pâté
rind noun the skin on fruit or meat or cheese
ring mould noun a round mould used for cakes, desserts and jellies
ring-pull noun a ring or tab of metal on the top of a drinks can that is pulled in order to open it
ripe

ripe adjective 1. mature and ready to be picked and eaten 2. matured or aged enough to have developed the best flavour

ripen verb to become ready for eating, or to make something, especially a fruit, ready for eating

ripple ribbon tube noun a nozzle for a piping bag that produces a ribbed ribbon shape

rise verb (of a yeast dough) to increase in size by the production of bubbles of carbon dioxide within it. ▷ prove, lift

risk assessment noun a process used for determining the risk from a substance, technology or activity

risotto noun an Italian dish of cooked rice with meat, fish, or vegetables in it

rissole noun a fried ball of minced meat, fish, etc.

rissole adjective used for describing cooked food that is well-browned

RNA noun a nucleic acid chain that takes coded information from DNA and translates it into specific proteins. Full form ribonucleic acid

RNI abbreviation reference nutrient intake

RNutr abbreviation Registered Nutritionist

roast noun 1. a joint of meat that will be cooked in an oven 2. a dish of meat that has been cooked in an oven ▷ verb to cook food over a fire or in an open pan in an oven ▷ adjective cooked over a fire or in an oven

roast chef noun the chef in charge of roast meats. Also called chef rôtisseur

roaster noun 1. a pan, dish or oven for roasting food in 2. an item of food, especially a chicken, that is suitable for roasting

roasting pan noun a large rectangular metal pan about 8 cm deep

roasting tin noun a large low-sided metal dish in which meat is roasted in the oven

roast joint noun a joint of meat such as lamb or beef that has been roasted

roast potatoes plural noun parboiled potatoes roasted in the oven in a tray containing hot fat that is used to baste the potatoes until the surface is crisp and brown

rocket noun a green salad plant with a peppery flavour

rock salt noun edible salt obtained from rock deposits, as distinct from sea salt

roe noun a solid mass of fish eggs used as a cooking ingredient or eaten raw

roll noun a tube of something that has been turned over and over on itself ▷ verb to turn something over and over

rolled joint noun a joint of meat made from a flat piece of meat turned over and over to make a roll and then tied with string

rolled oats plural noun porridge oats

roller drying noun the act of drying food by passing it over pre-heated rollers, which then transfer it to storage

roller mill noun a piece of equipment used in the preparation of flour and animal feed, with two smooth steel rollers which crush the grain

roller milled flour noun flour produced from cereal grains by passing the larger pieces or whole grains though rollers that are set close together and rotate at slightly different speeds so as to shear the grain

rolling pin noun a cylinder, sometimes with small handles at either end, used for rolling out and flattening dough, pastry, or other uncooked food
rollmop *noun* a fillet of raw herring wrapped around a slice of onion or a pickle and left to marinate in spiced vinegar, usually served as an hors d’oeuvre

roll out *verb* to make a ball of pastry or dough flat using a rolling pin

romaine *noun* same as cos

rooibos tea *noun* tea made from the leaves of a southern African plant called the rooibos, drunk for its healthful properties

room temperature *noun* the temperature in an ordinary room, usually around 20°C, at which most red wines should be served

root *noun* an underground plant part that is used as a vegetable, e.g. a carrot or turnip ■ *verb* to produce roots

root ginger *noun* the solid root form of ginger, either fresh or dried

root vegetable *noun* a vegetable such as a carrot, turnip or beet that is grown for its fleshy edible underground parts

rope *noun* a type of bacteria that infects bread and milk, giving them a ropy consistency

ropiness *noun* a defect of wine in which it tastes greasy, caused by lactic acid bacteria

Roquefort *noun* a moist, strongly flavoured, blue-veined cheese made from ewes’ milk and matured in caves

rosé *noun* a pink-coloured wine, especially one made by fermenting red grapes and removing the skins from the juice before all the colour has been extracted

rose hip *noun* the small orange to dark red fruit of some species of rose, usually used to make syrups and jams and valued for its high vitamin C content

rosemary *noun* a pungent herb with spiky green leaves, used in cooking

rose water *noun* diluted essence of rose petals used as a flavouring in confectionery and desserts especially in Middle Eastern, Indian and Southeast Asian cooking

rösti *noun* a Swiss fried potato cake made from thinly sliced or grated potatoes, sometimes with added onions and bacon

rotary beater *noun* a hand-held and hand-operated mechanical whisk or beater consisting of two counter rotating intermeshed metal loops

rotary moulding *noun* a piece of machinery, used in bakery production lines, that cuts and shapes dough into biscuits or rolls and transports them to an oven

roti *noun* an unleavened bread made from wheat flour and cooked on a griddle, originally from northern South Asia but also eaten in the Caribbean

rotisserie *noun* 1. a cooking appliance for roasting meat using a rotating spit 2. a shop or restaurant where meat is roasted and sold

roughage *noun* same as dietary fibre

rough puff pastry *noun* puff pastry with a heavy texture achieved by mixing solid cubes of fat with the flour

rough rice *noun* same as paddy

rouille *noun* a sauce made from chillies, garlic, and olive oil served as an accompaniment to Provençal foods such as bouillabaisse

roulade *noun* a dish in which a piece of food is coated with a sauce or filling and rolled up before being cooked, so that each slice has a spiral appearance

roundworm *noun* any of several common types of parasitic worms with round bodies, e.g. hookworms. Compare flatworm

roux *noun* a mixture of fat and flour cooked to make a base for a sauce
royal jelly noun a protein-rich substance that worker bees secrete and feed to larvae in the early stages of their development and to the larvae of queen bees in all stages of their development. Also called queen substance

RPV abbreviation relative protein value

RRP abbreviation recommended retail price

RTE abbreviation ready-to-eat

rubber spatula noun a spatula with a flexible head used for mixing and folding batters and doughs

rubbery adjective having the elastic or tough texture of rubber, usually unpleasantly so

rub in verb to combine hard fat with flour and other dry ingredients using the tips of the fingers or a food processor so as to produce a dry mixture resembling breadcrumbs

rubixanthin noun E161(d)

ruminant noun an animal that has a stomach with several chambers, e.g. a cow

rumination noun an eating disorder in which food is regurgitated and re-swallowed

rump noun a cut of beef that is tender and contains some fat, taken from the animal’s hind-quarters

runny adjective in a form that flows easily, perhaps too easily

runs noun diarrhoea (informal)

rutin noun one of the bioflavonoids found in high concentration in buckwheat

rye noun 1. a hardy cereal crop grown in temperate areas 2. same as rye bread

rye bread noun bread made from rye, usually very dark in colour
sabayon noun a mixture of egg yolk and a little water whisked to the ribbon stage over gentle heat

sac noun any part of the body shaped like a bag

saccharase noun same as invertase

saccharin noun a substance used as a substitute for sugar

saccharo- prefix sugar

saccharometer noun a hydrometer used for measuring the percentage of sugar in a sugar and water solution

SACN abbreviation Scientific Advisory Committee on Nutrition

saddle noun a very large cut of meat that is the unseparated loin from both sides of the animal

safflower noun an oilseed crop grown mainly in India, the oil from which is used in the manufacture of margarine (NOTE: The plant's botanical name is *Carthamus tinctorius*.)

saffron noun an orange-coloured powder made from crocus flowers, from which colouring and flavouring are obtained

sage noun an aromatic plant with silvery-green leaves used as a herb in cookery (NOTE: Its botanical name is *Salvia officinalis*.)

sago noun a white powder made from the sago palm, used as food and as a thickening agent

St Anthony’s fire noun same as ergotism

St John’s Wort noun an extract from the yellow-flowering St John’s wort, used as a herbal remedy for mild depression, anxiety, insomnia and seasonal affective disorder

sake noun a Japanese alcoholic beverage made from fermented rice, traditionally served warm

salad noun a cold dish of various raw or cooked vegetables, often served with cold meat, fish or cheese

salad cream noun a commercially-prepared sauce made of eggs, oil and vinegar, used on salad and usually available in bottles or sachets

salad dressing noun a liquid sauce put on lettuce and other cold raw or cooked vegetables to give them additional flavour

salade niçoise noun a French salad made with lettuce, hard-boiled eggs, cold boiled potatoes, anchovy fillets, black olives and tomatoes, with garlic in the dressing

salamander noun a cooking utensil heated in a fire then used to heat or brown food
**salami**

*noun* a dry spicy pork sausage, originally from Italy

**salicylic acid**

*noun* a white antiseptic substance that destroys bacteria and fungi and is used as a food preservative

**salifiable**

*adjective* used for describing a chemical base that is capable of forming a salt when combined with an acid

**salination, salinisation**

*noun* a process by which the salt concentration of soil or water increases, especially as a result of irrigation in hot climates

**saline laxative**

*noun* a substance that draws water into the contents of the bowel through the intestinal wall, moistening it

**salinity**

*noun* the concentration of salt in an amount of water or soil

**salinometer**

*noun* an instrument that measures the salinity of a solution

**saliva**

*noun* a fluid in the mouth, secreted by the salivary glands, that starts the process of digesting food

**salivant**

*noun* a substance that promotes or increases the production of saliva

**salivate**

*verb* to produce saliva, especially in response to a stimulant such as an aroma

**salmon**

*noun* any of various large fish that are typically born in fresh water, migrate to the sea, and return to fresh water to breed (NOTE: They belong to the family Salmonidae.)

**salmonella**

*noun* a rod-shaped bacterium found in the intestine that can cause food poisoning, gastroenteritis and typhoid fever

**salmonellosis**

*noun* food poisoning caused by salmonella in the digestive system

**salmon trout**

*noun* a large sea trout with pink flesh like that of a salmon

**salsa**

*noun* a pungent sauce made of tomatoes, onions and chillies

**salsify**

*noun* a plant with a long, white root and green leaves, all of which are eaten as vegetables

**salt**

*noun* 1. a substance consisting of small white tangy-tasting crystals, consisting mainly of sodium chloride, used for flavouring and preserving food 2. any crystalline compound formed from the neutralisation of an acid by a base containing a metal 3. *adjective* 1. containing common salt 2. cured or preserved or seasoned with salt 3. *verb* 1. to add salt to food 2. to preserve food by keeping it in salt or in salt water

**salt beef**

*noun* beef that has been preserved in brine, then cooked and usually served cold in thin slices, in rye bread sandwiches

**salt cellar**

*noun* a small pot containing salt usually with a hole in the top so that it can be sprinkled on food

**salt cod**

*noun* filleted cod layered in coarse salt and allowed to dry out, used throughout southern Europe and the Caribbean as a cheap source of fish protein

**salted butter**

*noun* butter with a small amount of salt added, for use as a spread

**salt-free**

*adjective* containing no salt

**salting**

*noun* a way of preserving meat or fish by covering them with salt

**saltimbocca**

*noun* a dish consisting of thin slices of veal rolled up with prosciutto ham and fresh sage leaves, lightly fried and braised in white wine

**salty**

*adjective* containing or tasting strongly of salt

**samosa**

*noun* an Indian dish consisting of a small triangular pastry containing spiced meat or vegetables, usually deep-fried and served as a starter or snack
209

samsphere noun an annual plant of salt marshes with fleshy stems that are cooked like asparagus and succulent young leaves and shoots that can be used in salads (NOTE: Its botanical name is Salicornia europaea.)
sandwich noun 1. a dish of two slices of bread with a filling between them, eaten as a light meal or snack 2. a type of cake formed of two pieces of sponge cake, one on top of the other, with a cream or jam filling in between
sandwich tray noun a large serving tray with a selection of small sandwiches, part of a buffet selection
sanitation noun the practice of maintaining public hygiene by the effective removal and processing of human waste
sanitiser noun same as hand sanitiser
sap noun a liquid inside plants that carries nutrients around it
SAPP noun sodium acid pyrophosphate, used for preventing blackening in potatoes
saprophyte noun an organism that feeds on decaying plant materials and may infect humans if ingested in raw fruit or vegetables
sardine noun a small oily fish of the herring family, often sold tinned
sarsparilla noun a flavouring made from the dried roots of a tropical climbing plant, used mainly for soft drinks (NOTE: The plant’s botanical name is Smilax officinalis.)
sashimi noun a Japanese dish consisting of slices of raw fish, usually served with a dipping sauce, e.g. a seasoned soy sauce
sassafras noun a flavouring used in root beer
satay noun an appetiser served in South-East Asian cooking, made of marinaded meat cooked on a little skewer, and served with peanut sauce
satiating adjective used for describing food that is satisfyingly filling
satiety noun the state of having eaten enough
satsuma noun a type of small sweet orange that peels easily
saturated fat noun a type of fat that is typical of animal-derived fats, is not essential in the diet and is thought to increase blood cholesterol. Compare unsaturated fat, polyunsaturated fat
saturated solution noun a solution containing the maximum amount of solid that can be dissolved in a liquid solvent and still remain in solution at a particular temperature
sauce noun liquid with a particular taste poured over food to give it an extra flavour
sauce boat noun an oval shallow wide-mouthed jug on an oval plate, used for serving sauces
sauce chef noun the chef in charge of preparing sauces. Also called chef saucier
saucepans noun a deep metal cooking pot with a long handle
sauce tartare noun same as tartare sauce
saucisson noun a dry spicy pork sausage from France
sauerkrout noun a German dish of pickled cabbage, often served with sausages
sausage noun a tube of edible skin filled with minced and seasoned pork or other meat
sausage maker noun a long hollow cylinder that fits over the outlet of a mincing machine, over which a sausage casing is placed to be filled with the mixture extruded from the machine
sausagemeat noun a mixture of meat, bread and flavourings for making sausages, sold separately, and used in pies and sausage rolls
sauté 210

sauté adjective [verb] fried quickly in a little fat

sauté pan noun a cooking pan with a wide flat bottom, straight sides, a lid and a long handle

savarin noun a rich yeast mixture similar to a baba, baked in a ring mould, sometimes soaked in spirit or liqueur-flavoured sugar syrup and filled or decorated

savory noun any of various herbs of the genus *Satureja*, used traditionally for flavouring beans

savoury adjective with a salty flavour or another flavour that is not sweet [noun] a snack, served at the end of a large meal, that is salty or made of cheese

Savoy cabbage noun a winter cabbage with crinkled leaves

saxitoxin noun a naturally-occurring toxin in marine algae that can cause paralysis and failure of the respiratory system

scald noun an injury to the skin caused by touching a very hot liquid or steam [verb] to plunge a fruit or vegetable into boiling water for a short time in order to loosen the skin or to prepare it for freezing

scalded mouth syndrome noun same as burning mouth syndrome

c scale noun any of the small flat bony or horny overlapping plates that cover the bodies of fish [verb] to remove the scales from fish

scales noun a machine for weighing

scallion noun same as spring onion

scallop noun a type of shellfish with a semi-circular ridged shell

scalloped potatoes plural noun potatoes that are sliced and cooked in a shallow dish in the oven

scampi noun large prawns usually served fried in batter (NOTE: The plural form is scampi.)

Scarsdale diet noun a dietary plan that drastically reduces calorie intake for a period of between 7 and 14 days

SCDP abbreviation Scottish Community Diet Project

Schilling test noun a test for vitamin B12 deficiency

schnitzel noun a thin flat piece of veal or pork dipped in egg and breadcrumbs and fried. [Wiener schnitzel]

School Food Trust noun a national project set up in 2005 in the UK, funded by the Department of Education and Skills, which aims to improve nutritional education in schools

school meal noun a meal, typically lunch, that is processed on school premises and given to schoolchildren

Scientific Advisory Committee on Nutrition noun an advisory committee of independent experts that provides advice to the Food Standards Agency and Department of Health as well as other Government Agencies and Departments, with a remit including the nutrient content of individual foods and advice on diet. Abbreviation SACN

scombroid poisoning noun a type of food poisoning caused by eating seafood that has not been stored properly (NOTE: Unlike many types of food poisoning, this form is not produced by an organism or virus.)

scone noun a type of small crusty bread, sometimes with dried fruit in it, eaten with butter and jam or with cream

scoop noun a type of spoon with a hemispherical bowl, used for serving ice cream and for dispensing powders
score verb to make notches, cuts or lines in the surface of a food, e.g. so that herbs or seasoning can be pressed into the food
scoreline noun a fine embossed line on a can along which the metal tears when opened with a ring-pull or key
Scotch broth noun a thick soup with barley, vegetables and lamb
Scotch egg noun a hard-boiled egg, covered in sausage meat and fried and usually eaten cold
Scottish Community Diet Project noun an initiative to improve health and nutritional education in Scottish communities, funded by the Scottish Executive. Abbreviation SCDP
Scottish Executive Environment and Rural Affairs Department noun the department of the Scottish Executive that deals with farming, the environment, animal welfare and rural development in Scotland. Abbreviation SEERAD
Scottish Food and Drink Federation noun an organisation that represents the interests of the Scottish food and drink industries. Abbreviation SFDF
Scoville heat unit noun the unit of measurement used in the Scoville scale. Abbreviation SHU
Scoville Organoleptic Test noun a way of measuring the hotness of a spice or chilli pepper, describing at what solution in sugar water it is detectable to a panel of testers
Scoville scale noun a scale of hotness used for measuring spices, ranging from 0 up to 900,000 for the hottest edible peppers
scrag, scrag end noun same as neck end
scramble verb to stir beaten eggs continuously over heat, scraping solid egg off the base of the pan until all is set to the required consistency
scrambled eggs plural noun eggs mixed together and stirred as they are cooked in butter
scrape verb to remove only the outermost layer of the skin of a vegetable or fruit by scraping it with a knife
scraped surface heat exchange noun a piece of machinery for rapidly warming and cooling food without affecting its texture. Abbreviation SSHE
scraper noun same as peeler
scratchings plural noun small pieces of fried pork rind and fat that are eaten as a snack
screw cap noun a lid or cap that screws onto a container
scurvy noun a disease caused by lack of vitamin C
scutellum noun 1. a hard plate or scale, e.g. on the thorax of an insect or a toe of a bird 2. the shield-shaped embryonic leaf of a grass seed
scybala noun a hardened mass of faeces in the bowel caused by long-term constipation
sea bass noun a bony sea fish that has a long body, large mouth, and spiny dorsal fin and is a popular game fish (NOTE: Its scientific name is Centropristis striata.)
sea bream noun any of various blunt-nosed medium-sized oily seawater fish of the Pogellus and Spondylisoma families, with deep, red to pink bodies and pink or white flesh.
seafood noun fish and shellfish that can be eaten (NOTE: There is no plural form.)
sealing compound noun a substance used for hermetically sealing a can end
seam defect noun an improper seal where a can is moulded together, causing the contents to leak or become adulterated
sear 212

spear verb to cook meat or fish in a pan at a very high temperature for a short time, before grilling or roasting

sea salt noun crystals of sodium chloride extracted from sea water, as distinct from rock salt

season noun 1. one of the four parts into which a year is divided, namely spring, summer, autumn or winter 2. a period of time when a particular food is available or a particular game bird may be legally shot  ■ verb to add flavouring to a dish

seasonal adjective available to eat at the present time of year

seasonality noun the fact of being available only at certain times of the year, not all year round

seasoning noun salt, pepper, herbs or spices used to give flavour to food

sea water fish noun any fish that lives in the sea, e.g. halibut, haddock and cod

seaweed noun any of various species of large marine algae, some of which are edible (NOTE: There is no plural form.) seaweed gelatine noun same as agar-agar

secondary processing noun the part of a food processing plant that receives processed materials from primary processing and makes them into a finished food product ready for retail

secondary protein energy malnutrition noun malnutrition caused by the body’s inability to absorb protein and energy from dietary sources, caused by serious illness such as cancer

second chef noun a deputy for a chef, who replaces the chef when he or she is away

secretagogue noun an agent that stimulates the pituitary gland to release more growth hormone, used by athletes

secretin noun a hormone secreted by the duodenum that encourages the production of pancreatic juice

section verb to divide an animal into cuts of meat during butchering

sediment noun unwanted solid particles that settle at the bottom of liquids

seed noun part of a plant that germinates and grows to produce a new plant  ■ verb 1. to produce new plants by dropping seed that germinates and grows into plants in following seasons 2. to sow seeds in an area

SEERAD abbreviation Scottish Executive Environment and Rural Affairs Department

seethe verb to simmer something

segmentation noun the state of being divided into separate parts

segregation noun the act of keeping raw materials or ingredients away from each other, in order to avoid contamination

seitan noun wheat gluten obtained by washing the starch out of flour dough, marinated in soy sauce with various flavourings and used in vegetarian meals as a protein source and flavouring agent

selenium noun a non-metallic trace element (NOTE: The chemical symbol is Se.)

self-basting adjective used for describing a meat joint or a bird that is commercially prepared with added fat to prevent drying out when it is cooked in an oven

self-heating can noun a can containing two separated chemicals in its outer layer that produce heat when the barrier between them is removed, warming the food inside

self-raising flour noun a type of flour with baking powder added to it
self-service noun a type of service of food where the customers go to a counter where food is laid out and usually help themselves, especially to cold items
sell-by date noun a date stamped on the label of a food product that is the last date on which the product should be sold to guarantee good quality. Compare best-before date, use-by date
seltzer noun water that has been carbonated by adding sodium bicarbonate
semi-hard adjective used for describing cheese that has a consistency firm enough to slice but that is moist and pliable
semi-skimmed adjective used for describing milk from which some of the fat has been removed
semi-soft adjective used for describing a food that holds its shape but is easily cut with a knife
semi-sweet adjective lightly sweetened
semi-vegetarian noun a person who does not eat all meats, but will eat particular types, typically fish or poultry
semolina noun hard grains of wheat left when flour is sifted, used in puddings, and stews
senescence noun the ageing process.
senna noun a herb that has a laxative effect
sensitise verb to produce in someone an unusual sensitivity to a substance such as a food ingredient or drug so that subsequent exposure to the substance triggers an allergic reaction
sensitive adjective having an unexpected reaction to an allergen or to a drug, caused by the presence of antibodies which were created when the person was exposed to the drug or allergen in the past
sensory analysis, sensory evaluation noun the application of design and statistical analysis to the use of the senses in order to evaluate consumer products such as food
sensory property noun a quality of something that can be noticed using the senses, e.g. smell, taste or appearance
sensory science noun the application of scientific principles to the evaluation of the human senses and interpretation of the signals that they pick up
separate verb to take one part of a substance away from the whole, e.g. to take the yolk from a whole egg or cream from whole milk
sepsis noun the presence of bacteria and their toxins in the body, which kills tissue and produce pus, usually following the infection of a wound
sequestrant noun a chemical that in effect removes ions from a solution, used as a food additive
serine noun an amino acid produced in the hydrolysis of protein
serotonin noun a compound that is a neurotransmitter and exists mainly in blood platelets, released after tissue is injured
serotype noun 1. a category of microorganisms or bacteria that have some antigens in common 2. a series of common antigens that exist in microorganisms and bacteria it is also called serological type 3. verb to group microorganisms and bacteria according to their antigens
serrated knife noun a knife with a toothed blade, especially a bread knife
serve verb 1. to bring food or drink to a customer 2. to deal with a customer in a shop or bar 3. to be enough food for a particular number of people
service noun 1. a full set of crockery for a specific meal for several people 2. the attendance given to customers in a restaurant by waiters and staff
service charge

service charge noun a sum of money, usually calculated as a percentage of a customer’s bill, added to the bill in a restaurant or hotel to pay the staff for their service.

services noun an area next to a motorway with a service station, restaurants and sometimes a hotel.

serving noun 1. the amount of food served to one person 2. the act of serving a customer.

serving spoon noun a large spoon used for serving food, especially liquids such as gravy, and vegetables.

serving suggestion noun the way a manufacturer suggests that you serve the product.

sesame oil noun a strongly flavoured oil from sesame seeds, widely used in East and Southeast Asian cooking.

sesame seeds plural noun cream to black oval seeds from the seed pods of an annual plant, given a pleasant nutty taste by dry-roasting, used in bread and cakes, to make tahini and to add texture to other foods. ∋ tahini (NOTE: The plant’s botanical name is *Sesamum indicum* and it is mainly grown in China, Central America and the southwestern USA.)

sesamin noun a supplement that improves liver function, releasing thermogenic enzymes, used as a sports supplement.

set verb to become solid.

set point noun the body weight at which a person’s metabolism is naturally constant and balanced.

Seville orange noun an orange that is rather bitter, used for making marmalade. Also called bitter orange.

sew verb to close a pocket of meat or the abdominal cavity of a bird or fish by sewing it with thick thread so as to prevent a stuffing from leaking out during cooking.

SFDF abbreviation Scottish Food and Drink Federation.

sfumatrice noun a device for extracting the oil from citrus peel.

shallot noun a small variety of onion.

shallow-fry verb to cook food in a small amount of hot oil or fat in a frying pan with the aim of completing the cooking of the middle of the food at the same time as the outside is brown and crisp.

shandy noun a drink made by mixing beer and lemonade.

shank noun the lower part of an animal’s leg between the knee and the foot.

sharp adjective 1. with a pungent, tart or acid flavour 2. used for describing a knife that has a finely ground and honed edge.

shechita noun the ritual slaughter of animals using methods stated in Jewish dietary laws.

shelf display technology noun the way in which a food product is packaged and presented at the point of sale.

shelf efficiency noun the extent to which an item of food packaging can be stacked neatly, safely and attractively in the minimum amount of shelf space.

shelf life noun the length of time food can be kept in a shop before it goes bad.

shelf-ready packaging noun containers for storing and transporting food that also function as display boxes for the supermarket shelf.

shelf-stable adjective capable of being stored for long periods at room temperature without spoiling.

shell noun 1. the hard outside part of an egg or a nut 2. the hard outside part that covers some animals such as crabs and lobsters. ∋ verb to take something out of a shell, or be taken out of a shell.
shellac noun a strained resin exuded by various insects, used for coating apples to give them a glossy appearance
shellfish plural noun edible water animals such as mussels, oysters, lobsters and prawns that have shells and live in them
shellfish poisoning noun same as paralytic shellfish poisoning
shepherd’s pie noun a dish of minced lamb with a layer of mashed potatoes on top. Compare cottage pie
sherry noun a fortified wine from Spain
sherry vinegar noun fine matured vinegar made from a blend of wines
Shigatoxic E coli noun same as enterohaemorrhagic E coli
Shiga toxins plural noun same as verotoxins
shigella noun a type of bacteria that causes dysentery, found especially in milk
shitake mushroom noun a variety of mushroom with a white stem, a brown flattish cap and white ruffled gills, often used in Southeast Asian cooking (NOTE: Literally ‘tree mushroom’.)
shin noun the front part of the lower leg
shirr verb to bake food, especially eggs, in small shallow containers or dishes in the oven
shirred eggs plural noun shelled eggs baked in a shallow tray in the oven
short bowel syndrome noun malnutrition caused by the reduced absorption of nutrients from the small intestine
shortbread noun a thick sweet crumbly biscuit
short chain fatty acids plural noun fatty acids with fewer than 6 carbon bonds
shortcrust pastry noun a widely used type of pastry made with fat and flour
shorten verb to make pastry more crumbly by adding more fat
shortening noun a fat used in pastry, cakes and bread
shortening power noun the ability of a fat to allow air bubbles to become trapped in a mixture and therefore lighten the texture of the resulting baked item
short-grain rice noun rice with short grains, used in rice pudding
short-life products plural noun products that have a short shelf life, especially fruit, vegetables, fish and meat
short order noun a restaurant order for something that can be cooked quickly to order, e.g. bacon and eggs
short-order chef, cook noun a cook who specialises in short orders
shoulder noun a joint where the top of the arm joins the main part of the body
shred verb to cut food into very thin strips
shredder noun a device for cutting vegetables into very thin strips
shrimp noun a small shellfish with a long tail
shrimp paste noun a paste of ground, salted and partially fermented shrimps, dried and compressed into blocks
shrinkage noun the reduction in size of baked items or roast meat and poultry due to loss of water, which is generally less when the item is cooked at a low temperature
shrink-wrap noun a clear thermoplastic film that is wrapped around a product and shrunk to its original smaller size using heat, thereby forming a tightly sealed package ■ verb to wrap goods in shrink-wrap
SHU 216

SHU *abbreviation* Scoville heat unit

shuck *verb* to remove the outer casing or shell of something

sialoerophagy *noun* excessive swallowing of saliva and air

sialogastrone *noun* a protein in saliva that is thought to inhibit gastric secretions

sialogogue *noun* a substance that promotes the flow of saliva

sialolithiasis *noun* the formation of a salivary calculus in the body

sialorrhea *noun* an excessive production of saliva

Siberian ginseng *noun* same as eleuthero

sida cordifolia *noun* a supplement for athletes containing ephedrine, extracted from an Indian plant

side dish *noun* a small plate or bowl of food eaten to accompany a main course

side effect *noun* an undesirable secondary effect of a drug or other form of medical treatment

siderosis *noun* an accumulation of iron in the bone marrow, caused by iron leaching from cooking utensils into food over a period of time

side stripe *noun* a stripe of lacquer inside a tin that protects the weld from corrosion

sieve *noun* a kitchen utensil made of metal or plastic net, used for straining liquids or powders to remove lumps

sift *verb* same as sieve

sifter *noun* a closed cylindrical container with a sieve or perforated top at one end for sprinkling flour, sugar or other powders over food items

sigmoid colon *noun* the fourth section of the colon, which continues as the rectum

sigmoidoscope *noun* a surgical instrument with a light at the end that can be passed into the rectum so that the sigmoid colon can be examined

signature dish *noun* a special dish for which a particular chef or restaurant is well known

signposting *noun* same as traffic-light labelling

silica gel *noun* silicon dioxide in a form that absorbs water from the air, used as a drying agent and anticaking agent

silicone *noun* a heat-resistant synthetic substance in the form of a grease, oil or plastic, used in lubricants and water-repellent substances

silicone paper *noun* paper with a built-in release agent, used in baking and food packaging so that food does not stick

silverside *noun* a cut of beef taken from behind and below the rump and topside, usually used for roasting or pot-roasting

simmer *verb* to boil something gently

simple carbohydrates *plural noun* carbohydrates with simple molecules containing few linked glucose units, broken down very quickly by the body

singe *verb* to use a flame to burn the last bits of down from a plucked bird

single-acting baking powder *noun* a chemical raising agent that releases carbon dioxide only on contact with water. Compare double-acting baking powder

single-blind testing *noun* a form of blind testing in which the researchers are aware from the beginning which subjects are receiving the supplement and which are receiving a placebo. Compare double-blind testing
single cream noun liquid cream with a relatively low fat content
single-crust adjective used for describing a pie or food dish with a single layer of pastry below the filling, and none above
single-malt noun a whisky that is the product of a single distillery
single-serve adjective packaged in small amounts intended for one person
sirloin noun the best cut of beef from the back of the animal
sitiomania noun a craving for particular types of food
sitiophobia noun hatred of food and eating
sitology noun the scientific study of food, diet and nutrition as they relate to health
sitomania noun a desire to eat particular types and quantities of foods
sitotherapy noun the use of food as a therapeutic treatment
sitotoxin noun any toxin developed in food by mould or bacteria, e.g. aflatoxin
sitotoxism noun food poisoning caused by a sitotoxin
size reduction noun the reduction of food particles to smaller particles, e.g. by crushing or grinding
skate noun a large flat sea fish with white flesh (NOTE: The plural form is skate.)
skeleton noun the set of bones that make up the framework of the body
skewer noun a long thin metal rod for putting through pieces of meat when cooking ■ verb to stick a long metal rod through something
skillet noun a frying pan
skim verb to remove fat or scum from the surface of boiling liquids
skimmed adjective used for describing milk that has had most of its fat content removed
skimmed milk powder noun dried milk powder from skimmed milk, containing relatively little fat. Abbreviation SMP
skin noun 1. the outer covering of the body 2. the outer surface of fruit, vegetable or meat
skinless adjective 1. used for describing meat such as chicken which is sold without the skin, often as a healthier option 2. used for describing sausages prepared using a casing that is removed before the product is packaged and sold
skinning noun the process of removing the hide from a carcass
skinning knife noun a sharp knife used for skinning animal carcasses
skinny adjective used for describing a latte made with skimmed milk
skipjack reaction noun same as scombroid poisoning
skipjack tuna noun a cheap species of tuna fish that is often substituted for the more expensive yellow fin or the rare blue fin (NOTE: Its scientific name is Katsuwonus pelamis.)
skirt noun a stewing cut of beef taken from the flank, below the sirloin and rump
slake verb to satisfy a desire for something, especially a drink
slaughter noun the killing of animals for food (NOTE: Animal welfare codes lay down rules for how animals should be slaughtered to ensure that they are not caused any avoidable and unnecessary pain or distress.) ■ verb to kill animals for food
slice noun a thin piece cut off something ■ verb to cut something into slices
sliced bread noun a loaf of bread that has been sliced mechanically before it is sold
sliced meat noun meat that has been pre-sliced from the joint and packaged
slicing knife noun a knife with a long thin blade with a rounded end, used for slicing
slicing machine noun a machine for slicing a solid food item, e.g. a joint of ham, with a motor-driven circular knife blade together with a tray, moved by hand or mechanically so as to cut the food in slices of a predetermined thickness. Also called food slicer
slim verb to try to become thinner or try to lose weight
slimline adjective designed to help with a weight-reducing diet
slimming noun the use of a special diet or special food that is low in calories and is supposed to help a person lose weight
slimming pill noun a pill that supposedly helps to reduce weight, whether by increasing the metabolism, suppressing hunger or blocking the absorption of fats
slimming product noun a food product that is low-calorie and designed especially for people on a weight-reducing diet
slippery elm noun 1. the moist sticky inner bark of an elm, used as a natural remedy in alternative medicine to relieve inflammation in the digestive tract. 2. a deciduous hardwood tree from which slippery elm is obtained, native to North America (NOTE: Its botanical name is Ulmus rubra.)
slotted spoon noun a large long-handled spoon with holes in the bowl end, used for removing large solids from a liquid
slow cook verb to cook food at a low temperature in the range 80°C to 95°C
slow cooker noun a thermostatically controlled metal container into which a lidded earthenware or glass pot is placed, used for slow cooking
Slow Food noun a movement that advises taking time over food preparation and eating, and avoiding processed convenience food
sludge noun 
gallbladder sludge
small intestine noun a section of the intestine from the stomach to the caecum, consisting of the duodenum, the jejunum and the ileum
smart food noun nutritious foods eaten for health and fitness
smart materials plural noun materials which can adapt to their surroundings, with a range of potential applications in food packaging technology
smelt noun a small sea fish often fried and eaten whole (NOTE: The plural form is smelt.)
smetana noun a soured low-fat cream, originally from Eastern Europe
smoke noun vapour and gas given off when something burns. verb to preserve food such as meat, fish, bacon or cheese by hanging it in the smoke from a fire
smoked haddock noun a common smoked fish, often yellow in colour
smoked salmon noun salmon that has been cured by smoking, served in very thin slices, often as an hors d’oeuvre
smoke point noun the temperature at which a cooking oil begins to break down and smoke
smoking noun the act of hanging meat or fish in hot smoke to flavour and preserve it
smoothie noun a drink made from puréed fruit, sometimes with milk, yoghurt or ice cream
smorgasbord noun a Swedish-style buffet of many cold dishes
SMP abbreviation skimmed milk powder
snack noun a light meal, or a small amount of food eaten to eat between the times that meals are usually served, or eat a snack instead of a main meal
219 sodium gluconate

snacking market noun the potential consumer audience for convenience snack foods, typically children and busy professionals

snack pack noun a small pack of food intended to be eaten as a snack

snapper noun a name given to numerous perch-like fishes that live in tropical and subtropical waters, the red snapper being among the most common varieties used as food

sneeze guard noun same as counter guard

soak verb to put something in liquid so that it absorbs some of it

soba noodles plural noun thin brown noodles with a square cross section made from buckwheat flour or a mixture of buckwheat and wheat flour, popular in Japanese cooking

sober adjective not drunk

social marketing noun the idea of ‘selling’ a lifestyle choice to a community for the long-term benefit of that community, such as with anti-smoking campaigns

social responsibility noun the duty of food producers and suppliers to behave in an ethical way, e.g. without wasting resources or causing damage such as pollution

Society of Food Hygiene Technology noun an independent body which represents the interests of those involved in food hygiene. Abbreviation SOFHT

soda noun a general name for alkaline sodium compounds such as caustic soda, bicarbonate of soda, washing soda and soda ash

soda water noun water made fizzy by putting gas into it, drunk with alcohol or fruit juice

sodium noun a chemical element that is the basic substance in salt (NOTE: The chemical symbol is Na.)

sodium 5’-ribonucleotide noun E635

sodium acetate noun E262

sodium alginate noun E401

sodium aluminium phosphate noun E541

sodium ascorbate noun E301

sodium benzoate noun E211

sodium bicarbonate noun a chemical compound used as a raising agent in baked goods and to make fizzy drinks fizzy

sodium carboxymethyl cellulose noun E466

sodium caseinate noun a food additive made from milk protein, used for maintaining colour in sausages and other processed meats

sodium chloride noun common salt

sodium citrate noun a white crystalline salt used as a buffer in foods and an anticoagulant in stored blood

sodium dihydrogen citrate noun same as E331

sodium dihydrogen orthophosphate noun a chemical used for purifying water for human consumption

sodium ethyl 4-hydroxybenzoate noun E215

sodium ferrocyanide noun E535

sodium ferulate noun a compound used in Chinese medicine to treat vascular diseases such as thrombosis

sodium formate noun E237

sodium gluconate noun E576
sodium guanylate noun E627
sodium hydrogen carbonate noun same as sodium bicarbonate
sodium hydrogen diacetate noun a sodium salt of acetic acid used as a preservative and firming agent
sodium hydrogen L-glutamate noun same as monosodium glutamate
sodium hydrogen malate noun E350
sodium hydrogen sulphite noun E222
sodium hydroxide noun same as caustic soda
sodium inosinate noun same as E631
sodium lactate noun E325
sodium L-ascorbate noun E301
sodium metabisulphite noun E223
sodium methyl 4-hydroxybenzoate noun E219
sodium nitrate noun a white crystalline salt, used as a fertiliser and in curing meat
sodium nitrite noun E250
sodium orthophenylphenate noun same as E232
sodium phosphate noun an emulsifier used in various processed foods for helping to incorporate water
sodium polyphosphate noun a chemical used for increasing the water uptake of poultry and other meats so as to increase their weight
sodium propionate noun a colourless crystalline powder used for slowing spoilage in packaged foods
sodium propyl 4-hydroxybenzoate noun E217
sodium saccharin noun a sodium salt of saccharin used in the same way as saccharin
sodium salt noun a crystalline compound formed from the neutralisation of an acid solution containing sodium
sodium sesquicarbonate noun same as E501
sodium sorbate noun E201
sodium stearoyl-2-lactylate noun E481
sodium sulphate noun E514
sodium sulphite noun a white crystalline compound used in medicine, as a food preservative, and in making paper

SOFHT abbreviation Society of Food Hygiene Technology
soft-boiled adjective used for describing an egg that has been cooked in boiling water for a short time so that the yolk is hot, but still liquid
soft brown sugar noun refined white sugar coated with a layer of molasses to make it soft and sticky
soft cheese noun any cheese that is soft, or soft in the middle, e.g. Camembert or Brie
soft drink noun a drink that is not alcoholic, sold either ready prepared in a bottle or can or in concentrated form to be mixed with water
soften verb 1. to allow hard fats or frozen foods to become soft by raising their temperature
2. to sweat chopped vegetables in a little oil or fat to make them soft
soft flour noun flour made from soft wheat consisting of unbroken starch granules, mostly used for cakes, biscuits and general thickening

soft fruit noun a general term for all fruits and berries that have a relatively soft flesh, and so cannot be kept, except in some cases by freezing, e.g. raspberries, strawberries, blueberries and blackberries

soft-scoop ice cream noun ice cream containing additives that make it easy to serve, a food that should be avoided by pregnant women as it carries the risk of listeria contamination

soft swell noun a can that cannot be forced back into shape by hand but has ends that yield slightly to pressure.  a swell

soft water noun water that does not contain calcium and other minerals that are found in hard water and is easily able to make soap lather

soft wheat noun wheat in which the starch granules are loosely bound with spaces between, a structure thought to be caused by the protein triabolin which is only found in soft wheats

soggy adjective used for describing a cake that is damp and heavy in the centre due to excess moisture, lack of raising agent or incorrect baking temperature

soil noun the earth in which plants grow  verb to make something dirty

Soil Association noun a UK organisation that certifies organically grown food

sol noun a liquid colloidal solution

solanine noun a toxic compound found in potatoes that have sprouted or turned green with age

solar drying noun same as sun-drying

sole noun a type of flat sea fish with delicate white flesh

solid diet noun a normal diet for a healthy adult, consisting of both solid and liquid food

solidify verb to become solid, or cause something to become solid

solids plural noun food that has to be chewed

solubility noun the ability of a substance to dissolve in another substance or solvent at a given temperature and pressure

soluble adjective able to dissolve

soluble fibre noun a type of fibre in vegetables, fruit, pulses and porridge oats that is partly digested in the intestine and reduces the absorption of fats and sugar into the body, so lowering the level of cholesterol

solution noun a mixture of a solid substance dissolved in a liquid

solvent noun a liquid in which a solid substance can be dissolved

somatotrophin noun a hormone secreted by the pituitary gland that controls bone and tissue development

somen noun fine wheat noodles

sommelier noun the person in charge of ordering, storing and serving the wines in a restaurant

Sonoma diet noun a dietary plan based on the Mediterranean diet that also advocates portion size control

sorbet noun sweet flavoured ice made with water and flavouring and sometimes cream

sorbic acid noun a white crystalline solid acid found in the berries of the mountain ash tree, synthetically manufactured for use as a food preservative and fungicide
sorbitan monolaurate
sorbitan mono-oleate
sorbitan monopalmitate
sorbitan monostearate
sorbitan tristearate
sorbitol
sorbitol syrup
sorghum
sorrel
sorting and grading
soufflé
soufflé dish
soufflé omelette
soul food
soup
soup chef
soup spoon
sour
source
sour cream
sourdough bread
soured cream
souring agent
sour milk
sous-chef
souse
soused herring
sous vide
South Beach diet
soya **noun** a plant that produces edible beans with a high protein and fat content and very little starch

soya bean **noun** a bean from a plant used for food and oil

soya flour **noun** flour produced from soya beans, with a high fat and protein content, used together with wheat flour in baking and in ice creams and other manufactured foods

soya lecithin **noun** lecithin from soya beans, used as an emulsifier in chocolate

soya milk **noun** a substitute for cows' milk, used by vegetarians and vegans, made by boiling ground soya beans with water for long periods of time and filtering off the sediment

soya oil **noun** oil extracted from soya beans, used as a cooking oil, for salad dressings and for the manufacture of margarine (NOTE: It is said to have protective effects against breast cancer.)

soya protein, soy protein **noun** protein found in soya beans, low in fat and cholesterol

soy sauce, soya sauce **noun** a strong-tasting liquid available in light and dark varieties, obtained by fermenting soya beans and various cereal grains, widely used in Southeast Asian cooking

spaghetti **plural noun** pasta in the form of long thin strips

spaghetti bolognese **noun** spaghetti with a meat and tomato sauce

spaghetti carbonara **noun** spaghetti with an egg and bacon sauce

Spanish omelette **noun** same as tortilla 2

spare ribs **plural noun** pork ribs cooked in a savoury sauce

sparkling **adjective** used for describing wine or water with bubbles in it

spastic colon **noun** same as irritable bowel syndrome

spatchcock **noun** a chicken or other fowl that is split, dressed and grilled

spatula **noun** a flat flexible tool with a handle, used for scooping, lifting, spreading or mixing things

spear **noun** a young pointed sprout of a plant, especially asparagus

spearmint **noun** a type of mint with closely set toothed leaves and a clean flavour, used for drinks and for flavouring

special dietary requirements **plural noun** the requirements of someone who has a restricted diet, e.g. who is vegetarian, vegan, eats only kosher or halal food, is pregnant or breastfeeding or has wheat, gluten or nut allergies

species **noun** a group of living things that have the same characteristics and can interbreed (NOTE: The plural is *species*.)

specific gravity **noun** the ratio of the density of a substance to the density of water at the same temperature. Abbreviation SG. Also called relative density

spelt flour **noun** flour made from an ancient variety of wheat with a high gluten content and a hard husk that makes it difficult to mill

sphygmomanometer **noun** a device for measuring blood pressure

spice **noun** a substance made from the roots, flowers, seeds or leaves of plants, used for flavouring food • **verb** to add spice to a dish

spicy **adjective** tasting of spices

spinach **noun** a common green-leaved vegetable

spirit **noun** any liquid produced by distillation, especially a distilled solution of ethanol and water
spirit burner

spirit burner, spirit lamp noun apparatus in which methylated spirits is burned, used for keeping food hot on the table, or for cooking food rapidly next to the table

spirometer noun a device used for measuring oxygen consumption by an organism

Spirulina noun a nutrient-rich algae used as a food supplement

spit noun a long metal rod that is passed through meat and turned so the meat is evenly cooked

spit-roast verb to roast meat whilst it is being turned on a spit

splanchnic adjective used for referring to the internal organs (technical)

spleen noun an organ in the top part of the abdominal cavity behind the stomach and below the diaphragm, which helps to destroy old red blood cells, form lymphocytes and store blood

split verb if something such as a sauce splits, the ingredients do not mix together as they should

split pea noun dehusked dried peas split into two equal hemispheres along the natural dividing line

spoilage noun decay in food

spoilage retardant noun any substance that prevents food from decaying or slows down decay. • preservative

sponge cake noun a light open-textured cake made of flour, eggs, sugar, flavouring and traditionally no fat

sponge fingers plural noun thin fingers of sponge made from creamed egg yolks and caster sugar

sponge flan noun a circular flan case made with a sponge cake mixture in place of pastry

spoon noun 1. an eating utensil with a bowl and a long handle 2. the amount that a spoon can hold. Also called spoonful

spore noun a reproductive body of particular bacteria and fungi that can survive in extremely hot or cold conditions for a long time

sports drink noun a soft drink that is intended to quench thirst faster than water and replenish the sugar and minerals lost from the body during physical exercise

sports gel noun a concentrated carbohydrate gel that is easy to metabolise during exercise

sports nutrition noun specialised nutrition for a professional sportsperson, designed to provide enough energy to sustain a very active lifestyle as well as providing nutrients that support tissue growth and repair

sports nutritionist noun a professional who looks after the specialised dietary needs of athletes

sports supplement noun a dietary supplement used by athletes to enhance performance

sprat noun a very small herring-like fish

spray-drying noun a method of drying solutions of foods by spraying the liquid solution into a warm atmosphere and collecting the solid powder

spread noun a soft food consisting of meat, fish or cheese that you can spread on something such as bread • verb to cover food with a layer of something

spreadable butter noun butter with added oil or margarine that allows it to stay soft and spreadable even when refrigerated

springer noun a can that appears normal until it is sharply tapped, causing one end to bulge. • swell

spiraline
**spring-form cake tin**  *noun*  a cake tin with a flexible side that can be tightened around or loosened from the circular base by means of a latch mechanism, making it easy to remove the cooked cake

**spring onion**  *noun*  a very small onion with long green leaves, used in salads and in cooking

**spring roll**  *noun*  a hot snack or starter of mixed savoury ingredients formed into a slightly flattened cylindrical shape, wrapped in thin dough and fried until crisp and golden

**sprinkle**  *verb*  to scatter a substance such as water or sugar onto something

**spritzer**  *noun*  a drink of white wine and soda water

**sprout**  *noun*  1. a young shoot of a plant 2. same as **Brussels sprout**  *verb*  to send out new growth

**sprue**  *noun*  malnutrition caused by underdevelopment or wasting of the villi, causing incomplete absorption of nutrients from the intestine

**sputum**  *noun*  mucus that is formed in an inflamed nose, throat or lungs and is coughed up. Also called phlegm

**squash**  *noun*  1. concentrated juice of a fruit to which water is added to make a long drink 2. a name given to several varieties of plant of the marrow family

**squeezer**  *noun*  a device for pressing fruit such as lemons and oranges to let the juice run out

**squid**  *noun*  a sea animal with a longish body and octopus-like tentacles around its head (NOTE: The plural form is **squid**.)

**SRD**  *abbreviation*  State Registered diettitian

**SSHE**  *abbreviation*  scraped surface heat exchange

**stabilisation**  *noun*  the action of making a foodstuff stable, or the action of becoming stable

**stabilise**  *verb*  to make a foodstuff stable, or to become stable

**stabiliser**  *noun*  a substance added to food to keep it stable

**stable emulsion**  *noun*  an emulsion that will not separate into its components under the conditions for which it was made

**stachyose**  *noun*  a sugar, present in legumes, that is fermented in the intestine, causing the flatulence commonly associated with these

**stackability**  *noun*  the ability of food packaging to be stored and transported in the minimum amount of space, without damage

**stack beading**  *noun*  same as **beading**

**stackburn**  *noun*  deterioration in the quality of canned food, caused by heat retention when cans are stacked before they have cooled

**stainless steel**  *noun*  a chromium and nickel iron alloy that is corrosion-proof and does not tarnish, used for basins and cooking utensils

**stainless steel soap**  *noun*  a solid block of stainless steel used by chefs to remove food odours from the hands

**stale**  *adjective*  no longer fresh

**standing time**  *noun*  the time for which a dish should be left in the microwave oven after cooking and before serving

**stanol**  *noun*  a chemical compound that is proven to have an LDL-reducing effect, often added to margarine spreads
**staphylococcal poisoning**

*staphylococcal poisoning* noun short-term food poisoning by *staphylococcus*, causing vomiting and diarrhoea

*staphylococcus* noun a bacterium that causes boils and food poisoning *(NOTE: The plural is staphylococci.)*

*Staphylococcus aureus* noun a pathogen found in salad vegetables

*staple crop* noun a food plant that provides a major source of energy or protein for a population, the five most important staple crops being rice, wheat, maize, cassava and beans

*staple food* noun a food that forms the basis of the diet of the people of a region or of an animal

*star anise* noun a star-shaped with an aniseed flavour, widely used in Chinese cooking and medicine

*starch* noun the usual form in which carbohydrates exist in food, especially in bread, rice and potatoes

*starch granule* noun a small cluster of starch arranged in concentric rings

*starch-reduced* adjective used for describing bread products with a lower proportion of carbohydrates than usual

*starchy* adjective containing a lot of starch

*starflower oil* noun oil that is extracted from borage and is rich in gamma-linolenic acid, used in the same way as evening primrose oil

*starter* noun the first course of a meal

*starter culture, starter* noun any bacterial or fungal culture used for causing fermentation to begin

*starve* verb to become unwell because of having very little or nothing to eat

*State Registered dietitian* noun a dietitian registered with the Health Professions Council in the UK, after completing a degree or postgraduate qualification in Dietetics. Abbreviation SRD

*station head waiter* noun same as *maître d’hôtel de carré*

*station waiter* noun a waiter who serves a particular group of four or five tables in a restaurant. Also called *chef de rang*

*stay-on tab* noun a type of ring-pull that does not separate from the can when pulled

*steak* noun 1. a thick slice of beef cut from the best part of the animal 2. a thick slice cut across the body of an animal or fish

*steak and kidney* noun a typically English combination of cubes of beef and kidney, cooked together with onions in a thick sauce in a pie or pudding

*steak au poivre* noun a steak that has been grilled and has a sauce made with pepper and peppercorns poured over it

*steak knife* noun a very sharp knife or a knife with a serrated edge, used when eating meat

*steak tartare* noun a dish of raw minced steak, served mixed with raw eggs, raw onion and herbs

*steam* noun vapour that comes off hot water or other hot liquids ■ verb to cook something using the steam from boiling water

*steamed pudding* noun a pudding based on sweetened suet pastry or a cake sponge mixture with additions and flavourings, cooked in a pudding basin, in a cloth or in a special hinged closed container using either steam or boiling water

*steamer* noun a type of pan with holes in the bottom that is placed over boiling water for steaming food
steaming noun a way of cooking food using the steam from boiled water
steaming oven, steaming cabinet noun an oven in a restaurant kitchen used for steaming large quantities of food at the same time
steam stripping noun a method of disinfecting and deodorisation food production machinery using pressurised steam
steam table noun a stainless steel table or counter with openings to take food containers heated by steam or hot water, used for keeping food hot prior to its being served, & bain-marie
stearic acid noun a saturated acid in many vegetable and animal fats, used for making candles, soaps and various plastics
stearyl tartrate noun an ester of stearyl alcohol and tartaric acid with the same uses as E481
steatorrhoea noun the passage of large amounts of dietary fat through the digestive tract without it being absorbed
steatosis noun the accumulation of fat in an internal organ such as the liver, caused by diseases and exposure to toxins
STEC abbreviation Shigatoxic E. coli.
steel noun a steel rod, often with a handle, that knives are drawn back and forward along in order to sharpen them
steep verb to soak a food in water or another liquid to extract its flavour
stem ginger noun round portions of the underground stem of a ginger plant, cooked until tender and preserved in syrup
stem vegetable noun a vegetable in which the stem of the plant is the part eaten, e.g. celery, kohlrabi or asparagus
stenophagy noun the practice of eating a small or restricted diet
sterigmatocystin noun a type of mycotoxin that is produced by fungus on grain, coffee beans and cheese
sterile adjective 1. with no harmful microorganisms present 2. not able to produce children
sterilisation noun the destruction of living microorganisms to prevent infection
sterilise verb to heat food to between 115°C and 140°C in order to kill all pathogenic organisms and most microorganisms and spores
sterilised milk noun milk heated to 120°C for a few minutes or to just over 100°C for 20 to 30 minutes in order to kill all pathogenic and most other microorganisms and spores
sterol noun any insoluble substance that belongs to the steroid alcohols, e.g. cholesterol
stew noun a dish of meat and vegetables cooked together for a long time & verb to cook food for a long time in liquid
stewing steak noun pieces of beef used for making stews
stickwater noun the moisture extracted from pressed fish when making fishmeal, rich in nutrients
stiffen verb to briefly cook meat of fish in water or fat until it stiffens but is not coloured
Stilton noun either of two strong-flavoured British white cheeses made from whole milk, one veined with blue mould, the other plain
stimulant noun something such as a drug that produces a temporary increase in the activity of a body organ or part
stimulant drink noun a drink that contains stimulants, typically caffeine
stimulant laxative noun a substance that promotes bowel movement by stimulating the muscles of the intestine

stiparogenic adjective used for describing food that tends to relieve constipation

stiparolytic adjective used for describing food that tends to cause constipation

stir verb to move a liquid or semiliquid food around so as to mix it or keep it mixed

stir-fry verb to cook small thin pieces of meat or vegetables very rapidly using hot oil in a wok by continuously moving them and turning them over, a method widely used in Southeast Asian cooking

stock noun 1. the quantity of goods or raw materials kept by a business 2. the goods in a warehouse or shop 3. liquid made from boiling meat, vegetables or bones in water, used as a base for soups and sauces • verb to hold goods for sale in a warehouse or store

stock cube noun a small cube of dried and concentrated food extracts that, when added to hot water, makes a stock for use in soups, stews and sauces. Also called bouillon cube

stockpot noun a large pot for cooking soups and stock

stock syrup noun a basic sugar solution with many uses

stodgy adjective used for describing food which is heavy and filling to eat and usually fairly tasteless

stoma noun an opening created surgically, especially in the abdomen to allow a feeding tube to be inserted

stomach noun 1. the part of the body shaped like a bag, into which food passes after being swallowed and where the process of digestion continues 2. the abdomen

stomach pump noun same as gastric lavage

stomach ulcer noun erosion of the stomach lining by excessive gastric acid

stomatodynia noun same as burning mouth syndrome

stomatodyssialia noun same as halitosis

stomatology noun the medical study of the mouth and diseases that affect it

stomatonecrosis noun same as noma

stone noun the hard central seed of fruits such as the cherry, peach, mango and olive, usually with a hard woody shell enclosing a soft kernel. Also called pit • verb to remove the central stone from a fruit

stone fruit noun same as drupe

stoneground flour noun flour that has been ground between a stationary and a rotating stone, not between rollers like most flour

stool noun a piece of solid matter passed from the bowels

storage noun the act of keeping goods in store or in a warehouse

storage conditions plural noun the way in which a food product should be stored, a required element in food labelling in the UK

storage requirements plural noun same as product storage

stored food noun food that is not eaten fresh and that is kept either in a dry store, vegetable store, refrigerator or freezer

stork process noun UHT sterilisation of milk, followed by resterilisation inside the bottle

stove noun same as cooker

straight adjective used for describing an alcoholic spirit served undiluted or unmixed
strain verb to pour liquid through a sieve in order to separate out solids
strainer noun a utensil made with metal or nylon mesh, used for separating solids from a liquid
straining bag noun a cloth bag used for filtering liquids
strawberry noun a common red heart-shaped soft summer fruit, used in desserts and also preserved as jam
straw potatoes plural noun deep-fried and lightly salted julienne potatoes, often used as a garnish for grilled meat
street vendor noun a person who sells food or small items in the street
string verb 1. to remove the stringy fibres from fruit or vegetables before cooking or eating 2. to remove currants from their stalks by sliding them off between the prongs of a fork
string beans plural noun same as green beans
stroke noun a sudden blockage or breaking of a blood vessel in the brain that can result in loss of consciousness, partial loss of movement or loss of speech
strong flour noun flour of any type made from a hard wheat, usually containing between 11% and 12% protein that is mostly gluten, used mainly for bread and puff and choux pastry
strongyle noun a parasitic nematode worm related to the hookworms that infests the intestinal tract of mammals
strongyloidiasis noun the fact of being infested with strongyles
strudel noun a pastry made with very thin pastry rolled and baked with a filling, usually of chopped apples, raisins and sugar
struvite noun crystals of magnesium ammonium phosphate that sometimes form in tinned fish
stud verb to insert small items such as cloves, sprigs of herbs or slivers of garlic at intervals over the surface of a food item such as an onion or a joint of meat
stuff verb to put stuffing inside meat, fish or vegetables and cook and serve them together as a special dish
stuffing noun a mixture of chopped meat or vegetables with breadcrumbs or rice and herbs and spices, usually put inside meat or vegetables
stunted growth noun a condition in which a child does not develop to their full physical potential because of early malnutrition
sturgeon noun a large edible fish whose eggs are caviar (NOTE: The plural form is stur-geon.)
subcutaneous adjective under the skin. Abbreviation s.c.
subsidy noun 1. money given to help something that is not profitable 2. money given by a government to make something cheaper
substrate noun a substance that is acted on by a catalyst such as an enzyme
subtilin noun an antibiotic used as a food preservative outside the EU
succinic acid noun a colourless water-soluble acid used in the manufacture of lacquers, perfumes and pharmaceuticals (NOTE: It is derived from amber and from plant and animal tissues or is artificially synthesised.)
succulent adjective tender and juicy
succus entericus noun intestinal juices (technical)
sucralose noun an artificial non-caloric sweetener created from sugar by replacing three hydroxyl groups with three chlorine atoms
sucrase

sucrase noun an enzyme in the intestine that breaks down sucrose into glucose and fructose

sucroglyceride noun a glyceride of a sucrose ester, used as a food additive

sucrose noun a sugar, formed of glucose and fructose, found in plants, especially in sugar cane, beet and maple syrup

Sudan dye noun a solvent dye found to be illegally used in some food products as a colorant, sparking a product recall in 2005

suet noun hard fat from an animal, used in cooking

suet pastry, suet crust pastry noun a mixture of self-raising flour and shredded beef suet with a little salt, brought together with water, kneaded slightly and rested

suet pudding noun a dish made with flour and suet, cooked by steaming or boiling, with a sweet or savoury filling

sugar noun any of several sweet carbohydrate substances that occur naturally, the types used for cooking being refined from sugar cane and sugar beet

sugar beet noun a type of beet grown for the high sugar content of its roots, cultivated in temperate regions

sugar cane noun a large perennial grass with stems that contain a sweet sap from which sugar is refined

sugarcraft noun the art of decorating cakes with icing sugar, and making designs out of sugar

sugar cube noun a small cube of grains of sugar, used for sweetening a hot drink

sugar doctor noun an additive such as cream of tartar that prevents sugar from crystallising when boiled

sugar-free adjective not containing sugar

sugar lump noun a small, usually cube-shaped block of sugar, used especially for sweetening a hot drink

sugar pan noun a pan for boiling sugar, traditionally made from copper

sugar sifter noun a tall container for powdered sugar, with a perforated top through which the sugar can be sprinkled over food

sugarsnap noun a variety of garden pea with an edible flattish pod

sugar thermometer noun a thermometer used for measuring the temperature of boiling sugar syrups

sulphite noun any of various salts of sulphurous acid used as food preservatives. E221, E226

sulphoraphane noun a component of cruciferous vegetables that neutralises free radicals

sulphur noun a yellow non-metallic chemical element that is contained in some amino acids and is used in creams to treat some skin disorders (NOTE: The chemical symbol is S.)

sulphur dioxide noun E220

sulphuric acid noun a strong colourless oily corrosive acid that has many uses

sulphuring noun the preservation of food using sulphur dioxide

sulphurous acid noun a weak colourless acid made by dissolving sulphur dioxide in water, used as a disinfectant, food preservative and bleaching agent

sultana noun a type of large seedless raisin. Compare currant, raisin

sun-dried adjective dried out naturally by the sun, not by applying artificial heat
sun-drying noun the process of naturally drying fruits and vegetables by laying them out in strong sun
sunflower oil noun an edible oil made from the seeds of the sunflower
sunflower seeds plural noun the large seeds of the sunflower, eaten raw, roasted as a snack and used in salads
sunlight flavour noun an undesirable change in the flavour of foods as a result of exposure to sunlight
sunny side up adjective used for describing eggs fried without being turned over
sunset yellow FCF noun E110
superchill verb to chill food to a temperature of −1°C to −4°C
superfood noun a nutritionally rich food that is eaten for health
supermarket noun a large store, usually selling food, where customers serve themselves and pay at a checkout
superweed noun a weed resistant to herbicides that might develop in future as hybrid of a weed and a genetically modified plant
supplement noun 1. a substance with a specific nutritional value taken to make up for a real or supposed deficiency in diet 2. a substance added to improve the nutritional content of a diet or foodstuff
supplementation noun the act of enriching a diet or a foodstuff with nutritional supplements
supplement drink noun an enriched drink which contains high levels of particular nutrients such as vitamins
supply chain noun all the manufacturers and suppliers who provide the parts that make up a particular product
sur commande adverb cooked to order, not pre-prepared and kept warm
surface-ripened cheese noun a type of cheese that is ripened by the growth of moulds on the surface, as are Camembert and Brie, or by bacteria, as are Pont l’Evêque and Munster
surf and turf noun a meal, menu or dish including both seafood and meat, especially steak and lobster
surfeit noun an excessive number or quantity of a foodstuff, especially so much of it that people become sickened, repelled or bored by it
susceptor plates plural noun thin metallic filmed plates used in microwave food packaging to concentrate the energy in a particular area, e.g. to brown the outside
sushi noun a dish consisting of rice, various pickles and, typically, raw fish, made into little rolls and eaten cold
Sustain noun an alliance campaigning for sustainable practices in food production and farming
sustainability noun the ability of a process or human activity to meet present needs but maintain natural resources and leave the environment in good order for future generations
sustainable farming noun environmentally friendly methods of farming that allow the production of crops or livestock without damage to the ecosystem
sustainable sourcing noun the sourcing of ingredients produced by sustainable farming practices
swallow verb to make liquid, food and sometimes air go down from the mouth to the stomach
sweat 232

sweat **noun** a salty liquid produced by the sweat glands to cool the body as the liquid evaporates from the skin. **verb** to cook food in a pan in its own juices with a small amount of fat or oil until tender.

swede **noun** a common vegetable with a round root and yellow flesh, used mainly in soups and stews.

sweet **adjective** tasting like sugar, and therefore not sour or bitter. **noun** 1. a small piece of food made of sugar, eaten as a snack. 2. same as dessert.

sweet almond **noun** almond.

sweet-and-sour **adjective** cooked in or served with a sauce that has sugar and vinegar among the ingredients.

sweet basil **noun** basil.

sweetbread **noun** the pancreas or thymus of a calf, lamb or other young animal soaked, fried and eaten as food.

sweet chestnut **noun** an edible chestnut.

sweetcorn **noun** the large yellow seeds of a type of maize, eaten cooked.

sweeten **verb** to make something taste sweet or sweeter by adding sugar or another natural or artificial substance.

sweetener **noun** an artificial substance added to food to make it sweet, e.g. saccharin.

sweetness **noun** a state of being sweet.

sweet pepper **noun** a pepper that can be green, red or yellow and is eaten cooked or raw in salads.

sweet potato **noun** a starchy root vegetable grown in tropical and subtropical regions.

swell **noun** a can that is bulging at one or both ends because of gases produced by spoilage of the food inside.

swirl **verb** to mix one liquid with another or a soluble solid in a liquid by a gentle circular, figure-of-eight or to-and-fro motion.

Swiss roll **noun** a cake made by rolling up a thin sheet of sponge cake covered with jam or cream.

swizzle stick **noun** a small thin plastic rod used for stirring a drink to mix the ingredients, make it frothy, or reduce its effervescence.

swordfish **noun** a large fish with an upper jaw that extends into a long point, caught for food and sport. (NOTE: Its scientific name is *Xiphias gladius*.)

syllabub **noun** a sweet food made of cream whipped with wine.

synbiotic **noun** a supplement consisting of both a probiotic and a prebiotic.

Syndrome X **noun** same as metabolic syndrome.

synergistic effect **noun** a reaction that needs two or more substances in combination to take place.

synthesis **noun** 1. the process of combining different ideas or objects into a new whole. 2. a new unified whole resulting from the combination of different ideas or objects. 3. the formation of compounds through chemical reactions involving simpler compounds or elements.

synthesisation **noun** same as synthesis.

synthesise **verb** to produce a substance or material by chemical or biological synthesis.

synthetic **adjective** artificial, not natural.
**synthetic fat** noun any of various esters of fatty acids all derived from natural products for use in place of natural fats and oils, to improve the keeping qualities of foods and to soften and stabilise them

**syringe** noun a piston and cylinder to which a piping nozzle can be attached, used in cake decorating where the paste or cream is too thick for a piping bag

**syrup** noun a thick sweet liquid

**systolic blood pressure** noun the pressure of blood in a person’s artery when the heart rests between beats, shown written under the diastolic blood pressure reading. Compare **diastolic blood pressure**
tabbouleh noun a Middle Eastern dish consisting of bulgur wheat, mint, tomato, spring onions and other herbs, with lemon juice and various seasonings

table knife noun a knife used at table with a fork for cutting food, especially the food of a main course

table salt noun fine salt suitable for use on food that has been served out

tablespoon noun a large spoon for serving food at table

tablespoonful noun the amount contained in a tablespoon

table sugar noun sugar suitable for use at table

tachycardia noun a rapid heartbeat, sometimes linked to anaemia and vitamin B1 deficiency

tachyphagy noun extremely fast eating

taco noun in Mexican cooking, a dish consisting of a maize tortilla with a filling

tactile adjective relating to the sense of touch

tagine noun 1. a Moroccan stew cooked very slowly in a tagine and consisting usually of meat or poultry combined with fruit 2. a cooking pot with a high cone-shaped earthenware lid and a cast-iron or earthenware base, used especially for stews in Moroccan cookery and requiring little liquid

tagliatelle noun pasta in the form of long narrow ribbons

tahini noun an oily paste made from crushed sesame seeds

tailing noun the continued presence of bacteria at low concentrations in food even after sterilising treatment

takeaway noun 1. a shop or small restaurant where you can buy cooked food to eat somewhere else 2. a hot meal that you buy at a takeaway

tamarind noun a pod from the tropical tamarind tree that contains many seeds in an acid-tasting pulp, used in preserves, drinks and medicines

tamper evident packaging noun packaging that changes when its hermetic seal is broken, so that consumers can check for this before buying

tandoor noun a clay oven used especially in the cuisine of northern South Asia for cooking food quickly at high temperature, traditionally fuelled by charcoal or wood to give the food a distinctive smoky flavour

tangerine noun a small orange with soft skin that peels easily

tannic acid noun one of the acids in tannin, used for flavouring and as a clarifying agent in beer, wine and cider and other natural brewed drinks
tannin noun a brownish or yellowish compound found in plants, used in tanning, in dyes, and as an astringent
tapas noun small plates of snacks, typically fried squid, olives and cheese, served with beer or wine
tapenade noun a paste made from pureed black olives, capers and anchovies
tapioca noun the cassava plant, or the processed starch produced from cassava by cooking, drying and then flaking the starch, used as a thickener
taramosalata noun a creamy pink or beige paste made from smoked fish roe, usually served in the form of a paté or dip as an appetiser or snack
tarragon noun a herb with a slight aniseed flavour, often used for flavouring chicken
tart noun a pastry case usually filled with sweet food, but sometimes also savoury • adjective bitter in flavour
tartare sauce noun a sauce made of mayonnaise and chopped pickles, served with fish. Also called sauce tartare
tartaric acid noun a white crystalline organic acid found in fruit, used as baking powder and in photographic processes and tanning leather
tarte tatin noun an apple tart, cooked upside down, made of sliced apples cooked in butter with the pastry on top, then reversed in the serving dish
tartrate noun any of various salts of tartaric acid used as stabilisers, the principal ones being sodium, potassium and the potassium sodium mixed salt E337
tartrazine noun a yellow substance added to food to give it an attractive colour	
taste noun 1. the sense by which you can tell differences of flavour between things you eat, using the tongue 2. the flavour of a food or drink • verb 1. to sense the flavour of something 2. to have a flavour
taste buds plural noun cells on the tongue that enable you to tell differences in flavour
taurine noun an amino acid that forms bile salts	
tawa noun a circular steel or iron griddle with a handle, used for making Indian breads or, when placed below another dish, to reduce the heat especially on a heat source that is difficult to control
T-bone noun a cut of beef with a T-shaped bone, from the back of the animal
T-bone steak noun a large thick sirloin steak containing a T-shaped bone
TD abbreviation traveller’s diarrhoea
TE abbreviation Trolox equivalent
tea noun 1. a hot drink made by pouring boiling water onto the dried leaves of an Asian plant 2. the dried leaves of an Asian plant used for making a hot drink 3. the dried leaves or flowers of other plants, used for making a drink 4. a meal taken in the afternoon, usually between 4 and 5 o’clock
teacake noun a type of bun with raisins in it, usually eaten toasted with butter
teaspoon noun 1. a small spoon for stirring tea or other liquid 2. the amount that a teaspoon holds. Also called teaspoonful
teetotal adjective used for describing someone who never drinks alcohol
Teflon the trademark for PTFE
tempeh noun a solid food made from fermented soya beans, similar to tofu but with a higher content of dietary fibre and vitamins, as well as firmer texture and stronger flavour
temper verb to bring a food to the desired consistency, texture or temperature
temperature probe noun a small pointed rod inserted into food to measure its internal temperature and therefore the degree to which it is cooked

tempura noun a Japanese dish of vegetables or seafood coated in light batter and deep-fried

tender adjective easy to cut or chew, not tough
	tenderise verb to soften meat in any of various ways, e.g. by beating it with a spiked mallet, by treating it with chemicals or by hanging it
	tenderiser noun an enzyme or weak acid used for tenderising meat

tenderloin noun a fillet of pork cut from the backbone

tendon noun the degree to which a piece of meat is soft and easy to cut or chew

tenesmus noun spasms of the bladder or rectum, a feature of irritable bowel syndrome

teniasis noun the presence of a parasitic worm in the intestine

tepid adjective used for describing water at a temperature of about 50°C to 60°C

teratogen noun a substance which causes the usual development of an embryo or foetus to be disrupted

teriyaki noun a Japanese dish consisting of grilled shellfish or meat brushed with a marinade of soy sauce, sugar and rice wine

terrine noun a coarse pâté or similar cold food cooked and sometimes served in a small dish with a tight-fitting lid

tertiary processed food noun same as processed food

tertiary processing noun the part of a food processing plant that receives some cooked food products and subjects them to further processing

test kitchen noun a kitchen used for recipe development and testing of kitchen equipment

tetany noun an extreme sensitivity of the motor nerves, associated with calcium deficiency

tetracycline noun an antibiotic of a group used for treating a wide range of bacterial diseases such as chlamydia

tetrapak a trade name for various types of carton used for packaging drinks and liquid foods

tetrasodium diphosphate noun’s E450(iii)

tetrodotoxin noun the toxic substance found in fugu

TexMex adjective used for describing the Texan and Mexican style of American cooking, based on steaks, barbecued meat and Mexican dishes such as chilli and tortillas

texture noun the quality in the structure of a food that makes it firm or soft or rough or smooth

textured vegetable protein noun a substance made from processed soya beans or other vegetables, used as a substitute for meat. Abbreviation TVP

texture profile noun a sensory description of the texture of a foodstuff

texture profile method noun a method of sensory testing in which the testers choose from a single lexicon of texture descriptors for all competing products, making the similarities and differences clear

texturise verb to give food a particular texture

texturiser noun a food additive used for changing or improving the texture of food
237 threadworm

TFS abbreviation tin-free steel

thaw verb to melt something that is frozen

The Obesity Awareness and Solutions Trust noun a national association dedicated to the study of obesity and public education about the issues surrounding it. Abbreviation TOAST

therapeutic adjective given in order to cure or ease a disorder or disease

therapeutic food noun an enriched food product that is used as a nutritional supplement for elderly people or people who are ill

therapist noun a person specially trained to give therapy

thermal effect of food noun same as diet-induced thermogenesis

thermal technologies plural noun methods of sterilising food that involve heat treatment

thermosisation noun the process of heating food to reduce the number of microorganisms, although not as severely as in pasteurisation

thermoduric adjective used for describing bacteria that are not killed by pasteurisation

thermogenesis noun the process in which food or fat deposits in the body are burned to produce heat

thermogenic adjective used for describing a food supplement that raises the metabolic rate and causing thermogenesis

thermolabile adjective used for describing substances such as some enzymes that are easily destroyed or altered by heat

thermometer noun an instrument for measuring temperature, used for determining when meat is cooked, for oven, freezer, refrigerator, fat and sugar temperatures and for ensuring adequate defrosting and cooking in microwave ovens

thermopeeling noun a way of peeling fruit by superheating it briefly and then spraying the skins with water

thermophile noun a bacterium that thrives in high temperatures

thermophilic adjective used for describing microorganisms that tolerate or prefer high temperatures

thermostat noun an instrument that monitors and regulates the temperature in an enclosure, commonly used in ovens, refrigerators and freezers, deep fat fryers, slow cookers and similar appliances

thiamin noun vitamin B1

thiazole noun a ring compound produced during Maillard browning that produces a meaty flavour

thicken verb to become more dense and viscous and flow less easily

thickener noun any substance used for increasing the viscosity or consistency of liquids

thigh noun the part of an animal’s leg that corresponds to a human thigh

thiobendazole noun an antifungal agent used for treating bananas

thirst noun a feeling of wanting to drink

thirsty adjective wanting to drink

Thousand Island dressing noun a type of salad dressing made with mayonnaise and chopped pimento, with chilli sauce, ketchup and paprika

threadworm noun a thin parasitic worm that infests the large intestine and causes itching round the anus. Also called pinworm
threadworm disease noun infestation of the rectum with threadworms

three-piece can noun a can consisting of three pieces, the body and both ends, welded together, vulnerable to defects along the seams

threonine noun an essential amino acid

threpsis noun nutrition (technical)

threpsology noun the science of proper nutrition

thrombosis noun the blocking of an artery or vein by a mass of coagulated blood

thuricide noun a bacterial treatment that kills insects on crops but is harmless to humans

thyme noun any of numerous varieties of low-growing plants with small leaves used as a herb, especially common thyme, a Mediterranean variety

thyroid adjective relating to the thyroid gland

thyroid gland noun an endocrine gland in the neck that secretes a hormone that regulates the body’s metabolism

thyroid hormone noun a hormone produced by the thyroid gland

tiger prawn noun a very large type of prawn

tikka noun a type of Indian cooking done in a hot clay oven with red curry sauce

tilapia noun a perch-like fish that is now the most widely farmed fish in the tropics

timbale noun 1. a dish consisting of a mixture of ingredients, often set with eggs, made in a mould and served hot or cold 2. a small deep or tall mould in which a timbale is cooked

tin noun 1. any metal container used for baking or for storing or preserving food 2. a relatively inert metal used for coating the inside of copper cooking utensils to prevent corrosion in acid solutions

tinfoil noun same as aluminium foil

tin-free steel noun corrosion-resistant metal used to make cans. Abbreviation TFS

tinned food noun food preserved in tins

tin opener noun a can opener

tiramisu noun an Italian dessert of sponge cake soaked in marsala wine and topped with cream

tisane noun a drink made by pouring boiling water on dried or fresh leaves or flowers

tissue noun a type of substance that the body is made up of, e.g. skin, muscle or nerves

tissue culture noun tissue grown in a culture medium in a laboratory

tissue repair noun the rebuilding of damaged body tissues using dietary nutrients to synthesise new tissue

titanium oxide noun a white pigment used in foods and cosmetics

toad-in-the-hole noun an English dish of sausages cooked in batter

toast noun 1. a slice of bread that has been grilled 2. the act of drinking to someone’s health or success 3. verb 1. to grill bread or other food until it is brown 2. to drink to wish someone health or success

TOAST abbreviation The Obesity Awareness and Solutions Trust

toaster noun an appliance that toasts bread, especially an electrical appliance with vertical slots for slices of bread and a spring-loaded carrier that ejects the bread when it is toasted

toastie noun a sandwich that has been fried or toasted between two electrically heated grill plates pressed together
TOBEC noun a way of measuring the amount of fat in the body using the difference in electrical conductivity between fat and lean tissue. Full form total body electrical conductivity

tocopherol noun one of a group of fat-soluble compounds that make up vitamin E, found in vegetable oils and leafy green vegetables

toffee noun a sweet that can be soft and chewy or hard and brittle, made by boiling brown sugar or treacle with butter and sometimes flavourings or nuts

 tofu noun a soft white paste made from soya beans, also available in blocks for use as a meat substitute

tolerance noun the ability of the body to tolerate a substance or an action

tomato noun a common red vegetable that is the fruit of a climbing plant of the potato family, widely used in salads and sauces

tomato purée, tomato paste noun partially dehydrated sieved tomato pulp with a deep red colour and spreadable consistency, sold in collapsible tubes, tins and jars

tongs plural noun a utensil used for handling things such as hot food and consisting of two hinged or sprung arms that press together in a pinching movement around the object to be lifted

tonic water noun a fizzy drink of water and sugar, containing quinine

tooth decay noun the wearing away of tooth enamel caused by attack by acids

tooth-friendly adjective used for describing a sweetener that does not cause tooth decay

top and tail verb to remove either end of a fruit or vegetable prior to cooking or eating

topping noun any covering, e.g. breadcrumbs or grated cheese, placed on the surface of a prepared dish as a garnish or decoration or as an integral part of the dish

topside noun a lean boneless cut of beef from the outer thigh

toque noun a tall white hat worn by chefs

tortellini plural noun pasta in the form of small filled rings

tortilla noun 1. a thin flat Mexican bread, cooked on a hot griddle and eaten folded, with a filling 2, an omelette filled with a selection of vegetables, usually including tomatoes and cooked potato. Also called Spanish omelette

tortilla chip noun a thin crunchy crisp made of maize meal, often served with dips such as salsa and guacamole

torula noun an edible yeast that is cultivated for use as a medicine and food additive

TOS abbreviation toxic oil syndrome

toss verb 1. to turn food over, usually with two spoons, so that it becomes coated with a dressing, e.g. melted butter on vegetables or vinaigrette dressing on salads 2. to coat pieces of food with a powder such as flour by shaking them together in a bag 3. to turn over something being cooked in a frying pan by throwing it into the air with a flicking motion of the pan and catching it

total body electrical conductivity noun full form of TOBEC

total energy expenditure noun the number of calories needed to maintain the body’s normal function during all normal activities over the course of a day

total fat noun the total amount of fat consumed by a person in a day, including both saturated and unsaturated fats

total parenteral nutrition noun administration of nutrients through a catheter, as a complete source of nutrition for a patient. Abbreviation TPN

tottie pad noun a heat-resistant pad for resting pans on
tough

tough adjective difficult to chew or to cut
tournedos noun a thick round piece of fillet steak
toxaemia noun the presence of poisonous substances in the blood
toxic adjective poisonous
toxic oil syndrome noun a disease outbreak in Spain in which denatured industrial oil was sold commercially as rapeseed oil, causing disabilities and hundreds of deaths. Abbreviation TOS
toxin noun a poisonous substance produced in the body by microorganisms
toxoplasmosis noun a potentially fatal disease caused by the parasite toxoplasma that is carried by animals, capable of causing encephalitis and hydrocephalus

TPN abbreviation total parenteral nutrition
traceability noun the concept that each stage in the supply chain from farm to consumer can be traced so that the quality of the food can be guaranteed
trace chemical noun a chemical found in very small quantities in a foodstuff
trace element noun a substance that is essential to the human body but only in very small quantities
trace mineral noun a mineral found in very small quantities in a foodstuff

trachea noun the main air passage that runs from the larynx to the lungs, where it divides into the two main bronchi
tract noun 1. a series of organs or tubes that allow something to pass from one part of the body to another 2. a series or bundle of nerve fibres connecting two areas of the nervous system and transmitting nervous impulses in one or in both directions
trade tariff noun a duty payable on imported or exported goods

Trading Standards Institute noun an association representing trading standards professionals at a national level. Abbreviation TSI

traditional biotechnology noun traditional methods of food preparation using the action of microorganisms, e.g. brewing and breadmaking
traffic-light labelling noun nutritional information on food packaging that is presented with a green, amber or red symbol, for ’eat freely’ ’eat in moderation’ and ’eat only occasionally’
traife adjective used for describing food that is not kosher
trail mix noun a snack containing nuts, dried fruit and seeds
trancheur noun the person in the kitchen who cuts meat (NOTE: From French, meaning ’carver.’)
transamination noun the process by which amino acids are metabolised in the liver
transdermal adjective used for describing nutrients that are able to be absorbed through the skin
trans-fatty acid noun an unsaturated fat formed during the hydrogenation of vegetable oils to produce margarine, viewed as a health risk because they raise cholesterol levels
transgenic adjective 1. used for describing an organism into which genetic material from a different species has been transferred using the techniques of genetic modification 2. used for describing the techniques of transferring genetic material from one organism to another

trans isomer noun an isomer in which the atom groups are positioned on opposite sides of the central bond
transverse colon noun the second section of the colon, which crosses the body below the stomach

traveller’s diarrhoea noun diarrhoea caused by exposure to unfamiliar bacteria or unsanitary conditions while travelling. Abbreviation TD

tray service noun a way of serving food in which the complete meal is assembled on a tray and taken or given to the consumer, as in hospitals or prisons

treacle noun a thick dark-brown syrup produced when sugar is refined, used for making treacle toffee

tree nut noun a nut from a tree, e.g. an almond, pecan or walnut

trematode noun same as fluke

tretinoin noun a drug related chemically to vitamin A and used in the treatment of acne and other skin disorders. Also called retinoic acid

tri- prefix containing three atoms, radicals or groups

triabolin noun a protein that is found only on the starch granules of soft wheats and may be responsible for reducing the adhesion between them

triammonium citrate noun E380

tricalcium citrate noun same as E333

tricalcium orthophosphate noun E341(c)

trichina noun a small slender nematode worm that infests the intestines of meat-eating mammals and whose larvae form cysts in skeletal muscle, with symptoms including diarrhoea, nausea, and fever

trichinosis, thichinellosis noun an infestation of the intestine with trichina worms, caused by eating undercooked infected pork or game

trichodystrophy noun inadequate nutrition of the hair that may cause it to thin or fall out

trichomonad noun a flagellated protozoan that lives as a parasite in the digestive and reproductive tracts of humans and animals

trichopolydystrophy noun same as Menkes’ syndrome

trichuriasis noun an infestation of the intestine with whipworms

triethylamine noun a fishy-tasting molecule in eggs produced when the hen has indigestible choline in their diet

triglyceride noun a substance such as fat that contains three fatty acids

trim verb 1. to cut off parts of meat or fish because they are not needed 2. to cut small amounts off something 3. to decorate something

trimethylamine noun an amine produced in cheese that is ripening

trimmings plural noun 1. pieces cut off when preparing meat or fish 2. sauces and garnishes that are usually served with a dish

tripe noun part of a cow’s stomach used as food

tripotassium citrate noun same as E332

trisodium citrate noun same as E331

trisodium diphosphate noun same as E450(ii)

triticale noun a new high-protein hybrid of wheat and rye

trivet noun a small metal stand on which hot dishes are kept off the table surface or on which delicate food items may be held in a pan so that they can be removed without damage

Trolox noun a derivative of vitamin E that functions as an antioxidant
Trolox equivalent

**Trolox equivalent** *noun* vitamin E derivatives with the same antioxidant properties as Trolox, measured in Oxygen Radical Absorbance Capacity tests. Abbreviation **TE**

**trophic** *adjective* relating to nutrition, digestion and growth

**trophology** *noun* the study of dietary requirements in humans and animals

**trophoneurosis** *noun* a disorder of the nerves caused by their being inadequately nourished

**trophonosis** *noun* any disease or disorder caused by nutritional deficiencies

**trophotherapy** *noun* treatment of a condition using appropriate foodstuffs

**tropical fruit** *noun* fruits that grow in hot countries, e.g. the pineapple, mango, pomegranate and banana

**tropical sprue** *noun* a tropical disease characterised by oily, loose stools and sores in the mouth, thought to be caused by a nutrient deficiency

**trot** *noun* diarrhoea *(informal)*

**trotters** *noun* pig’s feet cooked for food

**trout** *noun* any of various edible freshwater fish of the salmon family

**truffle** *noun* 1. an edible underground fungus that is regarded as a delicacy 2. a rich ball-shaped chocolate with a centre of soft chocolate

**truss** *verb* to tie or skewer a bird or a boned joint of meat into shape before cooking it

**trypsin** *noun* a protein-digesting enzyme secreted by the pancreas

**trypsin inhibitor** *noun* a substance found in some beans that inhibits the action of trypsins

**trypsinogen** *noun* an enzyme secreted by the pancreas into the duodenum

**tryptophan** *noun* an essential amino acid

**tsatsiki** *noun* a Greek dish of cucumber, mint and yoghurt

**TSI** *abbreviation* Trading Standards Institute

**tube feeding** *noun* same as enteral nutrition

**tuber** *noun* the swollen root of any plant used as a vegetable, e.g. a potato

**tumbler** *noun* a short glass with a flat base and straight sides

**tumbler mixer** *noun* a piece of machinery in a food processing plant that mixes powders, pastes and liquids

**tuna** *noun* a very large edible sea fish with dark pink flesh *(NOTE: The plural form is tuna.)*

**turbinado** *noun* raw, unprocessed sugar

**turbot** *noun* a large flat edible white sea fish *(NOTE: The plural form is turbot.)*

**tureen** *noun* a large serving dish for soup

**turista** *noun* same as traveller’s diarrhoea

**turkey** *noun* a large poultry bird raised for meat

**turmeric** *noun* a yellow spice obtained by grinding the underground stem of the turmeric plant of the ginger family, used especially in pickles and curries

**turn** *verb* 1. to become sour or start to ferment, usually undesirably 2. to rotate a piece of food so that it cooks or browns evenly 3. to shape vegetables for decoration

**turnip** *noun* a common vegetable with a round white root, used mainly in soups and stews

**turnover** *noun* a pastry with a sweet filling, baked or fried
tyrosine noun 1. an amino acid in protein that is a component of thyroxine and is a precursor to the catecholamines dopamine, noradrenaline and adrenaline.

2-(thiazol-4-yl) benzimidazole noun, E233

2-hydroxy diphenyl noun a compound that inhibits the metabolism of arachidonic acid

tying off noun the practice of sealing either end of a butchered animal’s digestive tract when it is removed, to stop the contents contaminating the meat

tympanites noun the expansion of the stomach with gas. Also called meteorism

Type I diabetes noun the type of diabetes mellitus in which the beta cells of the pancreas produce little or no insulin, and the person is completely dependent on injections of insulin for survival

Type II diabetes noun the type of diabetes mellitus in which cells throughout the body lose some or most of their ability to use insulin

typhilitis noun inflammation of the large intestine

typhoid noun a serious and sometimes fatal bacterial infection of the digestive system, caused by ingesting food or water contaminated with the bacillus Salmonella typhi, with symptoms of fever, severe abdominal pain and sometimes intestinal bleeding. Also called typhoid fever ■ adjective relating to typhoid

tyramine noun an enzyme found in cheese, beans, tinned fish, red wine and yeast extract that can cause high blood pressure if found in excessive quantities in the brain. ■ monoamine oxidase

tyrosinase noun an enzyme that oxidises tyrosine, responsible for the browning of some fruit and vegetables when they are cut

tyrosine noun an amino acid in protein that is a component of thyroxine and is a precursor to the catecholamines dopamine, noradrenaline and adrenaline

TVP abbreviation textured vegetable protein

turntable noun 1. a rotating circular platform on a stand, on which a cake is placed for icing and decoration 2. a rotating circular platform on the base of a microwave oven, on which the dish of food being cooked is placed to ensure even penetration of microwaves

2-hydroxy diphenyl noun a compound that inhibits the metabolism of arachidonic acid

typhoid noun a serious and sometimes fatal bacterial infection of the digestive system, caused by ingesting food or water contaminated with the bacillus Salmonella typhi, with symptoms of fever, severe abdominal pain and sometimes intestinal bleeding. Also called typhoid fever ■ adjective relating to typhoid

tyramine noun an enzyme found in cheese, beans, tinned fish, red wine and yeast extract that can cause high blood pressure if found in excessive quantities in the brain. ■ monoamine oxidase

tyrosinase noun an enzyme that oxidises tyrosine, responsible for the browning of some fruit and vegetables when they are cut

tyrosine noun an amino acid in protein that is a component of thyroxine and is a precursor to the catecholamines dopamine, noradrenaline and adrenaline
ugli fruit noun a naturally occurring hybrid of the grapefruit and mandarin with a very rough blemished peel and soft juicy orange flesh, found growing wild in Jamaica in 1914

UHT abbreviation ultra high temperature

UL noun the maximum daily intake of a particular nutrient that poses no risk to health. Full form upper level

ulcer noun an open sore in the skin or in a mucous membrane that is inflamed and difficult to heal

ulceration noun lesions formed inside the gastrointestinal tract, causing pain and bleeding present in blood and stools

ulcerative colitis noun inflammation of the rectum and colon with ulcers

ulcerative gingivitis noun painful inflammation of the gums accompanied by the formation of ulcers, a condition associated with bacterial infection and malnutrition

ultra high temperature, ultra heat treated adjective used for describing something such as milk that has undergone a process of sterilisation at very high temperatures. Abbreviation UHT

ultrapasteurised adjective used for describing milk that has undergone UHT pasteurisation

ultraviolet adjective used for describing the range of invisible radiation wavelengths just greater than those of the visible spectrum. Abbreviation UV

umami noun a Japanese word for a savoury flavour

unbleached flour noun flour which has not been whitened using a bleaching agent such as chlorine

uncinariasis noun infestation of the intestines with hookworms

unclean meats plural noun meats that are not fit to eat according to religious dietary laws, e.g. non-kosher meats in Judaism

uncured adjective not preserved by smoking, salting, pickling or drying

undercook verb to cook something for too short a time or at too low a heat, so that it is less well done that it should be

undercooked adjective not thoroughly cooked and therefore still slightly cold, hard or raw

underdish noun a flat dish on which another deeper dish is placed before serving

underdone adjective same as undercooked

undereat verb to eat an insufficient amount of food
undernourish verb to fail to supply someone with enough food or other resources to provide for proper development
undernutrition noun the fact of not receiving enough nutrients in the diet
underplate noun same as underdish
underweight adjective used for describing someone whose body weight is less than is medically advisable
undigested adjective used for describing food that is not digested in the body
UNDP abbreviation United Nations Development Programme
undressed adjective 1. not fully prepared for cooking or eating 2. not covered with a dressing or sauce
unhygienic adjective not clean or good for health
unique selling point noun a characteristic of a product that makes it different from all similar products. Abbreviation USP
unit noun a single part of a larger whole, or a single item of several
United Nations Development Programme noun the global development arm of the UN, which has eradicating poverty-related hunger as one of its central aims. Abbreviation UNDP
unitise verb to form into a single unit, or make something into a single unit
unitising noun the process of packaging items together into a single load for transport purposes
unit operation noun an operation that is common to the food processing industries, e.g. drying, mixing or sterilisation
Universal Product Code noun a bar code containing a unique 12-digit number that identifies a commercial product. Abbreviation UPC
unleavened adjective made without yeast or any other raising agent
unmatured adjective used for describing food or drink that has not yet matured to acquire the maximum flavour
unmilled adjective used for describing a grain that is whole, not ground in a mill
unmould verb to remove a food from a mould
unpasteurised adjective not treated with heat so as to remove harmful bacteria
unrefined adjective not processed to remove impurities or unwanted substances
unsalted adjective containing no added salt
unsaturated fat noun a type of fat that does not contain a large amount of hydrogen and so can be broken down more easily. Compare saturated fat, polyunsaturated fat
unstrained adjective used for describing something from which lumps have not yet been removed using a strainer
unsweetened adjective served, cooked, or manufactured with no added sugar or other natural or artificial sweetening agent
untreated milk noun milk that has not been processed in any way
UPC abbreviation Universal Product Code
uperisation noun the sterilisation of milk using pressurised steam
upper level noun full form of UL
urbanisation noun the process of migration from the countryside to the towns by which modern societies came to have more people living in cities and towns than in the country
urea 246

**urea noun** a substance produced in the liver from excess amino acids, excreted by the kidneys into the urine

**uric acid noun** a chemical compound that is formed from nitrogen in waste products from the body and that also forms crystals in the joints of people who have gout

**uridine noun** a nucleoside, consisting of uracil and ribose, that plays a role in the metabolism of carbohydrates

**urine noun** a yellowish liquid, containing water and waste products, mainly salt and urea, that is excreted by the kidneys and passed out of the body through the ureters, bladder and urethra

**urokinase noun** an enzyme formed in the kidneys that begins the process of breaking down blood clots

**urolithiasis noun** the presence of calculi in the urinary system

**use-by date noun** an indication of when a perishable food product will not longer be edible, a required element in food labelling in the UK

**USP abbreviation** unique selling point

**UV abbreviation** ultraviolet

**uvula noun** a piece of soft tissue that hangs down from the back of the soft palate
vaccine noun a substance used to inoculate or vaccinate
vac-pac noun a vacuum pack (informal)
vacreation noun a way of removing an unpleasant smell from cream using steam distillation
vacuole noun a space in a fold of a cell membrane
vacuum contact drying noun a way of drying food using hot plates that maintain contact with the food as it shrinks
vacuum cooling noun a method of chilling food in a vacuum
vacuum drying noun a method of drying foods by subjecting them to a vacuum so that the water evaporates at ambient temperatures, used with frozen food
vacuum pack noun a long-life pack in which food is sealed under vacuum in polythene or other clear plastic pouches
vacuum-packed adjective packed in a special plastic pack from which all air has been excluded, and then chilled or frozen
valine noun an essential amino acid
vanadium noun an essential mineral that activates enzymes in the body
vanilla noun a flavouring made from the seed pods of a tropical plant
vanillin noun a white aldehyde obtained from vanilla or prepared synthetically, used as a flavouring
variant CJD noun a form of Creutzfeldt-Jakob disease that was observed first in the 1980s, especially affecting younger people. Abbreviation vCJD
varied diet noun a diet that includes a range of different foods
variegate porphyria noun a type of porphyria that causes skin sensitivity to sunlight. Abbreviation VP
variety meats plural noun the US word for offal
vasoamine noun substances such as histamine that are naturally present in some foods and can trigger an allergic reaction in large quantities
vasodilatation noun the relaxation of blood vessels, especially the arteries, making them wider and leading to increased blood flow or reduced blood pressure
vasodilator noun a chemical substance which makes blood vessels become wider, so that blood flows more easily and blood pressure falls
vat noun a large tub used for fermenting and ageing wine, also used for large-scale processing of some foods, e.g. cheese and pickles

vCJD abbreviation variant CJD

VDLD abbreviation very low density lipoprotein

veal noun meat from a calf

VEGA abbreviation Vegetarian Economy and Green Agriculture

vegan noun someone who does not eat meat, dairy produce, eggs or fish and eats only vegetables and fruit. Compare vegetarian • adjective involving a diet of only vegetables and fruit

Vegan Society noun an association that provides information on living a vegan lifestyle

vegetable noun a savoury plant part used as food, e.g. a potato, carrot, onion, cabbage, cauliflower, pea or bean

vegetable black noun • E153

vegetable chef noun the chef in charge of preparing vegetables and pasta. Also called chef entremétier

vegetable knife noun a small sharp knife used for chopping vegetables

vegetable oil noun an oil that has been extracted from a plant or the seeds of a plant, e.g. olive oil, sunflower oil or sesame oil

vegetable parer noun same as peeler

vegetable pepsin noun same as papain

vegetable rennet noun plant enzymes that perform the same function as rennet, used in making vegetarian cheeses

vegetable shortening noun shortening made from hydrogenated vegetable oil, with a bland flavour

vegetarian noun someone who does not eat meat or fish, only vegetables, fruit and dairy produce. Compare vegan • adjective involving a diet without meat

vegetarian cheese noun cheese that has been made with vegetable rennet

Vegetarian Economy and Green Agriculture noun a research, information and campaigning organisation that focuses on farming, food, health and the land. Abbreviation VEGA

Vegetarian Society noun an association that provides information on living a vegetarian lifestyle

veggieburger noun a flat cake made from vegetables, grains or legumes, often served in the same way as a burger

vein noun a blood vessel that takes deoxygenated blood containing waste carbon dioxide from the tissues back to the heart

velouté noun any soup with a creamy texture

vending machine noun a machine from which you can buy something, such as sweets, chocolate, cigarettes or drinks, by putting coins into a slot

venison noun meat from a deer

ventilation hood, ventilation canopy noun a device placed over an oven or other cooking surface to remove smells and steam

verbascone noun a sugar present in legumes that is fermented in the intestine, causing the flatulence commonly associated with these
**verjuice** noun a very acidic juice made by pressing unripe grapes or crab apples, used as a flavouring

**vermicelli** plural noun pasta in the form of very thin strands, like very thin spaghetti

**vermicide** noun a substance that kills worms in the intestine

**vermiculation** noun decorative wavy lines, patterns or carvings

**vermifuge** noun a substance that removes worms from the intestine

**verotoxic E coli** noun same as *enterohaemorrhagic E coli*

**verotoxins** plural noun toxins produced by *enterohaemorrhagic E coli* bacteria

**very low density lipoprotein** noun a form of lipoprotein produced by the liver which transports lipids around the bloodstream. Abbreviation VLDL

**veterinary drug residues** plural noun traces of medicines used for treating livestock that are still present when the animal is slaughtered for food

**Vibrio parahaemolyticus** noun an infective food poisoning bacterium found in shellfish and other seafood, producing symptoms of diarrhoea that often lead to dehydration, abdominal pain and fever

**Vibrio vulnificus** noun a marine bacterium that can be ingested in seafood and causes severe symptoms in patients with existing liver disease

**vichysoise** noun a creamy soup made from leeks, potatoes, and onions, often served chilled

**vicine** noun the toxin in broad beans that causes favism

**Vietnamese coriander, Vietnamese mint** noun a herb used in Vietnamese cuisine

**villi** plural noun the small hair-like projections of the mucous membrane in the small intestine, which serve to increase its surface area and therefore its ability to absorb nutrients

**vinaigrette** noun a salad dressing made with oil, vinegar, salt and other flavourings. Also called French dressing

**Vincent’s angina** noun a painful mouth inflammation with ulcers and gum damage

**vindaloo** noun a very hot curry sauce made with coriander, red chilli, ginger and other spices, or a dish cooked in this sauce

**vinaigrette** noun a salad dressing made with oil, vinegar, salt and other flavourings. Also called French dressing

**vinyl** noun a plastic material used for making records and CDs

**vinylase** noun an enzyme that breaks down vinyl acetate

**vinylidene chloride** noun a colourless gas used in the manufacture of polymers

**vinyl resin** noun a polymerized vinyl chloride

**virus** noun a parasite consisting of a nucleic acid surrounded by a protein coat that can only develop in other cells

**virgin oil** noun oil that has not been treated after being pressed from the fruit or seed, giving it a more distinctive flavour and a higher vitamin content

**virgin olive oil** noun olive oil produced by the pressing of heated olive pulp after fine olive oil has been removed

**virgin pastry** noun puff pastry after it is first made, not after rerolling, used for vol-au-vents and other items that require an even rise or lift

**viscogen** noun a thickening agent used especially in whipping cream

**viscosity** noun the state of a liquid that moves slowly

**viscous** adjective used for describing a liquid that is thick and slow-moving
vision noun the sense of sight
vitafoods plural noun food products that are designed for health-conscious consumers
vitamin noun any of various substances that are not synthesised in the body but are found in most foods, essential for good health
vitamin A noun a vitamin that is soluble in fat and can be synthesised in the body from precursors, but is mainly found in food such as liver, vegetables, eggs and cod liver oil. Also called retinol (NOTE: Lack of vitamin A affects the body’s growth and resistance to disease.)
vitamin A2 noun a form of vitamin A obtained from fish liver
vitamin B1 noun a water-soluble vitamin that maintains normal carbohydrate metabolism and nervous system function and is found in high concentration in yeast, in the outer layers and germ of cereals, in beef, in pork and in pulses. Also called aneurin, thiamin
vitamin B2 noun a water-soluble vitamin that is essential for metabolic processes and for cell maintenance and repair, present in all leafy vegetables, in eggs, milk and the flesh of warm blooded animals. Also called riboflavin
vitamin B3 noun a water-soluble vitamin that occurs in the form of niacin, nicotinic acid and nicotinamide and is widely distributed in foodstuffs, with meat, fish, wholemeal flour and peanuts being major sources
vitamin B5 noun a water-soluble vitamin that is destroyed by boiling, found in all animal and plant tissues, especially poultry, liver, fish, eggs, potatoes and whole grains. Also called pantothenic acid
vitamin B6 noun a water-soluble vitamin that consists of the compounds pyridoxal, pyridoxol and pyridoxamine, found in low concentration in all animal and plant tissues, especially in fish, eggs and wholemeal flour
vitamin B12 noun a cobalt-containing water-soluble vitamin that, together with folic acid, has a vital role in metabolic processes and in the formation of red blood cells and is responsible for the general feeling of well-being in healthy individuals (NOTE: It is normally found only in animal products, particularly ox kidney and liver and oily fish.)
vitamin B13 noun same as pangamic acid
vitamin B15 noun same as orotic acid
vitamin B complex noun a group of vitamins such as folic acid, riboflavin and thiamine
vitamin C noun a vitamin that is soluble in water and is found in fresh fruit, especially oranges and lemons, raw vegetables and liver. Also called ascorbic acid (NOTE: Lack of vitamin C can cause anaemia and scurvy.)
vitamin D noun a vitamin which is soluble in fat, and is found in butter, eggs and fish (NOTE: It is also produced by the skin when exposed to sunlight. Vitamin D helps in the formation of bones, and lack of it causes rickets in children.)
vitamin D1 noun a form of vitamin D obtained through ultraviolet irradiation of a type of alcohol called ergosterol
vitamin D2 noun a precursor of vitamin D. Also called viosterol
vitamin D3 noun a precursor of vitamin D. Also called cholecalciferol
vitamin E noun a vitamin found in vegetables, vegetable oils, eggs and wholemeal bread
vitamin H noun a biotin
vitamin K noun a vitamin, found in green vegetables such as spinach and cabbage, that helps the clotting of blood and is needed to activate prothrombin
vitamin pill, vitamin supplement noun a pill containing one or several vitamins or minerals, taken as a food supplement
vitamin-rich adjective containing high levels of vitamins
vitellin noun the protein found in egg yolk
viticulture noun the cultivation of grapes
vodka noun 1. a strong colourless alcohol distilled from grain or potatoes, made originally in Russia and Poland 2. a glass of this alcohol
vol-au-vent noun a small round case of pastry, usually filled with a savoury mixture, eaten hot or cold
volume noun an amount of a substance
voluntary fortification noun enrichment of food products that is not required by government policy but is carried out at the discretion of the manufacturer, e.g. the enrichment of some breakfast cereals with folic acid
votator noun a machine used in the manufacture of margarine
VP abbreviation variegate porphyria
VTEC abbreviation verotoxic E coli
VTEC 0157 noun same as E coli 0157
wafer noun a thin sweet biscuit eaten with ice cream
waffle noun a type of thick crisp pancake cooked in an iron mould and eaten with syrup
waffle-iron noun an iron mould used for making waffles
waist-to-hip ratio noun a way of describing the distribution of adipose tissue in the body
Waldorf salad noun a salad made of diced raw apples, celery and walnuts with a mayonnaise dressing
walnut noun a hard round nut with a wrinkled shell
walnut oil noun oil produced by crushing walnuts
warm verb to heat food until it is quite hot
warming cupboard noun a specially heated cupboard in a kitchen, where food can be kept warm
wasabi noun a strong-tasting green powder or paste obtained from a plant root, used as a condiment in Japanese cooking
waste noun material that is useless, especially material that is left over after all the useful parts or substances have been used up • verb to use more of something than is needed • adjective used for describing material that is useless
wasted adjective of bodily tissues, shrunken and weakened as a result of illness or poor nutrition
water noun the liquid that is essential to life and makes up a large part of the body
water balance noun a state in which the water lost by the body, e.g. in urine or sweat, is made up by water absorbed from food and drink
water-binding agent noun salt or sugar used for preserving foods by reducing their water activity
water biscuit noun a thin unsweetened hard biscuit made of flour and water, eaten with cheese
water brash noun the sudden filling of the mouth with acidic juices from the stomach, usually accompanied by heartburn and often resulting from indigestion, a condition that is common in pregnancy but may also be an indication of a disorder of the digestive tract
water chestnut noun a round white crunchy stem base of a Chinese water plant, often used in Asian cooking
watercress noun a creeping plant grown in water and eaten in salads and soup. syn cress
water filter noun an appliance or fitting for removing unwanted matter from water, especially bacteria or harmful chemicals from drinking water
water glass **noun** a glass on a table for drinking water, placed next to a wine glass in a table setting

water icing **noun** same as **glacé icing**

Waterlow classification **noun** categories of malnutrition in children, based on the ratio of actual weight to expected weight and on the ratio of actual height to expected height

watermelon **noun** a large, very juicy green fruit with red flesh and black seeds

water retention **noun** the build-up of fluid in bodily tissues, causing swelling

water-soluble vitamins **plural noun** vitamins B and C, which can form a solution in water

watery **adjective** liquid, like water

waxed paper **noun** same as greaseproof paper

waxing **noun** the practice of coating fruit and vegetables in wax to improve the appearance and prevent moisture loss

waxy **adjective** 1. smooth and shiny 2. covered with wax

weak flour **noun** flour of any type with a lower protein content than strong flour, used for making biscuits and cakes but not suitable for bread-making

wean **verb** to make a baby stop breastfeeding and take other liquid or solid food, or to make a baby start to eat solid food after having only had liquids to drink

weep **verb** to ooze fluid

weight bearing activity **noun** resistance exercise that strengthens the bones and prevents osteoporosis

weighted dietary survey **noun** a dietary survey of a group, e.g. a family, that gives both individual and average results

weight-for-age **noun** an index of a child’s weight against the average weight for a child of that age, showing whether they are being adequately nourished for growth

weight-for-height **noun** an index of a child’s weight against the average weight for a child of that height, showing whether they are being adequately nourished for growth

weight loss **noun** the fact of losing weight or of becoming thinner

weld **noun** the seam along the length of a can that is vulnerable to corrosion

Wellcome classification **noun** categories of malnutrition in children, based on the ratio of actual weight to expected weight and on the presence or absence of oedema

well done **adjective** completely cooked

well-hung **adjective** used for describing meat that has been hung up long enough to mature and be good to eat

wellness **noun** physical wellbeing, especially when maintained or achieved through good diet and regular exercise

wellness foods **plural noun** nutritionally rich foods eaten for health

Wernicke-Korsakoff syndrome **noun** a form of brain damage caused by severe nutritional deficiencies in people with long-term alcoholism

WFP **abbreviation** World Food Programme

wheat **noun** a grain harvested in temperate regions from a widely cultivated cereal plant, used for making flour for bread, pasta, and other foods

wheat flakes **plural noun** partially boiled cracked wheat crushed between rollers then dried, lightly toasted and used in muesli and as a breakfast cereal
wheat germ 254

**wheat germ** noun the centre of the wheat grain that is milled finely and sometimes toasted, used for sprinkling over cereals and in cooking

**wheat germ flour** noun the pulverised germ of wheat usually dry-fried or roasted before use

**wheat grain** noun a single kernel of unprocessed wheat ready for milling

**wheatgrass** noun wheat grains sprouted to a height of around 7 inches or 17 cm, cut and pulped to produce a highly nutritious juice that is drunk in very small quantities

**wheat hardness** noun a measure of the ease with which wheat is ground into flour

**wheat intolerance** noun an inability to digest wheat

**wheat protein** noun [seitan]

**wheat starch** noun a gluten-free wheat flour consisting mainly of starch, used as a thickener and mixed with tapioca starch to make a boiling water dough suitable, after kneading and rolling or flattening, for wrapping small parcels of food such as dim sum

**whelk** noun a type of edible sea snail

**whey** noun the watery liquid that separates from the solid part of milk when it turns sour or when enzymes are added in cheese making. Compare [curd]

**whey protein concentrate** noun a high-protein supplement used by bodybuilders, containing bioavailable milk proteins. Abbreviation WPC

**whey protein isolate** noun a sports supplement that is more purified than whey protein concentrate. Abbreviation WPI

**whip** verb to make food such as batter or cream stiff and creamy by adding air to it with short quick movements, using a fork, whisk or electric beater

**whipped cream** noun cream that is beaten until it is stiff, flavoured with sugar and vanilla

**whipping cream** noun a heavy cream containing a high proportion of butterfat that causes it to stiffen when whipped

**whipworm** noun the worm that causes the condition trichuriasis

**whisk** noun a kitchen tool made of curved or coiled wires attached to a handle, used for whipping soft or liquid foods ■ verb to whip a soft or liquid substance with a fork, whisk or other utensil

**white** adjective of a colour like snow or milk ■ noun an egg white

**white adipose tissue** noun fat stored in the body that is not metabolically active and is hard to burn. Compare [brown adipose tissue]

**whitebait** noun a small young fish fried and eaten whole (NOTE: The plural form is whitebait.)

**white bread** noun bread made from refined white flour

**white chocolate** noun a cream-coloured confection containing the same ingredients as chocolate but lacking cocoa powder

**white fat** noun same as white adipose tissue

**white fish** noun 1. any edible sea fish with whitish flesh, e.g. the cod, hake or whiting, as distinct from a flat fish such as the plaice and an oily fish such as the mackerel 2. a small freshwater fish related to the salmon and trout, often smoked

**white flour** noun wheat flour from which the bran and wheat germ have been removed, leaving between 72% and 74% of the original dehusked grain, sometimes bleached chemically to enhance the white colour

**white meat** noun light-coloured meat, such as the breast meat on a chicken
white pepper noun a light-coloured pepper made from peppercorns that have had their dark husk removed
white pudding noun a food that consists of pork meat and fat, suet, bread, and oatmeal, formed into the shape of a large sausage, similar to black pudding but without the blood
white roux noun a roux that contains equal quantities of plain soft flour and butter, cooked without being coloured, used for bechamel sauce
white sauce noun a basic sauce made from fat, flour and liquid usually milk or stock
white sugar noun same as granulated sugar
white wine noun wine made without leaving the grape skins in the fermenting mixture, making the wine pale yellow or green instead of deep red
whiting noun a type of small sea fish (NOTE: The plural form is whiting.)
WHO abbreviation World Health Organisation
wholefood noun food that has been grown without the use of artificial fertilisers and has not been processed
wholegrain noun food such as rice of which the whole of the seed is eaten
wholemeal noun flour that contains a large proportion of the original wheat seed, including the bran adjective containing wheat germ and bran
whole milk noun cows’ milk with a least 3.25% butterfat and 8.25% non-fat solids
whole school approach noun healthy eating education combined with the provision of nutritious meals and snacks at school, reinforcing the message
wholewheat noun same as wholemeal
Wiener schnitzel noun a slice of veal covered in breadcrumbs and fried
wild mushroom noun any of various types of edible mushroom found in the countryside and now also cultivated (NOTE: Ceps and chanterelles are the best-known wild mushrooms.)
wild rice noun a species of grass that is found naturally in North America and is similar to rice
wilted adjective 1. used for describing a crisp leaf vegetable that has been lightly cooked so that it is no longer crunchy 2. used for describing a plant or vegetable that has drooped or shrivelled through lack of water or too much heat
wine noun 1. an alcoholic drink made from the juice of grapes 2. an alcoholic drink made from the juice of fruit or flowers
wine glass noun a glass for serving wine
wine vinegar noun vinegar made from wine, as distinct from cider vinegar or malt vinegar
winkle noun a type of small edible sea-snail
winterise verb to remove saturated glycerides from oil so that it does not become cloudy at low temperatures
wire rack noun a raised tray made of wire for cooling hot food such as cakes on
wishbone noun the V-shaped bone found between the breasts of a chicken or other bird
withdrawal noun a period during which a person who has been addicted to a drug stops taking it and experiences unpleasant symptoms
wok noun a Chinese round-bottomed frying pan
wolf verb to eat food quickly and greedily or in gulps
wolfberry noun a nutritionally rich berry with high concentrations of antioxidants, considered a superfood

won ton noun in Chinese cookery, a small dumpling made from a square of noodle dough with a little filling in the middle, boiled in soup or deep-fried

wood pigeon noun a wild pigeon that is used as food

woodruff noun a perennial plant with leaves that are used, mainly in Germany, to flavour wine, beer, brandy, sausages and jam, and to make a herbal tea with gentle sedative properties

Worcestershire sauce, Worcester sauce noun a thin pungent table sauce flavoured with soy, tamarind and spices, originally made in Worcestershire

work surface noun a rigid flat area on which work is done, e.g., a tabletop or kitchen counter

World Food Programme noun a part of the Food and Agriculture Organization of the United Nations intended to give international aid in the form of food from countries with food surpluses. Abbreviation WFP

World Health Assembly noun an annual meeting of delegates from all member states of the WHO, at which major policy decisions are made

World Health Organisation noun the United Nation’s agency for health, promoting global health education and provision of healthcare facilities. Abbreviation WHO

worms plural noun a condition in which a human or animal is infested with parasitic worms that can cause disease

WPC abbreviation whey protein concentrate

WPI abbreviation whey protein isolate

wrap noun a soft bread, like a tortilla, wrapped round a filling to make a snack
xanthan gum noun gum produced from a bacterium by commercial fermentation, used as a thickener or gelling agent. Also called E415
xanthelasma noun yellow deposits on the eyelids caused by high levels of cholesterol in the blood
xanthoma noun a yellow fatty mass, often on the eyelids and hands, found in people with a high level of cholesterol in the blood (NOTE: The plural is xanthomata.)
xanthophyll noun a yellow pigment, found in the leaves of most plants, that gives egg yolks their yellow colour
xanthosis noun high blood concentrations of betacarotene creating a yellow tinge in the skin
xenobiotic adjective used for describing a substance found in the body that is not normally expected to be there
xerophagia noun the practice of eating only dry food
xerophobia noun a dry-sounding voice caused by diabetes medication
xerophthalmia noun severe vitamin A deficiency leading to ulceration of the cornea
xerosis noun abnormal dryness of an organ or tissue
xerostomia noun dryness of the mouth caused by medication that arrests the salivary glands
xylitol noun a type of alcohol somewhat sweeter than sugar, used in sugar-free chewing gum
yakitori noun a dish of Japanese origin consisting of small pieces of grilled chicken that are basted on skewers with a sauce of soya, stock, sugar and mirin
yam noun 1. the thick starchy tuber of a tropical plant, used like a potato 2. same as sweet potato
yarrow noun a flowering plant of northern countries with leaves that are taken as a digestive stimulant and anti-inflammatory
yeast noun a living fungus used for making bread and beer
yeast extract noun a thick sticky brown food obtained from yeast and eaten as a spread or used in cooking
yeast infection noun an overgrowth of a fungus in the vagina, intestines, skin or mouth, causing irritation and swelling
Yersinia enterocolitica noun a strain of bacteria that causes yersiniosis, found in raw pork products
yersiniosis noun a condition, mainly found in children and young adults, caused by a bacterium and characterised by intestinal pain and symptoms that resemble appendicitis
yield noun the number of servings or portions obtained from a given recipe or amount of food
yoghurt noun milk fermented by bacteria to give a tangy or slightly sour flavour and a lightly set or thick and creamy consistency
yolk noun the yellow central part of an egg
yolk greening noun the formation of a greenish-grey film on the outside of a hard-boiled egg yolk, caused by the deposition of ferrous sulphur
Yorkshire pudding noun a mixture of eggs, flour and milk, cooked in the oven, the traditional accompaniment to roast beef
yo-yo dieting noun a situation in which a person repeatedly loses weight through dieting and then regains the weight that he or she has lost
zabaglione noun a dessert made of egg yolks, sugar and marsala wine beaten over hot water until pale and foamy and served hot with sponge finger biscuits
zander noun a freshwater fish of the perch family, native to central Europe (NOTE: Its scientific name is Stizostedion lucioperca.)
Z blade mixer noun a food mixer with a rotating zig-zag blade
zearelenone noun a type of mycotoxin that is produced by fungus on cereals in storage
zeaxanthin noun a type of carotenoid found in eggs and citrus fruit that contributes to eye health
zen macrobiotics noun a very strict form of macrobiotic diet that avoids, e.g., eating foods that are out of season or foods that have been transported a long distance
zest noun the thin outer rind of the peel of a citrus fruit that is cut, scraped or grated to yield a sharp fruity flavouring for foods and drinks
zester noun a small utensil with a row of tiny sharpened holes or edges at its tip for cutting strips of zest from oranges, lemons and other citrus fruits
zinc noun a white metallic trace element (NOTE: The chemical symbol is Zn.)
zinc deficiency noun a condition that can cause tissue wasting and delayed puberty in boys
zinc monomethionine aspartate and magnesium aspartate noun full form of ZMA
ZMA noun a supplement for athletes containing zinc and magnesium, reputed to increase testosterone. Full form zinc monomethionine aspartate and magnesium aspartate
Zone diet noun a dietary plan in which 40% of daily calories should come from carbohydrates, 30% from proteins and 30% from fats
zucchini noun same as courgette
zygosaccharomyces plural noun types of yeast that prefer sugary atmospheres
zymase noun the enzyme mixture found in yeast
zymochemistry noun the chemical reactions involved in fermentation
zymogen noun same as proenzyme
zymogene noun a microbe that causes fermentation
zymogenesis noun the transformation of azymogen into an enzyme
zymogenic adjective causing or promoting fermentation
zymology noun the branch of chemistry concerned with the action of enzymes
zymolysis *noun* the action of enzymes in the process of fermentation. Also called *zymosis*

zymoprotein *noun* a protein that also functions as an enzyme

zymosthenic *noun* an agent that amplifies the effect of an enzyme

zymurgy *noun* the branch of chemistry concerned with brewing and distilling
SUPPLEMENTS

Weights and Measures
Micronutrient Sources and Deficiencies
Recommended Daily Amounts (RDAs):
  Vitamins
  Minerals
  Energy
  Protein
Saturated and Unsaturated Fats
Body Mass Index Calculator
HACCP Procedure for Food Hygiene
Nutrition Contacts
Food Industry Contacts
Health Contacts
Weights and Measures

<table>
<thead>
<tr>
<th>Imperial - Metric</th>
<th>1 dash</th>
<th>= 4 ml.</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1 teaspoon</td>
<td>= 5 ml.</td>
</tr>
<tr>
<td></td>
<td>1 dessert spoon</td>
<td>= 10 ml.</td>
</tr>
<tr>
<td></td>
<td>1 tablespoon</td>
<td>= 15 ml.</td>
</tr>
<tr>
<td></td>
<td>1 fluid ounce</td>
<td>= 28.4 ml.</td>
</tr>
<tr>
<td></td>
<td>1 pint</td>
<td>= 568 ml.</td>
</tr>
<tr>
<td></td>
<td>1 quart</td>
<td>= 1.1 l.</td>
</tr>
<tr>
<td></td>
<td>1 gallon</td>
<td>= 4.5 l.</td>
</tr>
<tr>
<td></td>
<td>1 ounce</td>
<td>= 28.4g.</td>
</tr>
<tr>
<td></td>
<td>1 pound</td>
<td>= 454g.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Metric - Imperial</th>
<th>10 millilitres</th>
<th>= 2.5 dash</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>10 millilitres</td>
<td>= 2 tsp.</td>
</tr>
<tr>
<td></td>
<td>10 millilitres</td>
<td>= 1 dsp.</td>
</tr>
<tr>
<td></td>
<td>10 millilitres</td>
<td>= 0.5 tbsp.</td>
</tr>
<tr>
<td></td>
<td>1 litre</td>
<td>= 0.35 fl. oz.</td>
</tr>
<tr>
<td></td>
<td>1 litre</td>
<td>= 1.75 pints</td>
</tr>
<tr>
<td></td>
<td>1 litre</td>
<td>= 0.9 quarts</td>
</tr>
<tr>
<td></td>
<td>1 litre</td>
<td>= 0.22 gallons</td>
</tr>
<tr>
<td></td>
<td>10 grams</td>
<td>= 0.35 oz.</td>
</tr>
<tr>
<td></td>
<td>1 kilogram</td>
<td>= 2.2 lb.</td>
</tr>
</tbody>
</table>

Temperature conversions

<table>
<thead>
<tr>
<th>Fahrenheit</th>
<th>Celsius</th>
<th>Gas Mark</th>
</tr>
</thead>
<tbody>
<tr>
<td>225°F</td>
<td>110°C</td>
<td>¼</td>
</tr>
<tr>
<td>250°F</td>
<td>130°C</td>
<td>½</td>
</tr>
<tr>
<td>275°F</td>
<td>140°C</td>
<td>1</td>
</tr>
<tr>
<td>300°F</td>
<td>150°C</td>
<td>2</td>
</tr>
<tr>
<td>325°F</td>
<td>170°C</td>
<td>3</td>
</tr>
<tr>
<td>350°F</td>
<td>180°C</td>
<td>4</td>
</tr>
<tr>
<td>375°F</td>
<td>190°C</td>
<td>5</td>
</tr>
<tr>
<td>400°F</td>
<td>200°C</td>
<td>6</td>
</tr>
<tr>
<td>425°F</td>
<td>220°C</td>
<td>7</td>
</tr>
<tr>
<td>450°F</td>
<td>230°C</td>
<td>8</td>
</tr>
<tr>
<td>475°F</td>
<td>240°C</td>
<td>9</td>
</tr>
</tbody>
</table>

(All measurements are approximate)
### Micronutrient Sources and Deficiencies

#### Vitamins:

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Dietary sources</th>
<th>Deficiency symptoms</th>
<th>Overdose symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>Liver, dairy products, spinach, oily fish, carrots</td>
<td>Night blindness, anaemia, weakened immune system, dry skin</td>
<td>Bone defects, liver damage. Can cause harm to unborn babies.</td>
</tr>
<tr>
<td>Thiamine</td>
<td>Pork, fruit, eggs, grains, fortified breakfast cereals</td>
<td>Headache, tiredness, anorexia, muscle wasting</td>
<td>None known</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>Milk, eggs, fortified breakfast cereals, rice</td>
<td>Weakened nervous system, cracks in mouth and lips</td>
<td>None known</td>
</tr>
<tr>
<td>Niacin</td>
<td>Beef, pork, chicken, eggs, milk</td>
<td>Weakened digestive and nervous systems</td>
<td>Skin flushing, liver damage, digestive dysfunction</td>
</tr>
<tr>
<td>Pantothenate</td>
<td>Chicken, kidney, broccoli, tomatoes</td>
<td>Impaired absorption of energy from food</td>
<td>Fatigue, nausea, cold hands and feet</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>Pork, cod, eggs, whole grains, milk</td>
<td>Anaemia, nausea, confusion</td>
<td>Temporary nerve damage</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>Meat, fish, yeast, dairy products</td>
<td>Anaemia, fatigue, impaired absorption of folic acid</td>
<td>None known</td>
</tr>
<tr>
<td>Biotin</td>
<td>Kidney, eggs, dried fruit</td>
<td>Fatigue, hair loss, depression, weight loss</td>
<td>None known</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>Citrus fruit, vegetables</td>
<td>Loose teeth, joint pain, hair loss, anaemia</td>
<td>Diarrhoea, stomach pain, flatulence</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>Oily fish, eggs, liver, sunlight</td>
<td>Bone softening, loose teeth</td>
<td>Kidney damage, calcium deposits in soft tissues</td>
</tr>
</tbody>
</table>
### Micronutrient Sources and Deficiencies cont.

#### Vitamins cont.

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Dietary sources</th>
<th>Deficiency symptoms</th>
<th>Overdose symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin E</td>
<td>Seeds, nuts, vegetable oils, whole grains</td>
<td>Cell damage, anaemia, weakness</td>
<td>None known</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>Green leafy vegetables, cereals, oils</td>
<td>Impaired healing of wounds, haemorrhage</td>
<td>None known</td>
</tr>
<tr>
<td>Folic Acid</td>
<td>Brussels sprouts, broccoli, peas, yeast</td>
<td>Anaemia, fatigue, swollen tongue. Can cause damage to unborn babies.</td>
<td>Covers up Vitamin B12 deficiency</td>
</tr>
</tbody>
</table>

#### Minerals:

<table>
<thead>
<tr>
<th>Mineral</th>
<th>Dietary sources</th>
<th>Deficiency symptoms</th>
<th>Overdose symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>Green leafy vegetables, dairy products</td>
<td>Impaired blood clotting, weak bones, irregular heartbeat</td>
<td>Stomach pain, diarrhoea</td>
</tr>
<tr>
<td>Magnesium</td>
<td>Nuts, bread, spinach</td>
<td>Impaired bone health, fatigue</td>
<td>Diarrhoea</td>
</tr>
<tr>
<td>Selenium</td>
<td>Nuts, bread, fish, meat, eggs</td>
<td>Damage to cells and tissues, weakened immune system</td>
<td>Loss of hair and nails, skin damage, chronic illness</td>
</tr>
<tr>
<td>Zinc</td>
<td>Shellfish, meat, dairy products</td>
<td>Bone damage, decreased sexual function</td>
<td>Anaemia, bone weakening, eye damage</td>
</tr>
<tr>
<td>Iron</td>
<td>Liver, red meat, pulses, dried fruit</td>
<td>Anaemia</td>
<td>Stomach pain, nausea, constipation</td>
</tr>
<tr>
<td>Iodine</td>
<td>Sea fish, shell fish, milk</td>
<td>Decreased thyroid function</td>
<td>Thyroid damage</td>
</tr>
</tbody>
</table>

Data from Food Standards Agency: [www.eatwell.gov.uk](http://www.eatwell.gov.uk)
## RDAs: Water-Soluble Vitamins

<table>
<thead>
<tr>
<th>Group</th>
<th>Vitamin C (mg/day)</th>
<th>Thiamine (mg/day)</th>
<th>Riboflavin (mg/day)</th>
<th>Niacin* (mg/day)</th>
<th>Vitamin B6 (mg/day)</th>
<th>Pantothenate (mg/day)</th>
<th>Biotin (/day)</th>
<th>Vitamin B12 (/day)</th>
<th>Folate (/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infant (0-12 months)</td>
<td>27.5</td>
<td>0.25</td>
<td>0.35</td>
<td>3</td>
<td>0.2</td>
<td>1.75</td>
<td>5.5</td>
<td>0.5</td>
<td>80</td>
</tr>
<tr>
<td>Child (1-9 years)</td>
<td>32</td>
<td>0.7</td>
<td>0.7</td>
<td>9</td>
<td>0.8</td>
<td>3</td>
<td>14</td>
<td>1.3</td>
<td>225</td>
</tr>
<tr>
<td>Adolescent (10-18 years)</td>
<td>40</td>
<td>1.2</td>
<td>1.2</td>
<td>16</td>
<td>1.3</td>
<td>5</td>
<td>25</td>
<td>2.4</td>
<td>400</td>
</tr>
<tr>
<td>Adult female (19-65 years)</td>
<td>45</td>
<td>1.1</td>
<td>1.1</td>
<td>14</td>
<td>1.4</td>
<td>5</td>
<td>30</td>
<td>2.4</td>
<td>400</td>
</tr>
<tr>
<td>Adult male (19-65 years)</td>
<td>45</td>
<td>1.2</td>
<td>1.3</td>
<td>16</td>
<td>1.5</td>
<td>5</td>
<td>30</td>
<td>2.4</td>
<td>400</td>
</tr>
<tr>
<td>Elderly (65+ years)</td>
<td>45</td>
<td>1.2</td>
<td>1.2</td>
<td>15</td>
<td>1.6</td>
<td>5</td>
<td>**</td>
<td>2.4</td>
<td>400</td>
</tr>
<tr>
<td>Pregnant</td>
<td>55</td>
<td>1.4</td>
<td>1.4</td>
<td>18</td>
<td>1.9</td>
<td>6</td>
<td>30</td>
<td>2.6</td>
<td>600</td>
</tr>
<tr>
<td>Lactating</td>
<td>70</td>
<td>1.5</td>
<td>1.6</td>
<td>17</td>
<td>2</td>
<td>7</td>
<td>35</td>
<td>2.8</td>
<td>500</td>
</tr>
</tbody>
</table>

* or dietary equivalents  ** no figures available

# RDAs: Fat-Soluble Vitamins and Minerals

<table>
<thead>
<tr>
<th>Group</th>
<th>Fat-soluble vitamins</th>
<th>Minerals</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Vitamin A (mg/day)</td>
<td>Calcium (mg/day)</td>
</tr>
<tr>
<td>Infant (0-12 months)</td>
<td>380</td>
<td>350</td>
</tr>
<tr>
<td>Child (1-9 years)</td>
<td>450</td>
<td>600</td>
</tr>
<tr>
<td>Adolescent (10-18 years)</td>
<td>600</td>
<td>1300</td>
</tr>
<tr>
<td>Adult female (19-65 years)</td>
<td>500</td>
<td>1150</td>
</tr>
<tr>
<td>Adult male (19-65 years)</td>
<td>600</td>
<td>1300</td>
</tr>
<tr>
<td>Elderly (65+ years)</td>
<td>600</td>
<td>1300</td>
</tr>
<tr>
<td>Pregnant</td>
<td>300</td>
<td>1200</td>
</tr>
<tr>
<td>Lactating</td>
<td>850</td>
<td>1000</td>
</tr>
</tbody>
</table>

* moderate bioavailability  ** 10% bioavailability

### RDAs: Energy

<table>
<thead>
<tr>
<th>Age</th>
<th>Male</th>
<th>Female</th>
<th>Male + female</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0.62 800</td>
<td>0.59 740</td>
<td>1.22 820</td>
</tr>
<tr>
<td>1</td>
<td>0.62 1200</td>
<td>0.60 1140</td>
<td>1.22 1220</td>
</tr>
<tr>
<td>2</td>
<td>0.63 1410</td>
<td>0.60 1310</td>
<td>1.22 1380</td>
</tr>
<tr>
<td>3</td>
<td>0.63 1560</td>
<td>0.60 1440</td>
<td>1.23 1500</td>
</tr>
<tr>
<td>4</td>
<td>0.63 1690</td>
<td>0.62 1540</td>
<td>1.27 1620</td>
</tr>
<tr>
<td>0-4</td>
<td>3.16 1330</td>
<td>3.0 1240</td>
<td>6.16 1290</td>
</tr>
<tr>
<td>5-9</td>
<td>3.42 1980</td>
<td>3.26 1760</td>
<td>6.67 1860</td>
</tr>
<tr>
<td>10-14</td>
<td>3.48 2390</td>
<td>3.33 2050</td>
<td>6.81 2210</td>
</tr>
<tr>
<td>15-19</td>
<td>3.49 2780</td>
<td>3.34 2160</td>
<td>6.83 2420</td>
</tr>
<tr>
<td>20-59</td>
<td>27.56 2590</td>
<td>27.68 2090</td>
<td>55.24 2230</td>
</tr>
<tr>
<td>60+</td>
<td>7.44 2160</td>
<td>10.84 1880</td>
<td>18.28 1890</td>
</tr>
<tr>
<td>Pregnant</td>
<td>n/a n/a</td>
<td>1.2 200 extra</td>
<td>1.2 200 extra</td>
</tr>
<tr>
<td>Lactating</td>
<td>n/a n/a</td>
<td>0.3 500 extra</td>
<td>0.3 500 extra</td>
</tr>
<tr>
<td>Whole population</td>
<td>48.55 2400</td>
<td>51.45 1980</td>
<td>100% 2180</td>
</tr>
</tbody>
</table>

### RDAs: Protein


<table>
<thead>
<tr>
<th>Age</th>
<th>% of total population</th>
<th>Energy requirement (kcal/day)</th>
<th>% of total population</th>
<th>Energy requirement (kcal/day)</th>
<th>% of total population</th>
<th>Energy requirement (kcal/day)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0.62</td>
<td>12.9</td>
<td>0.59</td>
<td>11.9</td>
<td>1.22</td>
<td>12.3</td>
</tr>
<tr>
<td>1</td>
<td>0.62</td>
<td>14.1</td>
<td>0.60</td>
<td>13.3</td>
<td>1.22</td>
<td>14.0</td>
</tr>
<tr>
<td>2</td>
<td>0.63</td>
<td>15.5</td>
<td>0.60</td>
<td>15.0</td>
<td>1.22</td>
<td>15.5</td>
</tr>
<tr>
<td>3</td>
<td>0.63</td>
<td>16.9</td>
<td>0.60</td>
<td>16.5</td>
<td>1.23</td>
<td>16.7</td>
</tr>
<tr>
<td>4</td>
<td>0.63</td>
<td>18.5</td>
<td>0.62</td>
<td>17.3</td>
<td>1.27</td>
<td>17.9</td>
</tr>
<tr>
<td>0-4</td>
<td>3.16</td>
<td>15.7</td>
<td>3.0</td>
<td>14.9</td>
<td>6.16</td>
<td>15.3</td>
</tr>
<tr>
<td>5-9</td>
<td>3.42</td>
<td>24.4</td>
<td>3.26</td>
<td>24.1</td>
<td>6.67</td>
<td>24.3</td>
</tr>
<tr>
<td>10-14</td>
<td>3.48</td>
<td>42.1</td>
<td>3.33</td>
<td>41.5</td>
<td>6.81</td>
<td>41.8</td>
</tr>
<tr>
<td>15-19</td>
<td>3.49</td>
<td>54.4</td>
<td>3.34</td>
<td>44.7</td>
<td>6.83</td>
<td>49.7</td>
</tr>
<tr>
<td>20-59</td>
<td>27.56</td>
<td>50.2</td>
<td>27.68</td>
<td>41.2</td>
<td>55.24</td>
<td>45.9</td>
</tr>
<tr>
<td>60+</td>
<td>7.44</td>
<td>50.2</td>
<td>10.84</td>
<td>41.2</td>
<td>18.28</td>
<td>44.9</td>
</tr>
<tr>
<td>Pregnant</td>
<td>n/a</td>
<td>n/a</td>
<td>1.2</td>
<td>200 extra</td>
<td>1.2</td>
<td>200 extra</td>
</tr>
<tr>
<td>Lactating</td>
<td>n/a</td>
<td>n/a</td>
<td>0.3</td>
<td>500 extra</td>
<td>0.3</td>
<td>500 extra</td>
</tr>
<tr>
<td>Whole population</td>
<td>48.55</td>
<td>45.9</td>
<td>51.45</td>
<td>39.5</td>
<td>100%</td>
<td>42.4</td>
</tr>
</tbody>
</table>
Saturated and Unsaturated Fats

<table>
<thead>
<tr>
<th>Food product</th>
<th>Saturated (% of total fats)</th>
<th>Monounsaturated (% of total fats)</th>
<th>Polyunsaturated (% of total fats)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef</td>
<td>50</td>
<td>42</td>
<td>4</td>
</tr>
<tr>
<td>Butter</td>
<td>62</td>
<td>29</td>
<td>4</td>
</tr>
<tr>
<td>Canola oil</td>
<td>7</td>
<td>55</td>
<td>33</td>
</tr>
<tr>
<td>Chicken</td>
<td>30</td>
<td>45</td>
<td>21</td>
</tr>
<tr>
<td>Cocoa butter</td>
<td>60</td>
<td>35</td>
<td>2</td>
</tr>
<tr>
<td>Coconut oil</td>
<td>86</td>
<td>6</td>
<td>2</td>
</tr>
<tr>
<td>Corn oil</td>
<td>13</td>
<td>24</td>
<td>59</td>
</tr>
<tr>
<td>Cottonseed oil</td>
<td>26</td>
<td>18</td>
<td>50</td>
</tr>
<tr>
<td>Hard margarine</td>
<td>18</td>
<td>59</td>
<td>18</td>
</tr>
<tr>
<td>Lamb</td>
<td>47</td>
<td>42</td>
<td>4</td>
</tr>
<tr>
<td>Olive oil</td>
<td>13</td>
<td>74</td>
<td>8</td>
</tr>
<tr>
<td>Palm kernel oil</td>
<td>81</td>
<td>11</td>
<td>2</td>
</tr>
<tr>
<td>Palm oil</td>
<td>49</td>
<td>37</td>
<td>9</td>
</tr>
<tr>
<td>Peanut oil</td>
<td>17</td>
<td>46</td>
<td>32</td>
</tr>
<tr>
<td>Pork</td>
<td>40</td>
<td>45</td>
<td>11</td>
</tr>
<tr>
<td>Safflower oil</td>
<td>9</td>
<td>12</td>
<td>75</td>
</tr>
<tr>
<td>Soft margarine</td>
<td>17</td>
<td>47</td>
<td>31</td>
</tr>
<tr>
<td>Soybean oil</td>
<td>4</td>
<td>23</td>
<td>58</td>
</tr>
<tr>
<td>Sunflower oil</td>
<td>13</td>
<td>24</td>
<td>59</td>
</tr>
<tr>
<td>Vegetable shortening</td>
<td>31</td>
<td>51</td>
<td>14</td>
</tr>
<tr>
<td>Walnut oil</td>
<td>9</td>
<td>16</td>
<td>70</td>
</tr>
</tbody>
</table>

All figures represent the percentage of total fats in the food or oil. Total fat content of foods may vary.

Data from Food and Cooking: and Encyclopedia of Kitchen Science, History and Culture (McGee, Hodder and Stoughton, 2004)
### Body Mass Index Calculator

<table>
<thead>
<tr>
<th>Height (cm)</th>
<th>Body Weight (kg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>150cm</td>
<td>43 45 47 49 52 54 56 58 60 63 65 67 69 72 74 76 78</td>
</tr>
<tr>
<td>152cm</td>
<td>44 46 49 51 54 56 58 60 63 65 67 69 72 74 76 79 81</td>
</tr>
<tr>
<td>155cm</td>
<td>45 48 50 53 55 57 60 63 65 67 69 72 74 77 79 82 84</td>
</tr>
<tr>
<td>157cm</td>
<td>47 49 52 54 57 59 62 64 67 69 72 74 77 79 82 84 87</td>
</tr>
<tr>
<td>160cm</td>
<td>49 51 54 56 59 61 64 66 69 72 74 77 79 82 84 87 89</td>
</tr>
<tr>
<td>163cm</td>
<td>50 53 55 58 61 64 66 68 71 74 77 79 82 84 87 89 93</td>
</tr>
<tr>
<td>165cm</td>
<td>52 54 57 60 63 65 68 71 73 76 79 82 84 87 90 93 95</td>
</tr>
<tr>
<td>168cm</td>
<td>54 56 59 62 64 67 70 73 76 78 81 84 87 90 93 95 98</td>
</tr>
<tr>
<td>170cm</td>
<td>55 57 61 64 66 69 72 75 78 81 84 87 90 93 96 98 101</td>
</tr>
<tr>
<td>172cm</td>
<td>57 59 63 65 68 72 74 78 80 83 86 89 92 95 98 101 104</td>
</tr>
<tr>
<td>175cm</td>
<td>58 61 64 68 70 73 77 80 83 86 89 92 95 98 101 104 107</td>
</tr>
<tr>
<td>178cm</td>
<td>60 63 66 69 73 76 79 82 85 88 92 95 98 104 104 107 110</td>
</tr>
<tr>
<td>180cm</td>
<td>62 65 68 71 75 78 81 84 88 91 94 98 101 104 107 110 113</td>
</tr>
<tr>
<td>183cm</td>
<td>64 67 70 73 77 80 83 87 90 93 97 100 103 107 110 113 117</td>
</tr>
<tr>
<td>185cm</td>
<td>65 68 72 75 79 83 86 89 93 96 99 103 107 110 113 117 120</td>
</tr>
<tr>
<td>188cm</td>
<td>67 70 74 78 81 84 88 92 95 99 102 106 110 113 116 120 123</td>
</tr>
<tr>
<td>191cm</td>
<td>69 73 76 80 83 87 91 94 98 102 105 109 113 116 120 123 127</td>
</tr>
</tbody>
</table>

Find your height in the left-hand column, then move along the row to find your weight. The number at the bottom of that column is your BMI. Less than 20 = underweight. 20-25 = desirable weight. 25-30 = overweight. More than 30 = obese.
## HACCP Procedure for Food Hygiene

<table>
<thead>
<tr>
<th>Step</th>
<th>Potential Hazard</th>
<th>Measures to take</th>
<th>CP/CCP</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sourcing</strong></td>
<td>Contaminated food from poor-quality source</td>
<td>Ensure source is trusted and has appropriate qualifications</td>
<td>CP</td>
</tr>
<tr>
<td><strong>Food Transport</strong></td>
<td>Bacterial growth and contamination</td>
<td>Store food at appropriate temperature during transport. Ensure food is effectively sealed</td>
<td>CP</td>
</tr>
<tr>
<td><strong>Storage</strong></td>
<td>Spoilage</td>
<td>Store food at appropriate temperature, no longer than recommended time</td>
<td>CP</td>
</tr>
<tr>
<td><strong>Thawing</strong></td>
<td>Bacterial growth, cross-contamination</td>
<td>Do not thaw in same area as other foods, use promptly after thawing</td>
<td>CP</td>
</tr>
<tr>
<td><strong>Cooking</strong></td>
<td>Survival of bacteria</td>
<td>Cook to appropriately high internal temperature, monitoring with thermometer</td>
<td>CCP</td>
</tr>
<tr>
<td><strong>Hot holding</strong></td>
<td>Bacterial growth</td>
<td>Hold at appropriately high temperature, check often</td>
<td>CCP</td>
</tr>
<tr>
<td><strong>Serving</strong></td>
<td>Bacterial contamination</td>
<td>Serve within short time of preparation. Do not allow personal contact with food</td>
<td>CCP</td>
</tr>
<tr>
<td><strong>Keeping leftovers</strong></td>
<td>Bacterial growth, spoilage</td>
<td>Cool food rapidly, do not keep for longer than appropriate. Do not allow personal contact with food.</td>
<td>CCP</td>
</tr>
<tr>
<td><strong>Serving leftovers</strong></td>
<td>Bacterial growth</td>
<td>Reheat quickly and thoroughly, serve promptly</td>
<td>CCP</td>
</tr>
</tbody>
</table>

**CP = Control Point Step**
(failing to observe this poses a general risk to the safety and quality of food)

**CCP = Critical Control Point Step**
(failing to observe this poses a serious risk to human health)
Nutrition contacts

**American Society for Nutrition**
9650 Rockville Pike, Suite L-4500, Bethesda, MD 20814
Website: [www.nutrition.org](http://www.nutrition.org)

**British Association for Nutritional Therapy**
27 Old Gloucester Street, London WC1N 3XX
Website: [www.bant.org](http://www.bant.org)

**British Dietetic Association**
Charles House, 148/9 Great Charles Street, Queensway, Birmingham B3 3HT
Website: [www.bda.org.uk](http://www.bda.org.uk)

**British Nutrition Foundation**
High Holborn House, 52-54 High Holborn, London WC1V 6RQ
Website: [www.nutrition.org.uk](http://www.nutrition.org.uk)

**Department for Education and Skills**
Sanctuary Buildings, Great Smith Street, London SW1P 3BT
Website: [www.dfes.gov.uk](http://www.dfes.gov.uk)

**Department for Environment, Food and Rural Affairs (DEFRA)**
Nobel House, 17 Smith House, London SW1P 3JR
Website: [www.defra.gov.uk](http://www.defra.gov.uk)

**Department for Health**
Richmond House, 79 Whitehall, London SW1A 2NS Tel: 020 7210 4850
Website: [www.doh.gov.uk](http://www.doh.gov.uk)

**European Food Information Council**
Rue Guimard, 19, 1040-Brussels, Belgium
Website: [www.eufic.org](http://www.eufic.org)

**Food and Agriculture Organization of the United Nations**
Viale delle Terme di Caracalla, 00100 Rome, Italy
Website: [www.fao.org](http://www.fao.org)

**Food and Drug Administration**
5600 Fishers Lane, Rockville MD 20857-0001
Website: [www.fda.gov](http://www.fda.gov)

**Food and Nutrition Information Center**
Online service provided by the US National Agricultural Library
Website: [www.nal.usda.gov](http://www.nal.usda.gov)

**Food Commission**
94 White Lion Street, London N1 9PF
Website: [www.foodcomm.org.uk](http://www.foodcomm.org.uk)
Nutrition contacts cont.

Food Ethics Council
39-41 Surrey Street, Brighton BN1 3PB
Website: http://foodethicscouncil.org

Food Standards Agency
UK Headquarters: Aviation House, 125 Kingsway, London WC2B 6NH
Website: www.food.gov.uk OR www.eatwell.gov.uk

Institute for Optimum Nutrition
Avalon House, 72 Lower Mortlake Road, Richmond, Surrey TW9 2JY
Website: www.ion.ac.uk

Institute of Food Research
Norwich Research Park, Colney, Norwich NR4 7UA
Website: www.ifr.ac.uk

Institute of Food Science and Technology
5 Cambridge Court, 210 Shepherds Bush Road, London W6 7NJ
Website: www.ifst.org

International Association for Food Protection
6200 Aurora Avenue, Suite 200W, Des Moines, Iowa 50322-2864, USA
Website: www.foodprotection.org

International Food Information Council
1100 Connecticut Avenue, NW, Suite 430, Washington, DC 20036
Website: www.ific.org

International Life Sciences Institute
One Thomas Circle, NW, 9th Floor, Washington, DC 20005-5802
Website: www.ilsi.org

International Union of Food Science and Technology
No. 19, 511 Maplegrove Road, Oakville, Ontario, Canada L6J 6X0
Website: www.iufost.com

Joint Health Claims Initiative
Devonshire House, 66 Church Street, Leatherhead, Surrey KT22 8DP
Website: www.jhci.co.uk

McCarrison Society
London Metropolitan University, 166-222 Holloway Rd, London N7 8DB
Website: www.mccarrisonsociety.org.uk

Nutrition Society
10 Cambridge Court, 210 Shepherds Bush Road, London W6 7NJ
Website: www.nutritionsociety.org.uk
Nutrition contacts cont.

Scientific Advisory Committee on Nutrition
Food Standards Agency, Aviation House, 125 Kingsway, London WC2B 6NH
Website: www.sacn.gov.uk

Society of Food Hygiene Technology
PO Box 37, Lymington, Hampshire SO41 9WL
Website: www.sohft.co.uk

UK Food Group
PO Box 100, London, SE1 7RT
Website: www.ukfg.org.uk

United Nations Development Programme
One United Nations Plaza, New York, NY 10017
Website: www.undp.org

World Health Organization
Avenue Appia 20, 1211 Geneva 27, Switzerland
Website: www.who.int

Nutrition projects and campaigns:

5-A-Day Campaign  www.5aday.nhs.uk
Better Hospital Food Programme  www.betterhospitalfood.com
Healthy Lifestyle Advice for Schools  www.wiredforhealth.gov.uk
Healthy Living Scotland  www.healthyliving.gov.uk
Healthy Schools Programme  www.lhsp.org
National Food Safety Week  www.foodlink.org.uk
National Salt Awareness Week  www.actiononsalt.org.uk
Scottish Community Diet Project  www.dietproject.org.uk
World Food Programme  www.wfp.org
World Health Day  www.who.int/world-health-day
Food Industry contacts

Association of Bakery Ingredients Manufacturers
4a Torphichen Street, Edinburgh EH3 8JQ
Website: www.abim.org.uk

Association of Cereal Food Manufacturers
Federation House, 6 Catherine Street, London WC2B 5JJ
Website: www.breakfastcereal.org

Biscuit, Cake, Chocolate and Confectionary Alliance
37-41 Bedford Row, London WC1R 4JH
Website: www.bccca.org.uk

British Cheese Board
Dragon Court, 27 Macklin Street, London WC2B 5LX
Website: www.cheeseboard.co.uk

British Egg Information Service
1 Chelsea Manor Gardens, London SW3 5PN
Website: www.britegg.co.uk

British Frozen Food Federation
Springfield House, Springfield Business Park, Grantham, Lincs NG31 7BG
Website: www.bfff.co.uk

British Meat Nutrition Education Service
Holborn Gate, 26 Southampton Buildings, London WC2A 1PQ
Website: www.meatandhealth.co.uk

British Potato Council
4300 Nash Court, John Smith Drive, Oxford Business Park, Oxford OX4 2RT
Website: www.potato.org.uk

British Poultry Council
Europoint House, 5 Lavington Street, London SE1 0NZ
Website: www.poultry.uk.com

British Soft Drinks Association
20 Stukeley Street, London WC2B 5LR
Website: www.britishsoftdrinks.com

Campden and Chorleywood Food Research Association
Chipping Campden, Gloucestershire GL55 6LD
Website: www.campden.co.uk

Canned Food UK
1st Floor, Griffin House, 18 Ludgate Hill, Birmingham B3 1DW
Website: www.cannedfood.co.uk
Food Industry contacts cont.

**Chilled Food Association**  
PO Box 6434, Kettering NN15 5XT  
Website: www.chilledfood.org

**Coffee Science Information Centre**  
12 Market Street, Chipping Norton, Oxon OX7 5NQ  
Website: www.cosic.org

**Dairy Council**  
Henrietta House, 17/18 Henrietta Street, London WC2E 8QH  
Website: www.milk.co.uk

**European Food Safety Authority**  
Largo N. Palli 5/A, I-43100 Parma, Italy  
Website: www.efsa.europa.eu

**European Snacks Association**  
6 Catherine Street London WC2B 5JJ  
Website: www.esa.org.uk

**Fairtrade Foundation**  
Room 204, 16 Baldwin’s Gardens, London EC1N 7RJ  
Website: www.fairtrade.org.uk

**Flour Advisory Bureau**  
21 Arlington Street, London SW1A 1RN  
Website: www.fabflour.co.uk

**Food and Drink Federation**  
6 Catherine Street, London WC2B 5JJ  
Website: www.fdf.org.uk

**Freedom Food**  
RSPCA, Wilberforce Way, Southwater, Horsham, West Sussex RH13 9RS  
Website: www.freedomfood.co.uk

**Fresh Fruit and Vegetable Information Bureau**  
Lockwood Press, 1 Nine Elms Lane, London SW8 5NN  
Website: www.freshinfo.com

**Grain Information Service**  
21 Arlington Street, London SW1A 1RN  
Website: www.wheatintolerance.co.uk

**Health Food Manufacturers’ Association**  
63 Hampton Court Way, Thames Ditton, Surrey KT7 0LT  
Website: www.hfma.co.uk
Food Industry contacts cont.

**International Dairy Federation**
Diamant Building, Boulevard Auguste Reyers 80, 1030 Brussels, Belgium
Website: www.fil-idf.co.uk

**London Food Centre**
London South Bank University, 103 Borough Road, London SE1 0AA
Website: www.londonfood.org.uk

**Margarine and Spreads Association**
Federation House, 6 Catherine Street, London WC2B 5JJ
Website: www.margarine.org.uk

**Meat and Livestock Commission**
PO Box 44, Winterhill House, Snowdon Drive, Milton Keynes MK6 1AX
Website: www.mlc.org.uk

**Out of Home Group**
Federation House, 6 Catherine Street, London WC2B 5JJ
Website: www.outofhome.org

**Provision Trade Federation**
17 Clerkenwell Green, London EC1R 0DP
Website: www.provtrade.co.uk

**Red Meat Industry Forum**
PO Box 44, Winterhill House, Snowdon Drive, Milton Keynes MK6 1AX
Website: www.redmeatindustryforum.org.uk

**Rice Association**
Federation House, 6 Catherine Street, London WC2B 5JJ
Website: www.riceassociation.org.uk

**Salt Manufacturers’ Association**
PO Box 125, Kendal, Cumbria LA8 8XA
Website: www.saltsense.co.uk

**Society of Independent Brewers**
The Old Sawmill, Nyewood, Rogate, Petersfield, Hampshire GU31 5HA
Website: www.siba.co.uk

**Sugar Bureau**
Duncan House, Dolphin Square, London SW1V 3PW
Website: www.sugar-bureau.co.uk

**UK Tea Council**
9 The Courtyard, Gowan Avenue, London SW6 6RH
Website: www.tea.co.uk
Health contacts

**Alcoholics Anonymous**  
PO Box 1, Stonebow House, Stonebow, York YO1 7NJ  
Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Allergy UK**  
Deepdene House, 30 Bellegrove Road, Welling, Kent DA16 3PY  
Website: [www.allergyfoundation.com](http://www.allergyfoundation.com)

**Anaphylaxis Campaign**  
PO Box 275, Farnborough GU14 6SX  
Website: [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk)

**British Diabetic Association**  
10 Queen Anne Street, London W1M 0BM  
Website: [www.diabetes.org.uk](http://www.diabetes.org.uk)

**British Heart Foundation**  
14 Fitzhardinge Street, London W1H 6DH  
Website: [www.bhf.org.uk](http://www.bhf.org.uk)

**Caroline Walker Trust**  
22 Kindersley Way, Abbots Langley, Herts WD5 0DQ  
Website: [www.cwt.org.uk](http://www.cwt.org.uk)

**Coeliac Disease Resource Centre**  
Nutricia Dietary Care, Newmarket Avenue, White Horse Business Park,  
Trowbridge, Wiltshire BA14 0XQ  
Website: [www.cdrc.org.uk](http://www.cdrc.org.uk)

**Consensus Action on Salt and Health**  
Blood Pressure Unit, St George’s Hospital, Cranmer Terrace, London  
SW17 ORE  
Website: [www.actiononsalt.org.uk](http://www.actiononsalt.org.uk)

**Core**  
3 St Andrews Place, London NW1 4LB  
Website: [www.digestivedisorders.org.uk](http://www.digestivedisorders.org.uk)

**Diabetes UK**  
Macleod House, 10 Parkway, London NW1 7AA  
Website: [www.diabetes.org.uk](http://www.diabetes.org.uk)

**Drinkaware Trust**  
7-10 Chandos Street, London W1G 9DQ  
Website: [www.portmangrouptrust.org.uk](http://www.portmangrouptrust.org.uk)
Health contacts cont.

Eating Disorders Association
103 Prince of Wales Road, Norwich NR1 1DW
Website: www.edauk.com

General Medical Council
Regent’s Place, 350 Euston Road, London NW1 3JN
Website: www.gmc-uk.org

Health Education Trust
18 High Street, Broom, Alcester, Warwickshire B50 4HJ
Website: www.healthedtrust.com

Health Professions Council
Park House, 184 Kennington Park Road, London SE11 4BU
Website: www.hpc-uk.org

Infant and Dietetic Foods Association
Federation House, 6 Catherine Street, London WC2B 5JJ
Website: www.idfa.org.uk

International Association for Food Protection
6200 Aurora Avenue, Suite 200W, Des Moines, IA 50322-2864 USA
Website: www.foodprotection.org

International Association for the Study of Obesity
231 North Gower Street, London NW1 2NR
Website: www.iaso.org

National Association for Colitis and Crohns Disease
4 Beaumont House, Sutton Road, St Albans, Herts AL1 5HH
Website: www.nacc.org.uk

The Obesity Awareness and Solutions Trust
The Latton Bush Centre, Southern Way, Harlow, Essex CM18 7BL
Website: www.toast-uk.org.uk

Rowett Research Institute
Greenburn Road, Bucksburn, Aberdeen, AB21 9SB
Website: www.rowett.ac.uk

Vegan Society
D Watson House, 7 Battle Road, St-Leonards-on-sea, East Sussex TN37 7AA
Website: www.vegansociety.com

Vegetarian Society
Parkdale, Dunham Road, Altrincham, Cheshire WA14 4QG
Website: www.vegsoc.org