
Graduate Certificate in Ocean Therapy

Nutrition and Wellness in Ocean Therapy

Nutrition and Wellness in Ocean Therapy Glossary

Aquaculture: The farming of aquatic organisms such as fish, crustaceans, mollusks, and aquatic plants. Aquaculture plays a crucial role in providing a sustainable source of seafood for human consumption.

Bioavailability: The extent to which a nutrient or substance can be 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.

Carbohydrates: One of the three macronutrients, along with protein and fat. Carbohydrates are the body's primary source of energy and include sugars, starches, and fiber.

Chronic Disease: A long-lasting condition that typically develops over time and is often influenced by lifestyle factors such as diet and physical activity. Examples of chronic diseases include heart disease, diabetes, and obesity.

Community Supported Agriculture (CSA): A system in which consumers purchase shares in a local farm and receive a portion of the farm's produce regularly. CSAs help support local agriculture and provide consumers with fresh, seasonal produce.

Detoxification: The process by which the body eliminates toxins and harmful substances. Detoxification can occur naturally through processes such as sweating, urination, and bowel movements, or can be supported through specific diets or therapies.

Essential Fatty Acids: Fats that the body cannot produce on its own and must be obtained through the diet. Essential fatty acids, such as omega-3 and omega-6, are important for brain function, cardiovascular health, and inflammation regulation.

Fiber: A type of carbohydrate that the body cannot digest. Fiber is important for digestive health, helps regulate blood sugar levels, and can aid in weight management by promoting feelings of fullness.

Functional Foods: Foods that provide health benefits beyond basic nutrition. Functional foods may contain added nutrients, probiotics, or other bioactive compounds that have been shown to support health and wellness.

Grass-Fed: Refers to animals, typically livestock, that have been raised on a diet of grass or pasture. Grass-fed animals are often considered to produce meat and dairy products that are higher in certain nutrients,

such as omega-3 fatty acids.

Hydration: The process of providing the body with an adequate amount of water to maintain proper bodily functions. Staying hydrated is essential for overall health, especially during physical activity or in hot weather.

Inflammation: The body's natural response to injury, infection, or irritation. Chronic inflammation is linked to a variety of health conditions, including heart disease, arthritis, and obesity.

Juicing: The process of extracting the liquid from fruits and vegetables to create a concentrated beverage. Juicing is often promoted as a way to increase nutrient intake, but can also result in the loss of fiber and other beneficial compounds.

Ketogenic Diet: A high-fat, low-carbohydrate diet that is designed to shift the body into a state of ketosis, where it burns fat for fuel instead of carbohydrates. The ketogenic diet has been shown to be effective for weight loss and managing certain health conditions.

Local Food: Food that is produced and consumed within a specific geographic region. Eating local food supports the local economy, reduces environmental impact, and can provide fresher, more nutritious options.

Macronutrients: The three main components of the diet that provide energy: carbohydrates, proteins, and fats. Macronutrients are essential for growth, development, and overall health.

Microbiome: The collection of microorganisms, including bacteria, fungi, and viruses, that live in and on the human body. The microbiome plays a critical role in digestion, immune function, and overall health.

Nutrient Density: A measure of the amount of nutrients in a food relative to its calorie content. Nutrient-dense foods provide a high level of vitamins, minerals, and other beneficial compounds without excess calories.

Organic: Refers to food that has been produced without synthetic pesticides, fertilizers, or genetically modified organisms (GMOs). Organic farming practices prioritize environmental sustainability and animal welfare.

Probiotics: Live bacteria and yeasts that are beneficial to human health, especially the digestive system. Probiotics can be found in fermented foods such as yogurt, kefir, sauerkraut, and kimchi.

Quality Protein: Protein sources that provide all essential amino acids in the right proportions and are easily digestible. Examples of quality protein sources include meat, poultry, fish, eggs, dairy, and plant-based sources such as quinoa and soy.

Raw Food Diet: A diet that emphasizes eating uncooked, unprocessed foods such as fruits, vegetables, nuts,

and seeds. Proponents of the raw food diet believe that cooking destroys enzymes and nutrients in food.

Superfoods: Nutrient-rich foods that are believed to provide exceptional health benefits. Superfoods are typically high in antioxidants, vitamins, minerals, and other beneficial compounds.

Therapeutic Diets: Specialized diets that are designed to manage or prevent specific health conditions. Therapeutic diets may be prescribed by healthcare professionals and tailored to individual needs.

Umami: A savory taste that is one of the five basic tastes, along with sweet, sour, bitter, and salty. Umami is often described as meaty or brothy and can be found in foods such as tomatoes, mushrooms, soy sauce, and Parmesan cheese.

Vegetarian: A dietary pattern that excludes meat, poultry, and seafood. Vegetarians may consume dairy products and eggs (lacto-ovo vegetarian), dairy but not eggs (lacto-vegetarian), or neither dairy nor eggs (vegan).

Whole Foods: Foods that are minimally processed and close to their natural state. Whole foods include fruits, vegetables, whole grains, nuts, seeds, and legumes, and are rich in nutrients and fiber.

Xenobiotics: Chemical substances that are foreign to the body and can have toxic effects. Xenobiotics can be found in pollutants, pesticides, medications, and other environmental sources.

Yoga: A mind-body practice that combines physical postures, breathing techniques, meditation, and relaxation. Yoga has been shown to improve flexibility, strength, balance, and mental well-being.

Zone Diet: A diet that focuses on balancing protein, carbohydrates, and fats in specific ratios to control insulin levels and promote weight loss and overall health. The Zone Diet is based on the principle of keeping the body in a state of hormonal balance.