

Glossary

for the AfN Nutrition Competency Frameworks for Fitness & Leisure and Catering

Alcohol Intake Limits - The Department of Health guidance on maximum recommended alcohol intake for adults

Allergen Legislation - Government legislation regarding the requirement for specific allergen information provision, relating to the EU Food Information for Consumers Regulation

Appropriate Drinks - In the case of hydration this means drinks that do not contain alcohol. This includes tea, coffee, diluted cordials, milk and water

Balanced Diet – A diet in line with Healthy Eating Guidelines that is consumed in the right amount for activity level and contains the proportions of carbohydrates, fats, proteins, vitamins, minerals, and water necessary to maintain good health

Body Composition - The percentage of fat, muscle, bone and water within the human body

Body Composition Measurements - Common measures of body composition include body mass index (BMI), waist circumference, skinfolds and bioelectrical impedance analysis.

Code of Conduct - A set of written rules which explains how people working in a particular profession should behave

Communication Methods - This includes all ways in which information is communicated, including telephone, email correspondence, letter, online forums, presentations, social media and verbally.

Competence - The extent of an individual's ability to achieve something successfully

Conflicts of Interest - A situation in which an individual is in a position to derive personal or professional benefit from actions, advice or decisions made in their official capacity

Consent - An individual's agreement/permission to partake in an activity or provide information

Contamination Risk - The risk of a food being contaminated with an undesirable substance or ingredient, usually through incorrect food handling or storage

Data Collection, Storage & Retrieval Practices – The processes undertaken to ensure all data obtained from individuals is done so in compliance with the Data Protection Act 1998

Data Sharing Protocols – The processes in place to ensure that data is not made available to third parties for commercial or marketing purposes unless explicit consent has been obtained from the individual, and that written consent is obtained in regards to what information can be shared with another individual, such as a Nutrition Professional, Physiotherapist or Doctor

Dietary Behaviours - The choices and habits that individuals make regarding the intake of food and drink

Dietary Intake - All food and drink that is consumed by an individual

Dietary Records - Methods used to collect dietary intake information, this includes weighed food records, food frequency questionnaires, 24 hour food recalls, unweighed food diaries and computer/mobile apps.

Dietary Requirements - The energy (kJ/kcal) and nutrient requirements of individuals for good health, OR the special dietary needs of an individual due to a health condition or allergy

Dietary Supplements - Products intended to be taken by an individual to provide additional substances to the diet. They may be one, or any combination, of the following substances: a vitamin, a mineral, herb or another botanical ingredient

Disease Risk Factor - Something that increases the chance of developing a disease, such as high blood pressure as risk factor for Coronary Heart Disease

Eating Habits - The dietary choices regularly made by an individual

Eating Patterns - The routine choices and timing of food and drink consumption

Energy Balance - The balance between the amount of energy (kJ/kcal) consumed from food/drink, with that expended through physical activity

Energy Requirements - The amount of energy (kJ/kcal) an individual needs for the body to function undertake daily activities

Fad Diets - Diet information, plans and/or eating patterns that have temporary popularity in the media and/or with celebrities, but are unsupported by scientific evidence. Usually promise rapid and/or high amounts of weight loss and are based on a very restrictive diet of a few foods, unusual combination of foods or the exclusion of food groups/ingredients

Fluid Intake Guidelines - Guidance on how much fluid from non-alcohol sources individuals should consume, taking into account variations between individuals and environmental conditions, such as EFSA Scientific Opinion on Dietary Reference Values for Water

Food Allergen - A food product or ingredient containing certain proteins that can potentially cause severe (occasionally fatal) reactions in a food allergic person. Allergen proteins are naturally occurring and cannot be eliminated by cooking or baking

Food Allergy - Food allergies cause the immune system to respond to the consumption (& in some cases inhalation or touching) of an allergen, with responses that range from discomfort to life threatening reactions.

Food Choice - The food selection made by, or available to, an individual

Food Groups - The classification of foods into groups according to their nutritional properties. The five main food groups being: fruit and vegetables; milk and dairy; meat, fish, eggs, beans and pulses; bread, rice, potatoes, pasta and other starchy carbohydrates and food and drink high in sugar and/or fat.

Health Risks - Something scientifically proven to increase an individual's risk to develop a disease or have a negative impact on health

Healthy Eating Guidelines - Government guidance to the general population for eating a healthy, balanced diet for good health, such as the Eatwell Plate

Individualised, bespoke or prescriptive – Provision of any dietary information or advice outside of the Government Health Eating Guidelines and beyond the individual's defined level of competence

Food Intolerance - An undesirable reaction due to an individual having difficulty digesting a particular food/ingredient. This can lead to symptoms such as intestinal gas, abdominal pain or diarrhoea. As opposed to a food allergy, there is no immune system response involved in food intolerance

Menu Development – The production of a menu to meet the nutritional needs of the consumer, providing variety and within necessary budgetary constraints

Nutrition Monitoring – Recording of an individual's dietary intake and energy expenditure, using dietary and activity records

Over-nutrition - Excess food intake resulting in unhealthy weight gain and increased risk of overweight/obesity related diseases such as diabetes and cardiovascular disease

Performance Aids – Dietary substances taken for the specific intention of improving sports performance

Refer on - To refer a consumer or client to an appropriately qualified person with greater knowledge and expertise when unsure, requiring additional support or when outside of defined level of competence and/or scope of practice. This includes referring to a Senior Colleague (if appropriate) or to a Nutrition or Health Care Professional

Religious, Cultural or Ethical Reasons – Personal belief systems/requirements that affect an individual/group's food choice. These can impact on food preparation, meal times and storage processes. This includes the avoidance of certain food items, slaughter rituals, fasting periods and the use of separate cooking utensils

Sector Specific Regulations/Guidelines - Guidance that is provided for specific groups of individuals with different dietary needs to the general population or that have been set with the specific aim of attaining healthy eating guidelines. These include Public Health England's Healthier and more sustainable catering: a toolkit for serving food to older people in residential care

Sports Drinks – Classed as either rehydration/electrolyte or energy drinks. Rehydration/electrolyte drinks are soft drinks containing electrolytes (minerals such as chloride, calcium, magnesium, sodium and potassium) and sugars/sweeteners, designed to restore the body's water and electrolyte levels after dehydration caused by exercise, and heavy sweating. Depending on the electrolyte and carbohydrate content they are classed as hypotonic, isotonic or hypertonic. Non-electrolyte energy drinks are soft drinks containing a high percentage of sugar, caffeine, or another stimulant, designed for consumed during or after exercise to provide a rapid source of energy

Technology – The use of mobile apps, fitness devices etc. to record dietary intake and behaviours

Under-nutrition - Insufficient food intake that could result in unhealthy weight loss and malnutrition

Weight Control - The maintenance of, or working towards the achievement of, a healthy body weight

Key Terms

FOH: Front of House - the area accessible to the consumer, predominately for the delivery of food/drink and service

BOH: Back of House – the area accessed only by the workforce, predominately for the preparation of food

Group(s): A number of individuals classed as a unit by the nutrition related initiative/activity/setting or need

Individuals: Members of the general public that collectively form communities

Nutrition Professionals: People with an approved degree level qualification in Nutrition or Dietetics, usually registered with either the UKVRN or HCPC

Sector: A proportion of the economy in which businesses/charities share the same or related products/services. In this context it refers to catering or fitness and leisure businesses/charities.

Workplace: The location in which activities/services are undertaken or provided

Workforce: People engaged in work or volunteering within a workplace/sector

For details of this project and all our work visit the AfN website

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A not for profit organisation, registered as a company limited by guarantee number: 6488331

