
Specialist Certification in Health Coaching for Corporate Wellness

Nutrition and Wellness

A

Acidosis:

Acidosis refers to an excessive acidity in the blood and body tissues. It can be caused by various factors, such as poor diet, stress, and certain medical conditions. Symptoms of acidosis may include fatigue, muscle weakness, and shortness of breath.

Antioxidants:

Antioxidants are compounds that help protect the body from damage caused by harmful molecules called free radicals. They are found in a variety of foods, including fruits, vegetables, and nuts. Examples of antioxidants include vitamin C, vitamin E, and beta-carotene.

Alkaline Diet:

An alkaline diet is based on the idea that certain foods can affect the acidity or alkalinity of the body. Proponents of this diet believe that eating alkaline-promoting foods can help prevent diseases and improve overall health. Foods commonly included in an alkaline diet are fruits, vegetables, nuts, and seeds.

B

Body Mass Index (BMI):

Body Mass Index (BMI) is a measurement used to assess an individual's body weight in relation to their height. It is calculated by dividing a person's weight in kilograms by their height in meters squared. BMI is commonly used to classify individuals as underweight, normal weight, overweight, or obese.

Bioavailability:

Bioavailability refers to the amount of a nutrient that is absorbed and utilized by the body. Factors such as the form of the nutrient, the presence of other nutrients, and individual differences can affect bioavailability. For example, iron from animal sources is more bioavailable than iron from plant sources.

Blood Sugar:

Blood sugar, also known as blood glucose, refers to the amount of sugar present in the blood. It is the body's primary source of energy and is regulated by the hormone insulin. Maintaining stable blood sugar levels is important for overall health and can help prevent conditions such as diabetes.

C

Calorie:

A calorie is a unit of measurement used to quantify the energy content of food and drinks. It represents the amount of energy required to raise the temperature of one gram of water by one degree Celsius. Caloric intake is an important consideration for weight management and overall health.

Carbohydrates:

Carbohydrates are macronutrients that provide the body with energy. They are classified as simple carbohydrates (sugars) or complex carbohydrates (starches and fiber). Examples of carbohydrate-rich foods include grains, fruits, vegetables, and legumes.

Cholesterol:

Cholesterol is a waxy substance found in the blood and cells of the body. It is necessary for the production of hormones, vitamin D, and bile acids. High levels of cholesterol can increase the risk of heart disease and stroke. There are two types of cholesterol: low-density lipoprotein (LDL) and high-density lipoprotein (HDL).

D

Diabetes:

Diabetes is a chronic condition characterized by high levels of blood sugar. There are two main types of diabetes: type 1 diabetes, in which the body does not produce insulin, and type 2 diabetes, in which the body does not use insulin effectively. Management of diabetes typically involves medication, diet, and lifestyle changes.

Dietary Fiber:

Dietary fiber is a type of carbohydrate that the body cannot digest. It is found in plant-based foods such as fruits, vegetables, whole grains, and legumes. Fiber is important for digestive health, as it helps regulate bowel movements and may reduce the risk of certain chronic diseases.

Digestion:

Digestion is the process by which the body breaks down food into nutrients that can be absorbed and used for energy, growth, and repair. It involves mechanical and chemical processes that occur in the mouth, stomach, and intestines. Proper digestion is essential for overall health and well-being.

E

Electrolytes:

Electrolytes are minerals that carry an electric charge and are essential for various bodily functions, such as muscle contraction and nerve transmission. Common electrolytes include sodium, potassium, calcium, and magnesium. Maintaining proper electrolyte balance is important for hydration and overall health.

Essential Fatty Acids:

Essential fatty acids are fats that the body cannot produce on its own and must be obtained from the diet. They are important for brain function, heart health, and inflammation control. Two essential fatty acids are omega-3 and omega-6, which are found in fatty fish, nuts, seeds, and oils.

Energy Balance:

Energy balance refers to the relationship between the calories consumed through food and drinks and the calories expended through physical activity and metabolic processes. A positive energy balance occurs when calorie intake exceeds expenditure, leading to weight gain. A negative energy balance occurs when calorie expenditure exceeds intake, resulting in weight loss.

F

Fat:

Fat is a macronutrient that provides the body with energy, insulation, and protection for organs. There are different types of fats, including saturated fats, unsaturated fats, and trans fats. It is important to consume healthy fats from sources such as avocados, nuts, seeds, and olive oil.

Fiber:

Fiber is a type of carbohydrate that the body cannot digest. It is found in plant-based foods such as fruits, vegetables, whole grains, and legumes. Fiber is important for digestive health, as it helps regulate bowel movements and may reduce the risk of certain chronic diseases.

Functional Foods:

Functional foods are foods that provide health benefits beyond basic nutrition. They may contain bioactive compounds that promote health and reduce the risk of disease. Examples of functional foods include probiotics, omega-3 fatty acids, and antioxidants.

G

Glycemic Index (GI):

The Glycemic Index (GI) is a scale that ranks carbohydrates based on how quickly they raise blood sugar levels. Foods with a high GI cause a rapid spike in blood sugar, while foods with a low GI result in a slower, more gradual increase. Choosing low-GI foods can help regulate blood sugar levels and energy levels.

Glucose:

Glucose is a type of sugar that serves as the primary source of energy for the body's cells. It is derived from carbohydrates in the diet and is transported through the bloodstream to cells for use. Maintaining stable blood glucose levels is important for overall health and well-being.

Gluten:

Gluten is a protein found in wheat, barley, and rye. It gives dough its elasticity and helps foods maintain their shape. Some individuals may have gluten intolerance or celiac disease, an autoimmune disorder that causes a negative reaction to gluten. Gluten-free diets are necessary for individuals with gluten-related disorders.

H

Hydration:

Hydration refers to the process of maintaining adequate fluid levels in the body. Water is essential for numerous bodily functions, including temperature regulation, digestion, and nutrient transport. Dehydration can lead to symptoms such as fatigue, dizziness, and confusion. It is important to drink enough water throughout the day to stay hydrated.

Healthy Eating Plate:

The Healthy Eating Plate is a visual guide created by nutrition experts at Harvard T.H. Chan School of Public

Health. It provides a simple and practical approach to building a healthy meal, emphasizing whole grains, fruits, vegetables, healthy fats, and lean protein. The Healthy Eating Plate encourages portion control and balanced nutrition.

Heart Health:

Heart health refers to the overall well-being of the cardiovascular system, including the heart and blood vessels. Factors that influence heart health include diet, physical activity, smoking, and stress. Maintaining a healthy lifestyle can help prevent heart disease and reduce the risk of heart attacks and strokes.

I

Insulin:

Insulin is a hormone produced by the pancreas that helps regulate blood sugar levels. It allows cells to absorb glucose from the bloodstream and use it for energy. In individuals with diabetes, insulin production or function is impaired, leading to high blood sugar levels. Insulin therapy may be necessary to manage diabetes.

Inflammation:

Inflammation is the body's response to injury, infection, or irritation. It is a natural process that helps the body heal and protect itself. However, chronic inflammation can contribute to various health conditions, including heart disease, arthritis, and cancer. Diet and lifestyle factors can influence inflammation levels in the body.

Iron:

Iron is a mineral that plays a crucial role in the transport of oxygen throughout the body. It is a component of hemoglobin, a protein in red blood cells that carries oxygen from the lungs to tissues. Iron deficiency can lead to anemia, causing symptoms such as fatigue, weakness, and shortness of breath.

J

Juicing:

Juicing is the process of extracting juice from fruits and vegetables using a juicer. Proponents of juicing claim that it can provide a concentrated source of nutrients and antioxidants. While juicing can be a convenient way to increase fruit and vegetable intake, it may also remove fiber and lead to high sugar consumption.

Joint Health:

Joint health refers to the condition of the joints, which are the connections between bones that allow for movement and support. Factors that influence joint health include genetics, age, weight, and physical activity. Maintaining strong and flexible joints can help prevent conditions such as arthritis and joint pain.

K

Ketogenic Diet:

A ketogenic diet is a high-fat, low-carbohydrate eating plan that aims to induce a state of ketosis, in which

the body burns fat for fuel instead of carbohydrates. Ketogenic diets have been shown to promote weight loss and improve certain health conditions, such as epilepsy and metabolic syndrome. However, they may not be suitable for everyone.

Key Nutrients:

Key nutrients are essential vitamins, minerals, and other compounds that the body needs to function properly. They are obtained from a balanced diet that includes a variety of foods. Examples of key nutrients include vitamin C, calcium, iron, and omega-3 fatty acids.

Kale:

Kale is a leafy green vegetable that belongs to the cabbage family. It is highly nutritious, rich in vitamins A, C, and K, as well as minerals like calcium and potassium. Kale is a versatile ingredient that can be used in salads, smoothies, soups, and stir-fries.

L

Low-Carb Diet:

A low-carb diet is a dietary approach that restricts the intake of carbohydrates, focusing instead on protein and fat. Low-carb diets have been shown to promote weight loss, improve blood sugar control, and reduce risk factors for heart disease. However, the long-term effects of low-carb diets on health are still being studied.

Lean Protein:

Lean protein refers to protein sources that are low in unhealthy fats and calories. Examples of lean protein include poultry, fish, tofu, legumes, and low-fat dairy products. Protein is essential for muscle growth, repair, and overall health. Incorporating lean protein into meals can help promote satiety and weight management.

Lactose Intolerance:

Lactose intolerance is the inability to digest lactose, a sugar found in dairy products. It is caused by a deficiency of the enzyme lactase, which is needed to break down lactose in the small intestine. Symptoms of lactose intolerance may include bloating, gas, diarrhea, and abdominal pain.

M

Macronutrients:

Macronutrients are nutrients that the body requires in large amounts to maintain health and function. The three main macronutrients are carbohydrates, proteins, and fats. They provide energy, support growth and repair, and regulate various bodily processes. Balancing macronutrient intake is essential for overall well-being.

Mediterranean Diet:

The Mediterranean diet is a dietary pattern based on the traditional eating habits of countries bordering the Mediterranean Sea. It emphasizes whole, minimally processed foods such as fruits, vegetables, whole grains, legumes, nuts, seeds, olive oil, and fish. The Mediterranean diet has been linked to numerous health benefits, including reduced risk of heart disease and improved longevity.

Metabolism:

Metabolism is the process by which the body converts food and drinks into energy. It involves various biochemical reactions that occur in cells and tissues. Factors such as age, gender, genetics, and physical activity can influence metabolism. A healthy metabolism is important for weight management and overall health.

N**Nutrient Density:**

Nutrient density refers to the amount of essential nutrients in a food relative to its calorie content. Foods that are nutrient-dense provide a high concentration of vitamins, minerals, and other beneficial compounds without excess calories. Examples of nutrient-dense foods include fruits, vegetables, whole grains, and lean proteins.

Nutrition Label:

A nutrition label is a panel found on food packaging that provides information about the nutritional content of the product. It typically includes details such as serving size, calories, macronutrients, vitamins, minerals, and ingredients. Reading and understanding nutrition labels can help consumers make informed choices about their food purchases.

Nutritional Supplements:

Nutritional supplements are products that contain vitamins, minerals, herbs, amino acids, or other substances intended to supplement the diet. They are available in various forms, such as pills, powders, and liquids. Nutritional supplements may be used to fill nutrient gaps, support specific health goals, or address deficiencies.

O**Omega-3 Fatty Acids:**

Omega-3 fatty acids are a type of polyunsaturated fat that is essential for health. They play a crucial role in brain function, heart health, inflammation control, and other bodily processes. Omega-3 fatty acids are found in fatty fish, flaxseeds, chia seeds, walnuts, and algae. Supplementing with omega-3s may be beneficial for individuals who do not consume enough through diet.

Organic:

Organic refers to the method of farming and food production that avoids the use of synthetic pesticides, fertilizers, hormones, and genetically modified organisms (GMOs). Organic foods are grown and processed according to strict guidelines set by certifying bodies. Choosing organic foods may reduce exposure to harmful chemicals and support environmental sustainability.

Overweight:

Overweight is a term used to describe an excess of body weight relative to height, typically due to an accumulation of body fat. It is commonly assessed using the Body Mass Index (BMI). Being overweight increases the risk of various health conditions, including heart disease, diabetes, and certain cancers.

P

Probiotics:

Probiotics are live bacteria and yeasts that are beneficial for digestive health when consumed in adequate amounts. They are found in fermented foods such as yogurt, kefir, sauerkraut, and kimchi. Probiotics help maintain a healthy balance of gut bacteria, support immune function, and may reduce the risk of certain digestive disorders.

Portion Control:

Portion control refers to the practice of managing the amount of food consumed at meals and snacks. It involves being mindful of serving sizes, listening to hunger cues, and avoiding oversized portions. Portion control can help prevent overeating, promote weight management, and support healthy eating habits.

Plant-Based Diet:

A plant-based diet is centered around whole, minimally processed plant foods such as fruits, vegetables, whole grains, legumes, nuts, seeds, and plant-based proteins. Plant-based diets can provide numerous health benefits, including improved heart health, weight management, and reduced risk of chronic diseases. They may also have environmental and ethical considerations.

Q

Quality of Life:

Quality of life refers to an individual's overall well-being and satisfaction with various aspects of life, including physical health, mental health, relationships, work, and leisure activities. Nutrition and wellness play a significant role in enhancing quality of life by promoting vitality, resilience, and longevity.

Quinoa:

Quinoa is a nutrient-dense whole grain that is gluten-free and high in protein. It is a complete protein, meaning it contains all nine essential amino acids. Quinoa is a versatile ingredient that can be used in salads, soups, stir-fries, and breakfast dishes. It is a popular choice for individuals following a plant-based diet.

Quick Meals:

Quick meals are convenient, time-saving dishes that can be prepared and cooked in a short amount of time. They are often simple to make and require minimal ingredients and equipment. Healthy quick meal options include salads, stir-fries, sandwiches, and smoothies. Planning and prepping ingredients in advance can help streamline meal preparation.

R

Refined Carbohydrates:

Refined carbohydrates are processed grains that have been stripped of fiber, vitamins, and minerals. They are quickly digested and can cause rapid spikes in blood sugar levels. Examples of refined carbohydrates include white bread, white rice, sugary cereals, and pastries. Limiting intake of refined carbohydrates can help maintain stable blood sugar levels and support overall health.

Resistance Training:

Resistance training, also known as strength training or weightlifting, involves using resistance to build muscle strength, endurance, and size. It can be performed using body weight, free weights, machines, or resistance bands. Resistance training is beneficial for improving muscle tone, bone density, metabolism, and overall fitness.

Restful Sleep:

Restful sleep refers to a state of deep, uninterrupted sleep that allows the body and mind to rest and recover. Adequate sleep is essential for overall health, as it supports immune function, cognitive function, mood regulation, and physical recovery. Factors that can promote restful sleep include a consistent sleep schedule, a comfortable sleeping environment, and relaxation techniques.

S

Sodium:

Sodium is an essential mineral that plays a key role in fluid balance, nerve function, and muscle contraction. However, excessive sodium intake can lead to high blood pressure, heart disease, and other health problems. The recommended daily intake of sodium for adults is 2,300 milligrams, with lower limits for certain populations.

Superfoods:

Superfoods are nutrient-dense foods that are rich in vitamins, minerals, antioxidants, and other beneficial compounds. They are often associated with health-promoting properties and may help reduce the risk of chronic diseases. Examples of superfoods include berries, leafy greens, nuts, seeds, and fatty fish.

Stress Management:

Stress management refers to the practice of coping with stress in healthy ways to reduce its negative impact on physical and mental health. Strategies for stress management may include exercise, relaxation techniques, mindfulness, social support, and time management. Effective stress management can improve resilience, well-being, and overall quality of life.

T

Trans Fats:

Trans fats are unsaturated fats that have been artificially modified to improve shelf life and texture of processed foods.