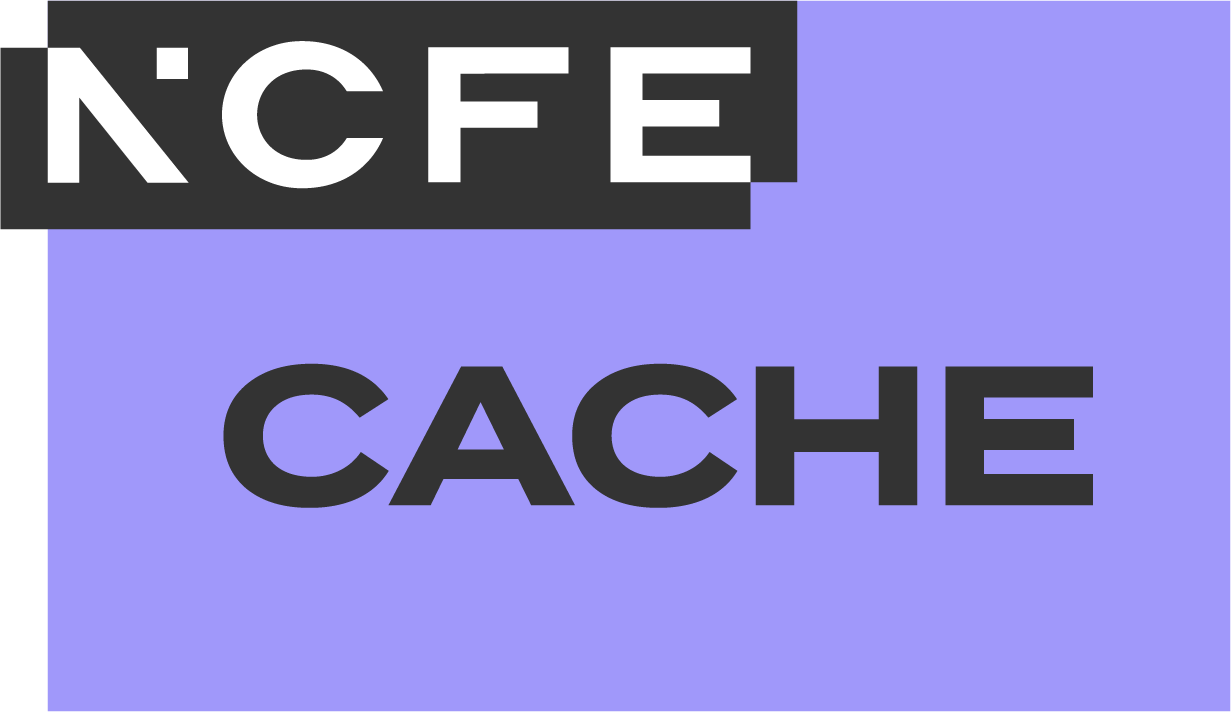
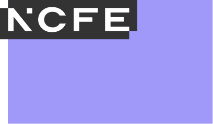
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**Dietary Requirements**

Glossary

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The content of these resources is correct at the time of publishing but may be subject to change.

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# Introduction

This document provides an alphabetical list of key terms relating to dietary requirements.

Users are invited to utilise this document as a quick and accessible reference point for the meaning of key dietary terms. The document is fully editable and users are invited to add or adapt key terms as best fits their needs.

**Sensitive content:** in the interests of authenticity, content may be of a sensitive nature.

**Please note**: to avoid any conflict of interest, learning resources are developed without insight into assessment materials. This resource contains no summative assessment.

# A

**Allergen:** see **Allergy**.

**Allergic:** see **Allergy**.

**Allergy:** a condition where an individual's immune system reacts to a normally harmless substance (allergen). Any substance can be an allergen, including food. The 14 most common food allergens include:

* celery
* cereals containing gluten
* crustaceans
* egg
* fish
* lupin (a type of legume)
* milk (cow/diary)
* molluscs
* mustard
* peanut (a type of legume)
* sesame
* soybean (a type of legume)
* sulfur/sulphur dioxide and sulfites/sulphites
* tree nuts

An individual who has a food allergy will need to avoid eating (and sometimes any contact with) ingredients they are allergic to. They may also need to avoid any foods that were manufactured in an environment where such allergens are used for other products.

Symptoms of an allergic reaction to food allergens may include:

* blocked, itchy or runny nose
* breathlessness, coughing, hoarse voice, noisy breathing and/or wheezing
* diarrhoea
* dizziness or light-headedness
* raised rashes (hives) or itchy skin
* signs of anaphylaxis:
  + breathing difficulties
  + loss of consciousness/collapse
  + swollen eyelids
  + swollen feet
  + swollen hands
* signs of angioedema:
  + swollen eyes
  + swollen face
  + swollen lips
* sneezing
* stomach pain
* vomiting or nausea

An individual may be given medication to use in an emergency or to help them manage their symptoms, for example:

* antihistamines for mild allergic reactions
* adrenaline auto-injectors (for example, EpiPen) for severe allergic reactions

Precautions include:

* checking food labels of pre-packaged items to see what common allergens they contain and/or may have been in contact with
* storing and preparing foods that contain common allergens separately from other foods
* wiping down surfaces before preparing food
* thoroughly cleaning areas where an individual with allergies is going to be

Visit the following for further information:

* [Allergy UK website](https://www.allergyuk.org/)
* [Conditions - Food allergy (NHS)](http://www.nhs.uk/conditions/food-allergy/)
* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)
* [2015 Care Certificate Standards - Standard 8 Fluids and Nutrition (Skills for Care)](https://www.skillsforcare.org.uk/Developing-your-workforce/Care-Certificate/2015-Care-Certificate-standards.aspx)

**Anaphylactic shock:** see **Anaphylaxis**.

**Anaphylaxis:** a severe allergic reaction that can be life-threatening. Severe anaphylaxis can lead to anaphylactic shock.

Symptoms of anaphylaxis may include:

* blue, grey or pale lips, tongue or skin (for some skins tones this may be more visible on the palms of the hands or soles of the feet)
* breathlessness, coughing, hoarse voice, noisy breathing and/or wheezing, tightness in the throat
* collapse and unconsciousness
* confusion
* difficulty swallowing
* dizziness or light-headedness
* skin that feels cold to the touch
* swelling of eyelids, feet or eyelids
* swelling of throat and tongue
* tiredness

See also **Allergy**.

Visit the following for further information:

* [Anaphylaxis: the facts (Anaphylaxis UK)](https://www.anaphylaxis.org.uk/fact-sheet/anaphylaxis-signs-and-symptoms/)
* [Anaphylaxis UK](https://www.anaphylaxis.org.uk/)
* [Conditions - Anaphylaxis (NHS)](https://www.nhs.uk/conditions/anaphylaxis/)
* [2015 Care Certificate Standards - Standard 8 Fluids and Nutrition (Skills for Care)](https://www.skillsforcare.org.uk/Developing-your-workforce/Care-Certificate/2015-Care-Certificate-standards.aspx)

**Anorexia nervosa:** an eating disorder with a key characteristic being that an individual feels the need to keep their weight as low as possible. Often known as anorexia. See also **Eating disorder**.

Visit the following for further information:

* [Behaviours - Eating disorders (NHS)](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/)
* [Anorexia nervosa (Beat Eating Disorders)](https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/anorexia/)

**Autoimmune disease:** one of a number of conditions, including coeliac disease and Crohn's disease, that can be directly linked to diet. An autoimmune disease isa condition where an individual’s own immune system attacks the healthy tissue in their body. The immune system’s function is to defend against infection, but for some individuals, their system attacks healthy tissue by mistake.

Visit the following for further information:

* [Immune system (NHS Inform)](https://www.nhsinform.scot/illnesses-and-conditions/immune-system/)

**Avoidant/restrictive food intake disorder (ARFID):** an eating disorder where an individual either avoids certain types of foods, limits how much they eat or both. Reasons may include:

* problems with the taste, texture or smell of certain foods
* lack of interest in eating or not feeling hungry
* upsetting past experiences with certain foods, for example, choking or vomiting after eating

See also **Eating disorder**; **Food aversion**.

Visit the following for further information:

* [Behaviours - Eating disorders (NHS)](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/)
* [ARFID (Beat Eating Disorders)](https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/arfid/)

# B

**Balanced diet:** a diet that includes a range of foods and nutrients that are needed for an individual to remain healthy. A balanced diet incorporates suitable portions of foods from the five main food groups (fruit and vegetables; starchy carbohydrates; proteins; dairy or dairy alternatives; oils and spreads). See also **Eatwell Guide**; **Food group**.

Visit the following for further information:

* [Live Well - Eat well - Eating a balanced diet (NHS)](https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/)

**Binge eating disorder (BED):** an eating disorder where an individual feels the need to overeat on a regular basis. See also **Eating disorder**.

Visit the following for further information:

* [Behaviours - Eating disorders (NHS)](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/)
* [Binge eating disorder (Beat Eating Disorders)](https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/binge-eating-disorder/)

**Buddhist diet:** a specific dietary practice that some Buddhist individuals may choose to follow as part of their faith (for example, vegan or vegetarian). It is always advisable to discuss and confirm these dietary practices with each individual.

Visit the following for further information:

* [Non-Clinical Services - Chaplaincy Service - Faith and Culture - Buddhism (Weston Area Health NHS Trust)](https://www.waht.nhs.uk/en-GB/Our-Services1/Non-Clinical-Services1/Chapel/Faith-and-Culture/Buddhism/)

**Bulimia nervosa:** an eating disorder characterised by an ongoing cycle of eating/eating ‘too much’ within a short space of time (binging) and then ridding the body of that food (purging) and/or a period of not eating. Often known as bulimia. See also **Eating disorder**.

Visit the following for further information:

* [Behaviours - Eating disorders (NHS)](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/)
* [Bulimia nervosa (Beat Eating Disorders)](https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/bulimia/)

# C

**Carbohydrate:** one of a group of compounds including simple sugars (for example, glucose), complex sugars (for example, starch) and indigestible carbohydrates (for example, fibre). In the right amounts, simple and complex sugars are vital to a healthy diet, providing energy for the body to function. Dietary fibre plays a crucial role in digestive health. According to the Eatwell Guide, starchy carbohydrates (for example, bread, pasta, potatoes and rice) should comprise just over a third/40% of an individual’s daily/weekly diet. See also **Fibre**; **Starch**; **Sugar**.

Visit the following for further information:

* [Government Dietary Recommendations (Gov.uk)](https://assets.publishing.service.gov.uk/media/5a749fece5274a44083b82d8/government_dietary_recommendations.pdf)
* [Live Well - Eat well - Food types - Starchy foods and carbohydrates (NHS)](https://www.nhs.uk/live-well/eat-well/food-types/starchy-foods-and-carbohydrates/)

**Celery:** a common allergen that includes the stalk, leaves and root (celeriac) of the celery plant. Celery/celeriac can be an ingredient in salads, cooked dishes or soups, but is also sometimes used in other food products, for example, crisps and stock cubes. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

**Cereals containing gluten:** a common allergen that incorporates barley, oats, rye and wheat. These may be eaten as they are or found in foods made with flour (for example bread, cakes and pasta). See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

**Cholesterol:** a type of fat that is found in some foods, but that is also made in the liver. Although the body does need some cholesterol, too much can lead to health issues, for example, clogged arteries and heart problems. Cholesterol is broadly considered in two categories:

* ‘bad’ cholesterol: low-density lipoprotein (LDL) and very low-density lipoproteins (VLDL)
* ’good’ cholesterol: high density lipoprotein (HDL)

‘Good’ HDL cholesterol carries excess cholesterol from elsewhere in the body to the liver where it is broken down and disposed of. See also **Fat**.

Visit the following for further information:

* [Live Well - Eat well - Food types - Fats: the facts (NHS)](https://www.nhs.uk/live-well/eat-well/food-types/different-fats-nutrition/)
* [What is cholesterol? (Heart UK)](https://www.heartuk.org.uk/cholesterol/what-is-cholesterol)

**Christian diet:** a dietary practice that some Christian individuals may choose to follow as part of their faith. It is always advisable to discuss and confirm dietary practices with each individual.

Visit the following for further information:

* [Non-Clinical Services - Chaplaincy Service - Faith and Culture - Christianity (Weston Area Health NHS Trust)](https://www.waht.nhs.uk/en-GB/Our-Services1/Non-Clinical-Services1/Chapel/Faith-and-Culture/Christianity/)

**Coeliac disease:** a condition where an individual’s immune system attacks their own bodily tissue when they consume gluten(a dietary protein found in barley, rye and wheat). This causes damage to the gut (small intestine), making it less effective at absorbing nutrients.

Gluten is found in any food that contains barley, rye and wheat, including:

* beer
* breakfast cereals
* cakes
* certain sauces
* most breads
* pastas
* some ready-made meals

Symptoms of coeliac disease may include the following:

* bloating
* constipation
* flatulence
* indigestion
* diarrhoea
* stomach aches
* longer-term/more general symptoms for example:
  + ataxia (co-ordination, balance and speech disorders)
  + delayed growth/puberty (in children)
  + dermatitis herpetiformis (itchy rashes)
  + infertility (difficulty becoming pregnant)
  + peripheral neuropathy (nerve damage)
  + tiredness (due to malnutrition)
  + weight loss

Precautions include:

* keeping cooking equipment separate
* positioning a gluten-free dish above a gluten-containing dish if having to share an oven for both
* storing and preparing gluten-free food in a separate area.
* using separate batches of oil for frying gluten-free and gluten-containing food
* using separate breadboards for gluten-free and gluten-containing bread
* using separate butters, jams and other spreads
* using separate grills and/or toasters for making gluten-free toast

Visit the following for further information:

* [Conditions - Coeliac disease (NHS)](https://www.nhs.uk/conditions/coeliac-disease/)
* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)
* [Living gluten free (Coeliac UK)](https://www.coeliac.org.uk/information-and-support/living-gluten-free/)
* [Living well with coeliac disease (NHS Inform)](https://www.nhsinform.scot/illnesses-and-conditions/stomach-liver-and-gastrointestinal-tract/coeliac-disease/living-well-with-coeliac-disease/)

**Cow’s milk:** a common allergen that can be found on its own or in foods such as butter, cheese, sauces and powdered soups. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)
* [Milk Allergy (Allergy UK)](https://www.foodallergy.org/living-food-allergy/food-allergy-essentials/common-allergens/milk)

**Crohn’s disease:** an autoimmune disease where part of the gut becomes inflamed in response to certain ingredients or types of food. These food triggers can vary between individuals.

Symptoms of Crohn’s disease may include:

* blood in stools
* delayed growth/puberty (in children)
* diarrhoea
* feeling unwell
* joint pain
* loss of appetite
* mucus in stools
* pain in the anus
* skins rashes
* sore eyes
* stomach pain
* tiredness
* weight loss

Visit the following for further information:

* [Conditions - Crohn's disease (NHS)](https://www.nhs.uk/conditions/crohns-disease/)
* [Food (Crohn's & Colitis UK)](https://crohnsandcolitis.org.uk/info-support/information-about-crohns-and-colitis/all-information-about-crohns-and-colitis/living-with-crohns-or-colitis/food)

**Cross contamination:** when food items that should be kept separate come into contact with each other. The different types of cross contamination include:

* food to food (when foods touch, drip onto or leak into each other)
* machinery or equipment (when food is not cleared from the surface properly in between uses)

Visit the following for further information:

* [Food hygiene - Cross contamination (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/why-avoiding-cross-contamination-is-important)

**Crustacean:** a common allergen that incorporates prawns, crabs, lobsters and crayfish. See also **Allergy;** **Shellfish**.

# D

**Deficiency:** see **Malnutrition**; **Nutrient**.

**Dehydration:** see **Hydration**.

**Dairy allergy:** see **Cow’s milk**; **Allergy**.

**Diabetes:** a condition where an individual’s blood sugar (glucose) level becomes too high because of either a lack of insulin or a lack of properly functioning insulin (a hormone that enables the body to use that glucose for energy). Individuals with this condition need to monitor and control their blood glucose levels and closely manage the amount of carbohydrates they consume. There are two main types of diabetes. See also **Type 1** **diabetes**; **Type 2 diabetes**.

If an individual’s blood glucose level becomes too high, they can experience hyperglycaemia.

Symptoms of hyperglycaemia include:

* blurred vision
* feeling very thirsty
* feeling weak
* frequent urination
* losing weight
* tiredness

If an individual’s blood glucose level becomes too low, they can experience hypoglycaemia (hypos).

Symptoms of hypoglycaemia (hypos) include:

* changes in an individual’s vision (for example, blurred vision)
* dizziness
* feeling anxious
* feeling confused
* feeling hungry
* feeling weak
* heart palpitations
* irritability
* loss of consciousness (in severe cases)
* seizures/fits (in severe cases)
* shaking
* sweating
* tingling lips
* tiredness

Visit the following for further information:

* [Conditions - Diabetes (NHS)](https://www.nhs.uk/conditions/diabetes/)
* [Conditions - High blood sugar (hyperglycaemia) (NHS)](https://www.nhs.uk/conditions/high-blood-sugar-hyperglycaemia/)
* [Conditions - Low blood sugar (hypoglycaemia) (NHS)](https://www.nhs.uk/conditions/low-blood-sugar-hypoglycaemia/)
* [Diabetes UK](https://www.diabetes.org.uk/)

**Diet:** the food, drink and nutrients that an individual consumes. Other uses of the word include:

* the practices of an individual’s food and drink consumption (for example, a vegan diet)
* ‘dieting’/‘on a diet’ to describe the conscious restriction of nutritional intake

# E

**Eating disorder:** a mental health condition which affects an individual’s relationship with food and/or eating. Eating disorders vary from individual to individual but are largely categorised as anorexia nervosa, avoidant/restrictive food intake disorder (ARFID), binge eating disorder (BED), bulimia nervosa and other specified feeding or eating disorder (OSFED). Behaviours linked to eating disorders may include eating too much or eating too little, affecting nutritional intake. See also **Anorexia nervosa**; **Avoidant/restrictive food intake disorder (ARFID)**; **Binge eating disorder (BED)**; **Bulimia nervosa**; **Malnutrition**; **Other specified feeding or eating disorder (OSFED)**.

Visit the following for further information:

* [Behaviours - Eating disorders (NHS)](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/)
* [Get information and support (Beat Eating Disorders)](https://www.beateatingdisorders.org.uk/get-information-and-support/)

**Eatwell Guide:** a UK government information source about how to follow a healthy diet. It aims to demonstrate what proportion of each of the five food groups (fruit and vegetables; starchy carbohydrates; proteins; dairy or dairy alternatives; oils and spreads) a healthy diet should be made up of. The guide also aims to capture the variety of food substances available in each of these groups in order to encourage a diverse diet. The Eatwell Plate is a visual representation of the guide, often shown as a pie chart.

The Eatwell Guide also includes information about the amount of water individuals should aim to consume each day (six to eight glasses), and the number of daily calories considered to be a healthy (on average, women 2000kcal and men 2500kcal).

The Eatwell Guide is aimed at most individuals (for example, vegans, vegetarians, individuals who are a healthy weight/overweight and individuals of all ethnic origins). However, it should be noted that children below two years of age have different dietary needs.

See also **Food groups**; **Recommended daily intake (RDI)**.

Visit the following for further information:

* [Live Well - Eat well - How to eat a balanced diet (NHS)](https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/)
* [Live Well - Eat well - Food guidelines and food labels - The Eatwell Guide (NHS)](https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/)

**Eatwell Plate:** see **Eatwell Guide**.

**Egg:** a common allergen that is found on its own but that is also used as an ingredient in products such as cakes, mayonnaise and sauces. See also **Allergy**.

Visit the following for further information:

* [Egg Allergy (FARE)](https://www.foodallergy.org/living-food-allergy/food-allergy-essentials/common-allergens/egg)
* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

# F

**Fast:** to go without food for long periods of time. There are different reasons for fasting. Some individuals may choose to fast as part of their religious practices. It is always advisable to discuss and confirm these dietary practices with each individual.

**Fat:** a nutrientthat performs essential bodily functions, for example, absorbing certain vitamins and serving as an energy store.Different varieties of fatare found in various foods. The types of fat are listed below.

* Monounsaturated (for example, almonds, nuts, olive oil):
  + can help maintain levels of ‘good’ cholesterol while reducing levels of ‘bad’ cholesterol
* Polyunsaturated (for example, oily fish, sunflower oil, cashew nuts):
  + can help lower levels of ‘bad’ cholesterol in the blood and can be a good source of either omega-3 or omega-6
* Saturated (for example, fatty meats, butter, ghee, chocolate):
  + can raise levels of ‘bad’ cholesterol in the blood
* Trans (for example, partially hydrogenated vegetable oil):
  + can raise levels of ‘bad’ cholesterol in the blood

In the right amounts, fats are vital to a healthy diet, providing energy for the body to function. According to the Eatwell Guide, fatty foods should comprise around 1% of an individual’s daily/weekly diet and these should be mostly monounsaturated and polyunsaturated fats. Daily intake of saturated fats should be limited to no more than 30g (men), 20g (women) and less than 20g (children). Daily intake of trans fats should be limited to no more than 5g.

See also **Cholesterol**; **Omega-3/Omega-6**.

Visit the following for further information:

* [Government Dietary Recommendations (Gov.uk)](https://assets.publishing.service.gov.uk/media/5a749fece5274a44083b82d8/government_dietary_recommendations.pdf)
* [Live Well - Eat well - Food types - Fats: the facts (NHS)](https://www.nhs.uk/live-well/eat-well/food-types/different-fats-nutrition/)

**Fibre:** a type of indigestible carbohydrate that is an essential part of a healthy diet. Sometimes referred to as ‘roughage’, fibre is not digested, therefore making its way through the entire digestive system and helping the body to pass stools regularly. Fibre can also be associated with lowering the risk of developing conditions like heart disease, stroke, type 2 diabetes and bowel cancer. The UK government recommends adults consume 30g of fibre daily (25g for 11- to 16-year-olds and 20g for 5- to 11-year-olds). Fibre can be found in a number of foods, including:

* beans and pulses
* nuts
* potato skin
* wholemeal bread
* wholemeal rice

See also **Carbohydrate**.

Visit the following for further information:

* [Fibre (British Nutrition Foundation)](https://www.nutrition.org.uk/nutritional-information/fibre/#:~:text=What%20is%20fibre?,a%20range%20of%20health%20benefits.)
* [Live Well - Eat well - Digestive health - How to get more fibre into your diet (NHS)](https://www.nhs.uk/live-well/eat-well/digestive-health/how-to-get-more-fibre-into-your-diet/)

**Fish:** a common allergen that can be ingested raw or cooked. As well as on its own, fish can be found in condiments, fish sauces and stock cubes. Individuals who are allergic to one type of fish often react to other types. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

**Fluids:** see **Hydration**.

**Food allergy:** see **Allergy**.

**Food aversion:** a condition characterised by extreme repulsion against certain foods, ingredients, food-related smells, tastes or textures. Food aversion is sometimes misunderstood as ‘picky eating’, but it is more serious. In some cases, it may fall under the category of an eating disorder, for example, avoidant/restrictive food intake disorder (ARFID). Food aversion can lead to malnutrition. See also **Avoidant/restrictive food intake disorder (ARFID)**; **Eating disorder**; **Malnutrition**.

Visit the following for further information:

* [What is food aversion or restricted diet? (Sheffield Children's NHS Foundation Trust)](https://library.sheffieldchildrens.nhs.uk/what-is-food-aversion-or-restricted-diet/)

**Foodborne illness:** see **Food poisoning**.

**Foodborne infection:** see **Food poisoning**.

**Food group:** a category of foods which share nutritional values. There are widely accepted to be five food groups:

* dairy or dairy alternatives (for example, cow’s milk products, soya milk products and oat milk products)
* fruit and vegetables (for example, oranges, dragon fruit, napa cabbage and carrots)
* proteins (for example, meat, fish, beans and pulses)
* oils and spreads (for example, olive oil, butter and ghee)
* starchy carbohydrates (for example, potatoes, bread, rice and pasta)

For information on government guidelines about what proportion of each food group should make up an individual’s diet, see also **Eatwell Guide**; **Recommended daily intake (RDI)**.

Visit the following for further information:

* [Live Well - Eat well - How to eat a balanced diet (NHS)](https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/)
* [Live Well - Eat well - 5 A Day - 5 A Day: what counts? (NHS)](https://www.nhs.uk/live-well/eat-well/5-a-day/5-a-day-what-counts/)
* [Live Well - Eat well - Food guidelines and food labels - The Eatwell Guide (NHS)](https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/)

**Food hypersensitivity:** an adverse physical reaction to food. This includes food allergy, food intolerance and coeliac disease. See also **Allergy**; **Coeliac disease**; **Food intolerance**.

**Food intolerance:** a condition where an individual struggles to digest particular foods/ingredients. A food intolerance differs from a food allergy. An intolerance is not usually serious, but if an individual eats the food they are intolerant to it can make them feel unwell. Food intolerances may relate to any type of food or ingredient, for example:

* alcohol
* caffeine (found in coffee, certain tea varieties and some carbonated ‘fizzy’ drinks)
* gluten (found in foods containing barley, rye and wheat, for example, bread and pasta)
* histamine (found in cheese and wine)
* monosodium glutamate (MSG) (found in ripened fruits, cured meats and processed foods such as ready-made meals and fast food)
* salicylates (found in some fruits, herbs, vegetables and spices)
* sulfites/sulphites (found in cider, beer and wine)

Symptoms of a food intolerance may include:

* bloating
* constipation
* diarrhoea
* feeling tired or exhausted
* flatulence
* headache
* joint pain
* nausea
* rashes
* stomach pain

Visit the following for further information:

* [Conditions - Food intolerance (NHS)](https://www.nhs.uk/conditions/food-intolerance/)
* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

**Food label:** a display of contents on the packaging of most prepacked foods. This includes ingredients with common allergens highlighted and nutritional information, for example the amount of fat and sugar contained within the product. This information is designed to assist individuals with dietary requirements or restrictions and to help individuals make balanced food choices. See also **Allergy;** **Eatwell Guide**; **Nutrient**.

Visit the following for further information:

* [Live Well - Eat well - Food guidelines and food labels (NHS)](https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/how-to-read-food-labels/)
* [Live Well - Eat well - Food guidelines and food labels - The Eatwell Guide (NHS)](https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/)
* [Packaging and labelling (Food Standards Agency)](https://www.food.gov.uk/business-guidance/packaging-and-labelling)

**Food poisoning:** a condition where an individual eats any food that has been contaminated with germs. Also known as foodborne illness or infection. Food poisoning can happen if food has:

* not been cooked or reheated correctly
* not been stored correctly, for example, if it should have been frozen or chilled
* been left out for too long
* been handled by an individual who is ill or who has not washed their hands
* been consumed after its ‘use by’ date

Symptoms of food poisoning can start within a few hours or a few days of eating the contaminated food. Symptoms may include:

* diarrhoea
* high temperature
* feeling sick or generally unwell
* stomach pain
* vomiting

Visit the following for further information:

* [Conditions - Food poisoning (NHS)](https://www.nhs.uk/conditions/food-poisoning/)
* [Food hygiene (Food Standards Agency)](https://www.food.gov.uk/consumer-advice/food-hygiene)

**Free sugar:** see **Sugar**.

**Fructose:** see **Sugar**.

# G

**Gestational diabetes:** a condition which may occur during pregnancy where high blood sugar (glucose) develops in response to an increase in pregnancy hormones and an individual’s inability to produce enough insulin to meet their body’s extra needs. This leads to insulin resistance. It usually goes away after giving birth. See **Diabetes**.

Visit the following for further information:

* [Conditions - Gestational diabetes (NHS)](https://www.nhs.uk/conditions/gestational-diabetes/)

**Glucose:** see **Sugar**.

**Gluten:** a protein found in cereals (for example, wheat, barley and rye). It should be noted that although gluten can be found in wheat, a gluten intolerance is **not** the same as a wheat allergy. For potential dietary requirements relating to gluten, see also **Coeliac disease**; **Food intolerance**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

# H

**Halal:** a classification of food that has been prepared in line with Islamic law. This includes the method by which animals are slaughtered. See also **Islamic diet**.

Visit the following for further information:

* [Non-Clinical Services - Chaplaincy Service - Faith and Culture - Islam (Weston Area Health NHS Trust)](https://www.waht.nhs.uk/en-GB/Our-Services1/Non-Clinical-Services1/Chapel/Faith-and-Culture/Islam/)

**Hindu diet:** specific dietary practices that Hindu individuals may choose to follow as part of their faith (for example, a vegetarian diet or a diet that avoids beef). It is always advisable to discuss and confirm these dietary practices with each individual.

Visit the following for further information:

* [Non-Clinical Services - Chaplaincy Service - Faith and Culture - Hinduism (Weston Area Health NHS Trust)](https://www.waht.nhs.uk/en-GB/Our-Services1/Non-Clinical-Services1/Chapel/Faith-and-Culture/Hinduism/)

**Hydration:** a process whereby the body gets enough fluids to function. The Eatwell Guide recommends that individuals drink six to eight cups of fluid per day. This could be water, lower-fat milk, sugar-free drinks, tea or coffee. If well-hydrated, an individual’s urine should be a clear pale-yellow colour. If not hydrated enough, an individual can become dehydrated,meaning that their body has lost more fluids than they have taken in. If not treated, this can have serious health implication. Symptoms of dehydration may include:

* dark yellow, strong-smelling urine
* a dry mouth, lips and tongue
* feeling dizzy or lightheaded
* feeling thirsty
* feeling tired
* sunken eyes
* urinating less often than usual

Visit the following for further information:

* [Conditions - Dehydration (NHS)](https://www.nhs.uk/conditions/dehydration/)
* [Live Well - Eat well - Food guidelines and food labels - Water, drinks and hydration (NHS)](https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/)

# I

**Inflammatory bowel disease (IBD):** a term used to describe conditions that result in diarrhoea and severe stomach pain. For specific examples of IBD, see also **Crohn’s disease**; **Ulcerative colitis**.

Visit the following for information:

* [Conditions - Inflammatory bowel disease (NHS)](https://www.nhs.uk/conditions/inflammatory-bowel-disease/)

**Irritable bowel syndrome (IBS):** a condition that affects an individual’s digestive system. Individuals who suffer from IBS often need to avoid certain foods that trigger their symptoms. This can be different for each individual so it is always advisable to ask an individual if they have any specific requirements. Symptoms of IBS may include:

* bloating
* constipation
* cramps
* diarrhoea

Visit the following for further information:

* [Conditions - Irritable bowel syndrome (IBS) (NHS](https://www.nhs.uk/conditions/irritable-bowel-syndrome-ibs/))

**Intolerance**: see **Food intolerance**.

**Islamic diet:** specific dietary practices some Muslim individuals may choose to follow as part of their faith. It is always advisable to discuss and confirm these dietary practices with each individual. For dietary information which may be relevant to Islam or Muslim cultural heritage, see also **Halal**.

Visit the following for further information:

* [Non-Clinical Services - Chaplaincy Service - Faith and Culture - Islam (Weston Area Health NHS Trust)](https://www.waht.nhs.uk/en-GB/Our-Services1/Non-Clinical-Services1/Chapel/Faith-and-Culture/Islam/)

# J

**Jewish diet:** specific dietary practices that Jewish individuals may choose to follow as part of their faith. It is always advisable to discuss and confirm these dietary practices with each individual. For dietary information which may be relevant to Judaism or Jewish cultural heritage, see also **Kosher**.

Visit the following for further information:

* [Civil Service Guide to Judaism (Gov.uk)](https://www.gov.uk/government/publications/civil-service-staff-networks/civil-service-guide-to-judaism-html)
* [Non-Clinical Services - Chaplaincy Service - Faith and Culture - Judaism (Weston Area Health NHS Trust)](https://www.waht.nhs.uk/en-GB/Our-Services1/Non-Clinical-Services1/Chapel/Faith-and-Culture/Judaism/)

# K

**Kosher:** a classification of food that has been prepared in line with Jewish law. This includes the prohibition on eating certain fish, meat and seafood, the separation of milk and meat products in meals, and a requirement for animals to be slaughtered in accordance with Jewish law. See also **Jewish diet**.

Visit the following for further information:

* [Civil Service Guide to Judaism (Gov.uk)](https://www.gov.uk/government/publications/civil-service-staff-networks/civil-service-guide-to-judaism-html)
* [Non-Clinical Services - Chaplaincy Service - Faith and Culture - Judaism (Weston Area Health NHS Trust)](https://www.waht.nhs.uk/en-GB/Our-Services1/Non-Clinical-Services1/Chapel/Faith-and-Culture/Judaism/)

# L

**Lactose**: a sugar found in dairy products. Although lactose can be found in milk, a lactose intolerance is **not** the same as a milk allergy. For potential dietary requirements relating to lactose, see also **Food intolerance**; **Sugar**.

Visit the following for further information:

* [Conditions - Lactose intolerance (NHS)](https://www.nhs.uk/conditions/lactose-intolerance/)

**Legume:** a common allergen that incorporates peanuts, soybeans, peas and chickpeas. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)
* [Peanut Allergy (Allergy UK)](https://www.allergyuk.org/resources/peanut-allergy-factsheet/)
* [Soy Allergy (Allergy UK)](https://www.foodallergy.org/living-food-allergies/food-allergy-essentials/common-allergens/soy)

**Lupin:** a common allergen whose seeds can be used to make flour, bread and pasta. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

# M

**Macronutrient:** see **Nutrient**.

**Malnutrition:** a critical condition caused by the body not receiving/being able to process the right amount of nutrients. It can refer to conditions associated with undernutrition/deficiency (not enough of any or all nutrients) or overnutrition (too much of any or all nutrients). Malnutrition can be caused by an individual’s food choices but can also happen as a result of medical conditions affecting how the body processes food/nutrients. For example, Crohn’s disease may prevent the efficient absorption of certain nutrients. For further information on ensuring a balanced diet, see also **Eatwell Guide**.

Visit the following for further information:

* [Conditions - Malnutrition (NHS)](https://www.nhs.uk/conditions/malnutrition/)

**Micronutrient:** see **Nutrient**.

**Milk:** see **Cow’s milk**; **Allergy**.

**Mineral:** see **Nutrient**.

**Mollusc:** a common allergen that incorporates mussels, whelks, oysters, snails and squid. As well as on their own, molluscs are often found in fish stews. See also **Allergy; Shellfish**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

**Monounsaturated fat:** see **Fat**.

**Mustard:** a common allergen that includes mustard seeds (either in their full, powdered or liquid form). It is most often found in curries and other sauces. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

# N

**Non-diabetic hyperglycaemia:** a condition where blood sugar (glucose) levels are higher than normal but not yet high enough to be diagnosed as diabetes. This may also be known as pre-diabetes. It may be possible to reduce an individual’s blood glucose levels to a more normal range through certain lifestyle changes, therefore preventing diabetes. See also **Diabetes**; **Diabetes (Type 2)**.

Visit the following for further information:

* [Conditions - Treatment for type 2 diabetes (NHS)](https://www.nhs.uk/conditions/type-2-diabetes/treatment/)

**Non-prepacked food:** food that has not been packaged before sale, for example, a meal in a restaurant, food sold loose in a shop or a sandwich freshly prepared in a café. Information on any common allergens in non-prepacked food must be communicated to individuals beforehand. See also **Prepacked food**.

**Nut:** see **Tree nut**.

**Nutrient:** a substance needed by the body for it to continue to work properly and stay healthy. Health issues can occur when the body has either too much or too little (deficiency) of any of these nutrients. Key nutrients needed by the body are listed below.

* Micronutrients, including:
  + beta-carotene
  + calcium
  + copper
  + iodine
  + iron
  + potassium
  + sodium
  + vitamin A
  + B vitamins and folic acid
  + vitamin C
  + vitamin D
  + vitamin E
  + vitamin K
  + zinc
* Macronutrients, including:
  + carbohydrates (starches, sugars and fibre)
  + fats
  + proteins

See also **Eatwell Guide**; **Malnutrition**.

Visit the following for further information:

* [Conditions - Vitamins and minerals (NHS)](https://www.nhs.uk/conditions/vitamins-and-minerals/)

**Nutrition:** the body’s use of food to function. See also **Nutrient**; **Malnutrition**.

# O

**Omega-3/Omega-6:** types of polyunsaturated fats that are part of a healthy diet. They can also help to lower the level of ‘bad’ cholesterol in the blood.

Omega-3 fats can be found in foods including:

* flaxseed (linseed) oil
* oily fish
* walnuts

Omega-6 can be found in foods including:

* almonds
* cashews
* rapeseed oil

See also **Cholesterol**; **Fat**.

Visit the following for further information:

* [Live Well - Eat well - Food types - Fats: the facts (NHS)](https://www.nhs.uk/live-well/eat-well/food-types/different-fats-nutrition/)

**Omnivorous diet:** a diet that includes both plant-based and animal-based food products.

**Other specified feeding or eating disorder (OSFED):** an eating disorder where an individual’s symptoms do not fit with those of any specific eating disorder. OSFED is the most common eating disorder. See also **Eating disorder**.

Visit the following for further information:

* [Behaviours - Eating disorders (NHS)](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/overview/)
* [Other specified feeding or eating disorder (OSFED) (Beat Eating Disorders)](https://www.beateatingdisorders.org.uk/get-information-and-support/about-eating-disorders/types/osfed/)

# P

**Peanut:** see **Legume**.

**Pescatarian diet:** a diet that excludes all meat except fish.

**Polyunsaturated fat:** see **Fat**.

**Pre-diabetes:** see **Non-diabetic hyperglycaemia**.

**Prepacked food:** food that has been packaged before sale, for example, tinned food, ready-made meals or frozen food. Most prepacked food must include a list of ingredients, with any common allergens easily identifiable. See also **Food label**.

**Processed food:** any food or drink that has been changed during manufacturing. Food processing includes:

* making food safe, for example, pasteurising milk to remove harmful bacteria
* making food suitable for use, for example, making oil by pressing seeds
* making foods last longer, for example, freezing or canning food
* making foods taste different, for example, adding salt or sweeteners

Food that has been through more thorough processing is known as ultra-processed food (UPF). These foods often include ingredients which are not found in an average household, for example, preservatives, sweeteners or emulsifiers. UPF includes:

* chocolate
* crisps
* ice cream
* packaged biscuits and cakes
* packaged meat pastries, for example, pies and pasties
* some ready-made meals
* sweets

Visit the following for further information:

* [Live Well - Eat well - How to eat a balanced diet - Processed foods (NHS)](https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/what-are-processed-foods/)

**Protein:** a nutrient that is used by the body for growth and repair. It is an essential part of a healthy diet. Protein enables the body to grow and repair itself. The Eatwell Guide suggests that proteins should make up around an eighth/12% of an individual’s daily/weekly diet. Protein can be found in a number of foods, for example:

* beans
* eggs
* fish
* meat
* pulses

Visit the following for further information:

* [Live Well - Eat well - Eating a balanced diet (NHS)](https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eating-a-balanced-diet/)
* [Live Well - Eat well - Food guidelines and food labels - The Eatwell Guide (NHS)](https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/)

# Q

**No key term**

# R

**Recommended daily intake (RDI):** a UK government guide to the proportions of different nutrients an individual should consume daily as part of a healthy diet.

* Fruit and vegetables: five portions a day, or just over a third/40%
* Starchy carbohydrates: just over a third/40%
* Proteins: around an eighth/12%
* Dairy or dairy alternatives: around a twelfth/8%
* Oils and spreads: very small amount, around 1%

See also **Eatwell Guide**; **Food groups**.

Visit the following for further information:

* [Government Dietary Recommendations (Gov.uk)](https://assets.publishing.service.gov.uk/media/5a749fece5274a44083b82d8/government_dietary_recommendations.pdf)

**Religion-based diets:** see **Buddhist diet; Christian diet; Fast; Halal; Hindu diet; Islamic diet; Jewish diet; Kosher; Sikh diet**.

# S

**Salt:** a chemical compound sodium chloride (NaCl) used to flavour and preserve food. Many pre-prepared and pre-packaged foods (for example, bread, breakfast cereals, meat products and ready-made meals) contain salt. A small amount of salt in the diet helps the kidneys to control the amount of water in the blood, but too much salt can have negative impacts on health, for example, raised blood pressure. It is recommended that adults and children over the age of 11 have fewer than 6g/one teaspoon of salt daily (5g for 7- to 10-year-olds, 3g for 4- to 6-year-olds, 2g for 1- to 3-year-olds and 1g for under-1-year olds).

Visit the following for further information:

* [Live Well - Eat well - Food types - Salt in your diet (NHS)](https://www.nhs.uk/live-well/eat-well/food-types/salt-in-your-diet/)
* [Salt (British Heart Foundation)](https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/salt)

**Saturated fat:** see **Fat**.

**Sensitivity:** see **Food hypersensitivity**.

**Sesame:** a common allergen that is often found in seed form (for example, on burger baps or bread), blended (for example, in tahini and houmous) or as an oil. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

**Shellfish:** a common term for two groups of allergens includingcrustaceanssuch as prawns, crabs, lobster and crayfish, and molluscs such as mussels and scallops. Individuals who are allergic to one type of shellfish often also react to other types. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

**Sikh diet:** specific dietary practices that Sikh individuals may choose to follow as part of their faith (for example, a vegetarian diet). It is always advisable to discuss and confirm these dietary practices with each individual.

Visit the following for further information:

* [Non-Clinical Services - Chaplaincy Service - Faith and Culture - Sikhism (Weston Area Health NHS Trust)](https://www.waht.nhs.uk/en-GB/Our-Services1/Non-Clinical-Services1/Chapel/Faith-and-Culture/Sikhism/)

**Soy:** a common allergen thatcomes from the soybean. It can be consumed as soy milk, soy sauce and tofu, but is sometimes also used as an ingredient in products such as canned meat or crackers. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

**Starch:** a type of complex carbohydrate that is an essential part of a healthy diet. Starch is broken down by the body to make glucose, which is used in respiration to release energy. The Eatwell Guide recommends that starchy carbohydrates make up just over a third/40% of an individual’s daily/weekly diet. Starch can be found in a number of foods, including:

* bread
* cereal
* rice
* pasta
* potato

See also **Carbohydrate**.

Visit the following for further information:

* [Live Well - Eat well - Food types - Starchy foods and carbohydrates (NHS)](https://www.nhs.uk/live-well/eat-well/food-types/starchy-foods-and-carbohydrates/)

**Sugar:** a sweet tasting carbohydrate, that in small quantities can form part of a healthy diet. Simple sugars in food might include:

* fructose (fruit)
* glucose (many food products, such as fruits and some processed foods)
* lactose (milk)
* maltose (malted cereals and some beers)
* sucrose (table sugar)

Sugars are also broadly talked about in the following categories:

* total sugars (naturally occurring in some food products)
* free sugars (often naturally occurring, but should be limited as part of a healthy diet)
* added sugars (added during processing and should be limited as much as possible within a healthy diet)

Visit the following for further information:

* [Live Well - Eat well - Food types - Sugar: the facts (NHS)](https://www.nhs.uk/live-well/eat-well/food-types/how-does-sugar-in-our-diet-affect-our-health/)
* [Sugars Factsheet (World Health Organization (WHO))](https://cdn.who.int/media/docs/librariesprovider2/euro-health-topics/obesity/sugars-factsheet.pdf)

**Sulfur/Sulphur dioxide and Sulfites/Sulphites:** commonallergens that areoften used as preservatives in dried fruit (for example, apricots and raisins), meat products and soft drinks. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

# T

**Trans fat:** see **Fat**.

**Tree nut:** a common allergen that incorporates almonds, Brazil nuts, cashews, hazelnuts, pecans, pistachios and walnuts. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)
* [Tree Nut Allergy (Allergy UK)](https://www.allergyuk.org/resources/tree-nut-allergy-factsheet/)

**Type 1 diabetes:** a lifelong autoimmune disease where an individual’s immune system attacks and destroys the cells that produce insulin. Insulin is a hormone that enables the body to use sugar (glucose) for energy. The risk of type 1 diabetes cannot be controlled through lifestyle changes. Individuals diagnosed with this condition require lifelong regular insulin injections.

Visit the following for further information:

* [Conditions - Type 1 diabetes (NHS)](https://www.nhs.uk/conditions/type-1-diabetes/)

**Type 2 diabetes:** a condition where an individual cannot make enough insulin, or the body's cells don't respond properly to insulin (insulin resistance). Insulin is a hormone that enables the body to use sugar (glucose) for energy. As a result of high blood glucose levels, an individual can develop complications like heart disease, kidney disease, nerve problems and stroke.

Type 2 diabetes can be managed with lifestyle changes (for example, diet and exercise) and/or medication in the form or tablets or injections. With these lifestyle changes, it is possible for some individuals with type 2 diabetes to lower their blood glucose levels to below the diabetic range. This is known as remission if they remain there for at least three months.

Visit the following for further information:

* [Conditions - Type 2 diabetes (NHS)](https://www.nhs.uk/conditions/type-2-diabetes/)

# U

**Ulcerative colitis:** a long-term immune condition causing inflammation of the rectum and colon. Small ulcers, which can bleed and produce pus, may also develop on the lining of the colon.

Symptoms of an ulcerative colitis flare-up may include:

* extra-intestinal symptoms (for example, irritated/red eyes, joint pain/swelling, mouth ulcers and bone problems)
* frequent need to pass stools
* recurrent diarrhoea (sometimes containing blood, mucus or pus)
* stomach pain

Individuals who suffer from ulcerative colitis may need to avoid certain foods that trigger their symptoms. This can be different for each individual so always ask for specific requirements.

Visit the following for further information:

* [Conditions - Overview: ulcerative colitis (NHS)](https://www.nhs.uk/conditions/ulcerative-colitis/)

**Ultra-processed food (UPF):** see **Processed food**.

**Unsaturated fats:** see **Fat**.

# V

**Vegan diet:** a diet based on plant-based food products (for example, vegetables, grains, legumes, nuts and fruits). Vegans do not eat any animal products, including dairy, eggs, honey and meat.

To ensure an individual gains the nutrients they need, a healthy vegan diet should include:

* at least five portions of a variety of fruit and vegetables daily
* dairy alternatives fortified with nutrients such as calcium (for example, soya-based drinks and yoghurt)
* foods rich in omega-3 fatty acids (for example, some nuts and seeds)
* protein-rich legumes (including beans and pulses)
* small amounts of unsaturated oils and spreads
* starchy carbohydrates (for example, bread, pasta, potatoes and rice)
* supplements or foods fortified with calcium, iron, iodine, selenium, vitamin B12 and vitamin D

Visit the following for further information:

* [Live Well - Eat well - Food guidelines and food labels - The Eatwell Guide (NHS)](https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/)
* [Live Well - Eat well - How to eat a balanced diet - The vegan diet (NHS)](https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/the-vegan-diet/)

**Vegetarian diet:** a diet that does not include fish or meat. Unlike vegans, vegetarians may eat some animal products, including dairy products and eggs.

A healthy vegetarian diet should include variety. Some nutrients are found in smaller amounts in vegetarian food sources than in meat or fish, or exist in forms less easily absorbed by the body. A vegetarian diet could provide access to protein and calcium via dairy products, but careful planning is needed to ensure enough consumption of essential nutrients (for example, iron and vitamin B12).

Visit the following for further information:

* [Live Well - Eat well - Food guidelines and food labels - The Eatwell Guide (NHS)](https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/)
* [Live Well - Eat well - How to eat a balanced diet - The vegetarian diet (NHS)](https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/the-vegetarian-diet/)

**Vitamin:** see **Nutrient**.

# W

**Wheat:** a common allergen which is mostly found in foods made with flour (for example, bread, cakes and pasta). It should be noted that although wheat contains gluten, a wheat allergy is **not** the same as a gluten intolerance. See also **Allergy**.

Visit the following for further information:

* [Food allergy and intolerance advice for consumers (Food Standards Agency)](https://www.food.gov.uk/safety-hygiene/food-allergy-and-intolerance)

# X

**No key term**

# Y

**No key term**

# Z

**No key term**

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\*to continue to improve our levels of customer service, telephone calls may be recorded for training and quality purposes.

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