

1.6 Glossary

Vegan - A strict vegan diet consists only of plants and plant by-products. It excludes any animal products such as meat, fish, shellfish, dairy, eggs and honey.

Vegetarian - Includes dairy, eggs and honey. Vegetarianism still focuses heavily on plant-based foods, excluding meat, fish and gelatin.

Plant-based / flexitarian - Heavily focused on plant-based foods, while occasionally consuming animal products like meat, fish, dairy, eggs and honey.

Raw - Usually vegan, relies on vegetables, fruits, nuts and seeds in their raw or uncooked state not being manipulated over 46-47 °C (115 °F). There are some variations to this diet, like fruitarianism, based on fruits, nuts and seeds.

Zero waste - A practice or philosophy that focuses on waste prevention and reduction, by redesigning the product cycle with the goal of reducing use, reuse or recycling.

Recycle - Converting waste into reusable material with the same or different goal as the original product.

Upcycle - Reusing waste or discarded objects and turning them into products of higher quality or value than the original.

Organic - Related to food produced by organic farming, which emphasizes minimizing the use of synthetic pesticides and fertilizers. Depending on the context, it also refers to everything that is living matter.

Local / Km 0 - Focusing on organic ingredients produced on nearby farms, where the transport time from farm to table is kept to a minimum. Local ingredients are better in quality, appearance and taste, with minimal environmental impact.

Slow food - Locally sourced ingredients, prioritizing local organic farms, seasonal foods and sustainably-caught fish.

Seasonal - Refers to ingredients that are available at a moment in time based on their biological cycle. This coincides with the optimal moment for consumption when their organoleptical properties (flavor, color, texture) are at their peak.

Biodynamic agriculture - An alternative farming system, similar to organic agriculture, where there is a combination of several methods with a holistic approach, focused on sustainable, locally sourced and organic materials.

Bio or ecological foods - Food grown, raised or farmed in an organic or ecological agriculture system, without the use of chemicals such as pesticides, colorants, fertilizers, etc.

Emulsion - Refers to the combination of one or more immiscible substances turning them into a new element. The best example is oil and vinegar, which are ingredients naturally separated which, after being agitated or whisked, become unified into a vinaigrette. Another example is butter, which is an emulsion made by churning cream or milk until it becomes a semi-solid product.