



Plain-Language Glossary

Each definition is written in plain words from the public source named under it. It explains a term; it is not advice. The searchable version is at naturaldiabetesremedy.com/glossary/.

Food labels

% Daily Value (%DV). The percentage of the Daily Value for a nutrient that one serving of the food contains. Not every line has one: the FDA notes that trans fat and total sugars have no % Daily Value.

*Source: How to Understand and Use the Nutrition Facts Label (FDA),
<https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>*

Added sugars. Sugars added while a food is processed, plus sugars from packaged sweeteners, syrups, honey and concentrated fruit or vegetable juices. Added sugars are counted inside total sugars and are also listed on their own line, in grams and as a % Daily Value.

*Source: Added Sugars on the Nutrition Facts Label (FDA),
<https://www.fda.gov/food/nutrition-facts-label/added-sugars-nutrition-facts-label>*

Calories. A measure of how much energy you get from one serving of a food or drink.

*Source: How to Understand and Use the Nutrition Facts Label (FDA),
<https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>*

Daily Value. Reference amounts of nutrients, written in grams, milligrams or micrograms, that the label uses for comparison. The FDA describes them as amounts to consume or not to exceed each day, and the label's footnote explains that they rest on a general guide for nutrition advice.

Source: How to Understand and Use the Nutrition Facts Label (FDA), <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Dietary fiber. A type of carbohydrate made of many sugar molecules linked together in a way that the small intestine cannot easily digest. It is counted as part of total carbohydrate on the label.

Source: Interactive Nutrition Facts Label: Total Carbohydrate (FDA), <https://www.accessdata.fda.gov/scripts/interactiveNutritionFactsLabel/total-carbohydrate.cfm>

Dual-column label. A Nutrition Facts label with two columns of numbers: one per serving and one per package or per unit. The FDA describes it for certain products that are larger than one serving but could be eaten or drunk in one sitting or over several.

Source: How to Understand and Use the Nutrition Facts Label (FDA), <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Grams, milligrams and micrograms. The units the label uses for nutrient amounts and Daily Values. Each line shows its own unit, so the unit tells you what a number is counting.

Source: How to Understand and Use the Nutrition Facts Label (FDA), <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Net carbs. A phrase that can appear on food packages and in articles. It is not one of the Nutrition Facts lines explained in the FDA's label guide, which describes total carbohydrate, dietary fiber, total sugars and added sugars

instead. A printed net carbs figure does not show by itself what was counted or left out.

Source: How to Understand and Use the Nutrition Facts Label (FDA), <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Nutrition Facts label. The panel on packaged foods and drinks that lists serving information, calories and nutrients. The FDA explains that its top section gives product-specific details such as serving size, calories and nutrient amounts.

Source: How to Understand and Use the Nutrition Facts Label (FDA), <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Per serving and per package. The basis a label number uses. Most labels list amounts for one serving, and some also list amounts for the whole package. Knowing which basis a number uses tells you what it describes.

Source: Serving Size on the Nutrition Facts Label (FDA), <https://www.fda.gov/food/nutrition-facts-label/serving-size-nutrition-facts-label>

Serving size. The amount of a food or drink that the label's numbers describe. By law it is based on the amount people typically eat or drink. The FDA says it is not a recommendation of how much to eat or drink.

Source: Serving Size on the Nutrition Facts Label (FDA), <https://www.fda.gov/food/nutrition-facts-label/serving-size-nutrition-facts-label>

Servings per container. The number of servings in the whole package. One package can hold more than one serving, so the amount in the package can be more than the amount listed for one serving.

Source: Serving Size on the Nutrition Facts Label (FDA),

<https://www.fda.gov/food/nutrition-facts-label/serving-size-nutrition-facts-label>

Sugar alcohols. A type of carbohydrate that has chemical features of both sugars and alcohols. The FDA counts them as part of total carbohydrate.

Source: Interactive Nutrition Facts Label: Total Carbohydrate (FDA),
<https://www.accessdata.fda.gov/scripts/interactiveNutritionFactsLabel/total-carbohydrate.cfm>

Supplement Facts label. The panel on a dietary supplement. It lists the serving size, the servings per container and each dietary ingredient with its amount per serving.

Source: FDA 101: Dietary Supplements (FDA),
<https://www.fda.gov/consumers/consumer-updates/fda-101-dietary-supplements>

Total carbohydrate. The label line for the carbohydrate in one serving, shown in grams and as a % Daily Value. The FDA explains that it includes total sugars, dietary fiber and sugar alcohols.

Source: Interactive Nutrition Facts Label: Total Carbohydrate (FDA),
<https://www.accessdata.fda.gov/scripts/interactiveNutritionFactsLabel/total-carbohydrate.cfm>

Total sugars. All the sugars in one serving: sugars found naturally in foods and drinks, such as those in milk and fruit, plus any added sugars. The FDA notes that no Daily Value has been set for total sugars, so this line has no % Daily Value.

Source: How to Understand and Use the Nutrition Facts Label (FDA),
<https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>

Health information

.com web address. A website address that ends in .com. MedlinePlus notes that this likely means a for-profit company runs the site, and that its content may be biased.

Source: Online health information - what can you trust? (MedlinePlus Medical Encyclopedia),

<https://medlineplus.gov/ency/patientinstructions/000869.htm>

Advertisement. Paid promotion for a product or service. MedlinePlus says ads on a health website should be clearly marked as ads, and warns about ads designed to look like neutral health information.

Source: Evaluating Health Information (MedlinePlus),

<https://medlineplus.gov/evaluatinghealthinformation.html>

Conflict of interest. A situation in which someone behind a piece of information or research could gain, for example with money, from a particular result. MedlinePlus suggests asking who paid for a study, because the people paying for research could profit if it gets certain results.

Source: Understanding Medical Research (MedlinePlus),

<https://medlineplus.gov/understandingmedicalresearch.html>

Content date. The date when a page's information was written, reviewed or updated. MedlinePlus says health content pages should show these dates, so readers can tell how current the information is.

Source: Evaluating Health Information (MedlinePlus),

<https://medlineplus.gov/evaluatinghealthinformation.html>

Content review. A check in which a qualified reviewer reads health information before it is posted to make sure it is correct. The National Cancer Institute notes that magazine articles most likely have not been reviewed by experts.

Source: How to Find Cancer Resources You Can Trust (National Cancer

Institute), <https://www.cancer.gov/about-cancer/managing-care/using-trusted-resources>

Dietary supplement. A product meant to add to, or supplement, the diet. Supplements come as tablets, capsules, powders, gummies, liquids and other forms. The FDA explains that it cannot approve supplements for safety, effectiveness or labeling before they reach the public.

Source: FDA 101: Dietary Supplements (FDA),
<https://www.fda.gov/consumers/consumer-updates/fda-101-dietary-supplements>

Health fraud. Products of unproven effectiveness that are promoted to improve health, well-being or appearance. The FDA lists warning signs such as one product that claims to cure many unrelated diseases, promises of quick relief, and personal testimonials.

Source: How to Spot Health Fraud (FDA),
<https://www.fda.gov/drugs/emergency-preparedness-drugs/how-spot-health-fraud>

Illegally sold diabetes product. A product sold with claims about diabetes or its complications in a way that breaks federal law. The FDA has warned companies about such products, says it has not evaluated or approved them as safe and effective, and suggests checking with your health care professional before buying.

Source: Illegally Sold Diabetes Treatments (FDA),
<https://www.fda.gov/consumers/health-fraud-scams/illegally-sold-diabetes-treatments>

Natural (product label word). A word often used to describe products, including dietary supplements. The FDA says not to assume that the word natural means a product is safe.

Source: FDA 101: Dietary Supplements (FDA),

<https://www.fda.gov/consumers/consumer-updates/fda-101-dietary-supplements>

Primary source. The original place that information comes from, such as a research study published in a scientific journal. NCCIH explains that going to the source is an important step in finding reliable information.

Source: Know the Science: How To Make Sense of a Scientific Journal Article (NCCIH), <https://www.nccih.nih.gov/health/know-science/make-sense-health-research>

Privacy policy. A section of a website that explains how the site will use the personal information you give it. MedlinePlus suggests looking for it on health websites.

Source: Evaluating Health Information (MedlinePlus), <https://medlineplus.gov/evaluatinghealthinformation.html>

Randomized controlled trial. A type of clinical trial in which people are randomly divided into groups that get different treatments. MedlinePlus explains that the random grouping helps prevent bias, and that these trials give the clearest information about whether a treatment works and is safe in people.

Source: Understanding Medical Research (MedlinePlus), <https://medlineplus.gov/understandingmedicalresearch.html>

Study size. How many people took part in a study. MedlinePlus notes that some studies are very small, and that researchers then need to do more studies to confirm the results.

Source: Understanding Medical Research (MedlinePlus), <https://medlineplus.gov/understandingmedicalresearch.html>

Supplement and medicine interaction. An effect that can happen when a dietary supplement is used together with a medicine or another supplement. NCCIH notes that supplements may interact with medications or other supplements, and encourages people to tell their health care providers

about any they use.

Source: Diabetes and Dietary Supplements: What You Need To Know (NCCIH), <https://www.nccih.nih.gov/health/diabetes-and-dietary-supplements-what-you-need-to-know>

Testimonial. A personal story about how a product or treatment worked for someone. The FDA notes that testimonials are hard to prove and may be hearsay, made up, or the result of other treatments.

Source: How to Spot Health Fraud (FDA), <https://www.fda.gov/drugs/emergency-preparedness-drugs/how-spot-health-fraud>

Website publisher. The person, business or organization that runs a website. MedlinePlus notes that if you cannot find who runs a site, it may not be trustworthy, and that trustworthy sites give a way to contact the owners.

Source: Evaluating Health Information (MedlinePlus), <https://medlineplus.gov/evaluatinghealthinformation.html>

Appointments and care

Appointment companion. A trusted friend or family member who comes to an appointment with you. MedlinePlus notes that this person could also take notes.

Source: Talking With Your Doctor (MedlinePlus), <https://medlineplus.gov/talkingwithyourdoctor.html>

Care team. The group of health professionals who help with a person's care. NIDDK lists primary care providers, nurses, eye doctors, diabetes care and education specialists, pharmacists and mental health professionals as possible members, and says people with diabetes are at the center of their own care team.

Source: Diabetes Management: It Takes a Team (NIDDK), <https://www.niddk.nih.gov/health-information/professionals/diabetes-discoveries-practice/national-diabetes-month-2022>

Follow-up contact. The way to reach your doctor or provider after a visit. MedlinePlus suggests asking for their contact information, the best way to communicate with them, and what to do if you need more information later.

Source: Talking With Your Doctor (MedlinePlus),
<https://medlineplus.gov/talkingwithyourdoctor.html>

Medical records. The records of your care, such as test results and diagnoses. MedlinePlus suggests learning how to access your medical records so you can keep track of them.

Source: Talking With Your Doctor (MedlinePlus),
<https://medlineplus.gov/talkingwithyourdoctor.html>

Medicine list. A list of all the medicines, herbs, vitamins and supplements a person takes, along with any allergies. MedlinePlus describes it as something to prepare for a talk with your doctor or provider. It is meant for your care team.

Source: Talking With Your Doctor (MedlinePlus),
<https://medlineplus.gov/talkingwithyourdoctor.html>

Patient portal. A secure website for your personal health care, protected by a password. Depending on the portal, you may be able to see test results and visit summaries, send messages to your provider and book non-urgent appointments. MedlinePlus notes that portals are not for urgent issues.

Source: Patient portals - an online tool for your health (MedlinePlus Medical Encyclopedia),
<https://medlineplus.gov/ency/patientinstructions/000880.htm>

Question list. A written list of the questions and concerns you want to talk about at an appointment. MedlinePlus suggests making one before a visit.

Source: Talking With Your Doctor (MedlinePlus),
<https://medlineplus.gov/talkingwithyourdoctor.html>

Written instructions. Directions from your doctor or provider on paper or in writing. MedlinePlus suggests asking for them if you need them, and asking

questions until you understand what was said.

Source: Talking With Your Doctor (MedlinePlus),
<https://medlineplus.gov/talkingwithyourdoctor.html>

Conditions and tests

A1C test. A blood test that shows your average blood glucose level over the past few months. It may be used to screen for or diagnose prediabetes and diabetes, and to monitor diabetes. Other names include HbA1c and glycated hemoglobin.

Source: Hemoglobin A1C (HbA1c) Test (MedlinePlus),
<https://medlineplus.gov/lab-tests/hemoglobin-a1c-hba1c-test/>

Blood glucose (blood sugar). The sugar in your blood. Glucose comes from the foods you eat and is the body's main source of energy. Blood glucose and blood sugar mean the same thing.

Source: Diabetes Type 2 (MedlinePlus),
<https://medlineplus.gov/diabetestype2.html>

Fasting plasma glucose (FPG) test. A blood test that measures blood glucose at a single point in time. It is done after fasting, which means not eating or drinking for a set period before the test.

Source: Prediabetes (MedlinePlus),
<https://medlineplus.gov/prediabetes.html>

Hemoglobin. A protein in red blood cells. Glucose in the blood can attach to it, and an A1C test measures how many red blood cells have glucose-coated hemoglobin.

Source: Hemoglobin A1C (HbA1c) Test (MedlinePlus),
<https://medlineplus.gov/lab-tests/hemoglobin-a1c-hba1c-test/>

Insulin. A hormone made by the pancreas. It helps glucose get into the body's cells so they can use it for energy.

Source: Insulin Resistance & Prediabetes (NIDDK),

<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>

Insulin resistance. A condition in which the body does not respond to insulin the way it should. NIDDK notes that people with insulin resistance usually have no symptoms.

Source: Insulin Resistance & Prediabetes (NIDDK),
<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>

Metabolic syndrome. A group of conditions, including high blood pressure and a large waist size, that together raise the risk of heart disease, diabetes and stroke.

Source: Insulin Resistance & Prediabetes (NIDDK),
<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>

Oral glucose tolerance test. A lab test that checks how the body moves sugar from the blood into tissues such as muscle and fat. Blood is taken after fasting, the person drinks a sugary liquid, and blood is taken again over the next few hours. It is often used to help diagnose diabetes.

Source: Glucose tolerance test - non-pregnant (MedlinePlus Medical Encyclopedia), <https://medlineplus.gov/ency/article/003466.htm>

Prediabetes. A condition in which blood glucose levels are higher than normal but not high enough to be called diabetes. MedlinePlus notes that most people with prediabetes do not know they have it, because there are usually no symptoms.

Source: Prediabetes (MedlinePlus),
<https://medlineplus.gov/prediabetes.html>

Type 2 diabetes. A disease in which blood glucose levels are too high. MedlinePlus explains that a provider uses blood tests to diagnose it.

Source: Diabetes Type 2 (MedlinePlus),
<https://medlineplus.gov/diabetestype2.html>

General education, not medical advice. Examples are fictional. Written with AI assistance; not yet reviewed by a clinician. Personal health decisions belong with your care team.