

**DIRECTIONS: Write a COMPLETE definition for each vocabulary word**

Calories

Metabolism

Hunger

Appetite

Basal Metabolic Rate

Fad Diet

Dietary Guidelines for Americans

Daily Values

Nutrients

Homeostasis

Dehydration

Electrolytes

Vitamins

Antioxidants

Minerals

Anemia

Carbohydrates

Fiber

Proteins

Vegetarians

Vegans

Amino Acids

Fats

Unsaturated Fats

Saturated Fats

Cholesterol

Trans Fats

Body composition

Body Mass Index

Obesity

Overweight

Underweight

Nutrient-dense Foods

Carbohydrate Loading

Food Allergy

Food Intolerance