

Global problem of when edible food is discarded or goes uneaten. Such foods are usually throw away that could be use for other purposes.	
Commonly used in weight loss, as a meal substitute to curb the appetite and lower overall calorie intake.	
A diet in which does not contain any forms of gluten as some people have coeliac disease.	
Meals ideal for single servings, which eliminate the preparation time and are generally, heated using the microwave.	
Listening to your body and paying attention to what, why how and when you are eating. It involves taking the time to focus on eating so that we eat only when we are physically hungry.	
Food derived from plants, including vegetables, whole grains, legumes, nuts, seeds, fruits and few or no animal products. This practice may be due to religious and/or ethical beliefs.	
Refers to food that is sold and consumed within 160 km from the place it was grown. This reduces food miles and foods will be fresher, tastier and more environmentally friendly.	
Foods grown without the use of pesticides, fungicides or inorganic fertilisers.	
Food sold include fresh primary foods, such as fruit and vegetables, meats, seafood and eggs that are usually in season, organic or free range.	
Diet is similar to foods eaten during the paleolithic era.	
Native ingredients that are incorporated into food dishes and food products such as cooking sauces, salad dressings, dry rubs, chutneys and teas.	
Foods that have been modified or enhanced so that they have a higher market value(consumer appeal) and/or longer shelf life.	

Paleo diet	Food Waste	Local Produce	Farmers Market
Gluten free diet	Mindful eating	Bush tucker foods	Value added products
Heat and serve meals	Meal replacements	Organic foods	Plant based diet