

Food Selection and Health

Glossary of Terms

Term	Definition
Cross-Contamination	
Danger Zone	
Saturated Fats	
Polyunsaturated Fats	
Fibre	
Coeliac Disease	
Obesity	
Anaemia	
Osteoporosis	
Type 2 Diabetes	
Hypertension	
Lactation	
Nutritious	
Coronary Heart Disease	

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