



## CIRCLe Nutrition Glossary

**Elemental/amino acid-based formula** – proteins are broken down to amino acids (building blocks of protein) to aid with absorption

**Extensively hydrolyzed/peptide-based formula** – proteins are broken down into peptides (smaller chains) and amino acids (building blocks of proteins) to aid with digestion and absorption

**Fiber** – roughage from plant-based foods which cannot be digested

**Insoluble fiber** – type of fiber that adds bulk to the stool and helps the stool pass more quickly through the intestines; found in whole wheat flour, wheat bran, nuts, beans, cauliflower, and potatoes

**Intact/standard/polymeric formula** – milk and other types of protein are left intact

**Medium-chain triglycerides (MCT) oil** – fatty acid easily absorbed in the body to use for energy

**Pectin** – a soluble fiber found in the cell walls of fruits and some vegetables; often used to provide texture to jams and jellies

**Soluble fiber** – type of fiber that attracts water and turns to gel which slows down transit time in the intestines; found in food such as oats, peas, beans, apples, citrus fruits, carrots, and barley