Annex 2
Basic concepts

Natural Foods

These are foods - plants or animals - that are in their natural state and have not been subjected

to modifications or transformations

significant until its culinary preparation and consumption.

There are certain basic processes to which foods are subjected

natural without altering them, including:

cleaning, removal of non-disposable parts

edible or unwanted; among those

processes are: splitting, selecting, slicing, boning,

chopping, peeling, skinning, shredding, cleaning, defatting,

shelling.

Natural foods can also be subjected to primary processing that

do not modify their status as “natural”,

Such as drying, milling, pasteurization, cooling, freezing,

toasted, scalding, vacuum packaging,

non-alcoholic fermentation, and other preservation

processes. Minimally processed foods also include

combinations of two or more foods in

natural state or minimally processed or primary processing.

Minimally processed or primary processed foods do not contain any additives, such as flavorings, sweeteners, or synthetic ingredients.

Processed foods are those made by hand or industrially from foods in their natural state, and to which salt, sugar or other substances for culinary use have been added in order to make them durable and more pleasant to the palate.

Different procedures are used in its preparation, including cooking, drying, or non-alcoholic fermentation, as in the case of bread, cheese, and

yogurt.

Other examples include:

- Vegetables such as carrots, cucumbers, peas, hearts of palm, onions and cauliflower preserved in brine or pickles.
- Tomato concentrates or pastes (with salt or sugar).
- Fruits in syrup and candied fruits.
- Bacon; canned sardines and tuna.

- Salted or smoked meats or fish or cured.
- Hams.
- Cheeses; breads and baked goods (in general).
- Fruit jams.

Ultra-processed foods

They are manufactured industrial formulations wholly or mainly with substances extracted from foods (oils, fats, sugar, starch, proteins), derived from food constituents (hydrogenated fats, modified starch) or synthesized in laboratories from organic materials, such as petroleum and coal derivatives (colorants, flavorings, flavor enhancers and various types of additives used to provide products with attractive sensory properties).

For example:

- Sweet or salty snacks packaged.
- Cookies (Sweet, salty and filled). • Industrial ice creams with colorings and artificial flavorings.
- Margarines, butters with *trans fats.*
- Candies and sweets (in general)
- Carbonated drinks, packaged soft drinks, juices and extracts sweetened.
- Cakes and cake mixes and cereal bars.
- Sweetened breakfast cereals.
- Yogurts and flavored dairy drinks and sugary.
- Soups, instant noodles, canned and packaged condiments, dehydrated and instant.
- Ready-to-eat pizza and pasta dishes.
- Hamburgers, sausages, hams and other sausages.
- Pieces of poultry and fish breaded or nuggets and other processed fast-preparation products.

Feeding

It is a set of voluntary acts carried out in response to a physiological and conscious need that we learn throughout our lives. It includes choosing foods, cooking them, and consuming them. The various ways of carrying out these actions have relationship with the environment, local offerings, and culture; these largely determine people's eating habits and lifestyles.

Healthy eating

It is a varied diet with foods preferably in their natural state or with minimal processing, which provides energy and all the essential nutrients that each person needs to stay healthy, allowing them to have a better quality of life at all ages. A Healthy eating should also be harmless.

Sugars

Considered total sugars, are the sugars that are naturally present in fruits, plants, milk plus the sugars that are added by

the manufacturer, cook or consumer, as monosaccharides (glucose, fructose, galactose) and disaccharides or compound sugars (sucrose, maltose, lactose) among others. They also contain sugar

High fructose corn syrup, glucose syrup, gum syrups or similar, fruit juices, fruit juice concentrates and honey45.

Nutritional education

It consists of learning activities aimed at facilitating the voluntary adoption of eating and other nutrition-related behaviors that promote health and well-being.46

Sweeteners

They are additives that give a sweet taste to foods, including sweeteners

non-caloric artificial sweeteners (aspartame, sucralose, saccharin and acesulfame potassium), non-caloric natural sweeteners

(stevia) and caloric sweeteners such as polyols (sorbitol, mannitol, among others)47.

Energy

In nutrition it refers to the chemical energy that comes from food and that can be

be converted into mechanical, thermal, electrical, and other energy necessary for human life. The energy from food

uses the kilocalorie as a unit of measurement (kcal).

Nutritional Status

It is the health situation of the person as a result of his or her diet,

nutrition, lifestyle, conditions

social and health conditions.

Food guide

It is an educational instrument that serves as a basis for the formulation of national policies on food and nutrition, health and agriculture, as well as programs for

nutritional education aimed at promoting

healthy eating practices and lifestyles in order to prevent malnutrition problems due to deficiency or excess.

also known as the Food Guide

Food Based – GABAs.

Saturated Fats

These are fats whose constituent fatty acids are composed of carbon atoms linked by single bonds and whose available valencies are “saturated” by hydrogen residues.

This makes it solid at room temperature and melts as the temperature rises. Saturated fats mostly come from animal foods, although they are also present.

present in some plants such as palm, coconut and cocoa.

Trans Fats

Hydrogenated fats are oils that have undergone a chemical hardening process to increase the plasticity and resistance to oxidation of liquid oils at room temperature.

Partial hydrogenation hardens the oils, but does not make them completely solid. Trans fat is found in many of the same foods as saturated fat, such as vegetable shortenings, some margarines, crackers, fried foods, baked goods, and other processed foods made with partially hydrogenated vegetable oils.

Culinary ingredients

Substances extracted directly from

Unprocessed or minimally processed foods or foods from nature that are generally consumed (or can be consumed) as ingredients in culinary preparations. The extraction process may include pressing, grinding, crushing, pulverizing, and drying. These substances are used to season and cook unprocessed or minimally processed foods and create freshly prepared dishes. Additives help preserve the properties of foods or prevent the growth of microorganisms.50 Examples of culinary ingredients: Soybean oils,

of of

corn, sunflower, or olive oil; butter, white sugar, brown or light sugar, chancaca (radish) and honey; fine or coarse salt.

Macronutrients

They are organic compounds made up of complex chemical elements that the body requires in greater quantities to
your nutrition. These are carbohydrates
(made up of starch, sugars and fiber), proteins (made up of chains of amino acids) and lipids (made up of fatty acids).

Malnutrition

Abnormal nutritional status, caused
due to energy deficiency or excess, and/or Includes
macronutrients micronutrients.
thinness, overweight, obesity, anemia and others.

Micronutrients

They are compounds made up of less complex chemical elements that the body requires in small quantities for nutrition. These are: fat-soluble vitamins (A, D, E, and K) and water-soluble vitamins (C and B complex); and minerals, which are divided into macronutrients (calcium, iron, magnesium, iodine, phosphorus, potassium, sodium) and micronutrients (manganese, copper, zinc, cobalt, and fluorine).

Nutrition

It is the set of mechanical and physiological processes through which humans use, transform, and incorporate a series of compounds received through food, in order to obtain energy, build and repair organic structures, and regulate metabolic processes.

Nutrients

They are organic and inorganic compounds in food that perform a specific function in the body. They are grouped into macronutrients and

micronutrients.

Essential nutrient

Nutrient that cannot be produced by the body and must be supplied by food to prevent deficiencies.

Food Exchange Portion

It is the amount of food, expressed in household measurements, that provides a given amount of calories, lipids, carbohydrates, and proteins. An exchange portion of any food from the same group has a similar calorie and macronutrient content.

Energy requirement

It is the amount of energy needed to cover an individual's energy expenditure.

The amount of energy a person needs depends on their age, sex, physiological state, and physical activity.

Nutritional recommendations

These are the additional quantities needed,
as a safety margin, to cover individual variability in some nutrients.
They are based on nutritional requirement figures and have a population-based approach.

Sodium

Chemical element that exists in a
natural in foods, associated with others
molecular residues or atoms in a manner
ionic bonds forming chemical salts. It is of great importance, as it helps maintain the body's water and acid-base balance, constituting its most common compound, sodium chloride, or what is commonly called table salt. Likewise, we find other sodium salts of industrial origin, such as monosodium glutamate (flavor enhancer); sodium benzoate, sodium acetate, sodium bicarbonate (acidity regulators and preservatives); sodium hydroxide, sodium carbonate (acidity regulator); sodium erythorbate (antioxidant), among others. One gram of 'table salt' contains 400 mg of sodium.

One gram of sodium is equivalent to 2.5 gr of salt.
table.