



## **ECO – DICTIONARY SUPER FUDGIO**

**DIETARY FIBRE** – is the engine that drives the digestive tract. It aids the proper functioning of the bowel, helps the process of digestion and allows us to avoid constipation. It also helps regulate defecation. It also reduces cholesterol and is a help in reducing the risk of atherosclerosis. It delays the absorption of glucose. Fibre reduces feelings of hunger as it increases the size of the food in our stomach thus making us feel fuller for longer. It helps in losing weight, as well as cleaning our bodies of toxins and heavy metals.

**VEGETABLE PROTEIN** – is found in all plants, made up of amino acids. The only difference between vegetable and animal protein are the different proportions of amino acids in each. In order for the level of amino acid in vegetable protein to match the levels found in animal protein we need to combine three sources of vegetable protein - plant pulses, grain and cereals, as well as nuts and seeds.

**WHITE SUGAR** – also known as white death. The consumption of too much sugar causes a reduction in one's immunity, an increase in susceptibility to infection and a lack of vitamin B and minerals such as copper and chrome. It increases the level of cholesterol, accelerates the speed of the skin's ageing, and weakens collagen fibres which can cause injuries to tendons. People who eat a lot of sugar are also more susceptible to arthritis, sclerosis as well as pain in their large intestine. In addition to all this there is also its negative effect on teeth enamel, the pancreas the functioning of many enzymes. And if all this isn't enough, sugar can also cause type 2 diabetes.

**EMULSIFIER** – an additional substance which enables the creation of emulsion and also ensures its durability. It's used in the food industry, most often coming from plants, e.g. sunflower, rapeseed or soya.

**GLUTEN** - a mixture of vegetable proteins, gluten ins and gliadins which are to be found in the seeds of some grains, such as wheat, rye and barley. Gluten gives cakes mixture a smooth consistency and it also aids in its rising. Intolerance of gluten is a very common current affliction.

**GLICEMIC INDEX** - GI for short – is a measure of the level of glucose in the blood after having eaten a given product. The higher the GI, the higher to level of glucose in the blood and connected to this the boost of insulin which can cause over eating as well as sleepiness and a lack of energy. Products however which have a low level of GI don't cause sudden jumps in glucose levels in the organism, which means that they help maintain energy for longer and what is also important – they are better for diabetics and people with insulin immunity.



**CAZEIN** - milk protein, present in unfermented dairy products. Casein shouldn't be eaten by people who are allergic to milk protein. Almost 60% of all milk allergies are caused by the presence of this kind of protein.

**LACTOSE** - sugar which is to be found in milk. Lactose is not only in cow's milk but also in the milk of all mammals, including a mother's milk. Lactose intolerance is one of the most commonly found dietary intolerances. It is caused by a lack of lactase in the organism – the enzyme which is necessary to break down lactose. These people can suffer ailments of the dietary tract after consuming milk or other products containing lactose.

**RESPONSIBLE CONSUMPTION, ALSO KNOWN AS SUSTAINABLE CONSUMPTION** – making purchasing decisions which take into account all the consequences which are associated with the sourcing of the ingredients as well as the production, distribution, usage and waste disposal needed regarding the given product. Each of these processes effects the natural environment and social context. A negative effect – so environmental degradation, human rights abuse and not respecting the rights of workers. Positive effect – improves the lot of people and protects the environment.

**PALM OIL** – „the hidden evil” found in many products. It is used on a mass scale in the production of food, cosmetics and biofuel. Palm oil is produced on enormous industrial scale plantations – often – particularly in Indonesia – on land taken from burnt and deforested areas of rain forest. Since 1970 the harvest of palm oil in Indonesia has grown by 30 times and in Malaysia by 12 times with the figures continuing to grow.

**PROBIOTIC** – a group of bacteria which have a positive impact on the functioning of the digestive tract through the proper maintenance of bacterial flora, therefore having a positive effect on one's health.

**PROCESSED PRODUCT** – see: **PROCESSED FOOD**

**REFINED PRODUCT** - a product which has undergone a process of cleansing which has as its goal the removal of one or several ingredients. Normally the process of refining has as its goal the isolation of a pure ingredient, e.g. white sugar, white flour, or the removal of unwanted characteristics such as the scent or colour from plant fats. Refined products normally have fewer nutrients and have more calories than their unrefined versions.

**VEGAN PRODUCTS** - a product which doesn't come from animals or a product which is not connected to the exploitation of animals – so e.g. dairy products, eggs, honey, meat.

**VEGERATIAN PRODUCTS** - a product which does not come from animals, so is not based on products which come from the slaughter of animals, on animal meat, including fish and sea food.

**ORGANIC FARMING** - a system of farm management which has as its aim the production of sustainable food and which takes into account local environmental, social and economic conditions. The most important objective of organic farming is the production of healthy, safe food which is rich in nutrients, and which avoids the pollution of the environment through the usage of chemical substances thus ensuring that farmers have a high quality of life, appropriate income and also a healthy and safe work environment.

**SUPERFOOD** - unprocessed food from a natural source, rich in nutrients which have beneficial effect on the human organism.

**GLUCOSE-FRUCTOSE SYROP** – known as the „ticking bomb”. Sweeter and cheaper to produce than sugar – so unfortunately more efficient. Used to excess leads to obesity and sclerosis. It’s made from corn starch. Under the influence of artificially generated enzymes and acids it becomes a syrup which is made up of 55% glucose, 42% fructose and 3% other sugars. During this process, the sugar loses protein, enzymes, vitamins and other natural ingredients. It becomes a dose of empty calories and only increases one’s appetite. It is to be found in many products due to its low cost.

**MILK FAT** – the animal fat to be found in cow’s milk. This product is not recommended if we have a tendency to the build-up of “bad” cholesterol or if its level is already too high. In the case of illnesses such as sclerosis and vascular heart disease – it also should not be eaten. In the case of a vegan diet it isn’t permitted due to its animal provenance.

**TRANS FAT** – fats from the unsaturated group. In small amounts it is to be found in natural animal fats (from 3 to 5%). They are also to be found in milk and its by- products. However, in much bigger quantities it can be found in many, although not all, artificially saturated plant fats – such as margarine or vegetable oils and is very bad for our health. There is much evidence that frequent consumption of trans fat and increase the risk of breast cancer and sclerosis.

**SATURATED VEGETABLE FAT** – in contrast to unsaturated and healthy vegetable fat, these are bad for our health. They are artificially maintained. How is this done? Ordinary vegetable oil is enriched with hydrogen particles and heated to very high temperatures. Then the particles of the oil link with the hydrogen particles to make saturated fatty acids. What are the health consequences of eating such fats? They increase the risk of heart disease and diabetes, sclerosis, strokes and heart attacks as well as intestinal cancers. In addition, they also raise the level of „bad” cholesterol as well as the risk of obesity. These fats are endemic in fast food. Their „benefits” are that one can keep the frying on hot fat all day without creating smoke in the kitchen. They are also cheaper than butter and have a long shelf life. They can also be re-used many times. Saturated fats also improve the taste of crisps and crackers. They are therefore tasty but dangerously unhealthy.

**SUSTAINABLE PRODUCT** - a product which is produced in a way that does not negatively affect human rights, worker’s rights or contribute to environmental degradation.

**ORGANIC FOOD** – food produced following procedures as close as possible to those from nature. Without the use of chemical fertilizers or pesticides as well as additives to animal feed.

**PROCESSED FOOD** – products which have undergone a technological process in an industrial food factory so as to increase their shelf life or to reduce the time needed for their preparation. They often contain harmful additives, which improve their consistency and efficiency or increase their shelf life. Examples of processed foods? E.G. Sausages, packaged hams, ready-made pasta sauces in jars, breakfast cereals etc.

