

GREEN APRON GLOSSARY

Word	Definition
<p>En: Vegetarian IT: vegetariano</p>	<p>Someone who lives on a diet of grains, pulses, nuts, seeds, vegetables and fruits with the use of dairy products and eggs. A vegetarian does not eat any meat, poultry, game, fish, shellfish* or by-products of slaughter.</p> <p>There are different degrees of vegetarianism which may be what causes confusion with caterers. The four most common forms of vegetarianism are:</p> <ul style="list-style-type: none"> • Lacto-ovo-vegetarian. Eats both dairy products and eggs. This is the most common type of vegetarian diet. • Lacto-vegetarian. Eats dairy products but not eggs. • Ovo-vegetarian. Eats eggs but not dairy products.
<p>En:Vegan IT: Vegano</p>	<p>VEGANS live on products of the plant kingdom. Veganism is compassion in action. It is a philosophy, diet, and lifestyle. Vegans eat solely from the plant kingdom: vegetables, fruits, legumes, grains, nuts and seeds.</p> <p>Vegans exclude flesh, fish, fowl, dairy products (animal milk, butter, cheese, yogurt, etc.), eggs, honey, animal gelatin, and all other foods of animal origin. The term comes from <u>VEGetariAN = VEGAN</u></p>
<p>EN: Raw foodists IT: Crudista</p>	<p>A raw vegan foodist eats unprocessed raw purely plant foods. Fruits, Vegetables, Greens, Nuts, Seeds, Grains, etc. No foods from animal sources. This means no dairy, eggs, or flesh. Raw food has never been subjected to heat over 38 degrees Celsius. Above this temperature food loses its enzymes and thus a significant amount of its nutritional value whereas uncooked foods provide living enzymes and proper nutrition.</p>
<p>EN: Fruitarian IT: Fruttariano</p>	<p>A fruitarian diet is a type of raw vegan diet that includes only fruits, nuts and seeds - those foods that can be harvested without killing the plant. Fruits in a fruitarian diet include sweet fruits as well as those that are commonly considered vegetables but are botanically fruits, such as tomatoes, cucumbers and squash. Seeds include corn, beans, nuts, sesame seeds, and peas. Unlike other raw vegan diets, the fruitarian diet usually does not include vegetables that are killed during harvest (such as lettuce, celery or cabbage)</p>
<p>EN: Pescetarian IT: Pescariano</p>	<p>A Pescetarian is a person who abstains from eating all meat and animal flesh with the exception of fish.</p>

	<p>In other words, a pescetarian maintains a vegetarian diet with the addition of fish and other sea foods such as shrimp and lobster.</p>
<p>EN: Mopur IT: Mopur</p>	<p>It is a brand new concept in Wheat by-products. It is based on a natural fermentation process which uses the action of a yeast strain specifically formulated to produce food with unique characteristics.</p> <p>This innovative process cuts down the gluten content to less than 40%, offering clear advantages with the digestibility of this very complex wheat protein.</p> <p>MOPUR® is produced under a bio-dynamic agricultural system.</p>
<p>En: Tofu IT: Tofu</p>	<p>Tofu is made from soybeans, water and a coagulant, or curdling agent. It is high in protein and calcium and well known for its ability to absorb new flavors through spices and marinades. Due to its chameleon-like qualities, affordability and nutritional value, tofu, a staple of Asian cuisines for hundreds of years, has recently become popular in Western vegetarian and vegan cooking.</p>
<p>En: Tempeh IT: Tempeh</p>	<p>A product that is generally made from fermented and partially cooked soybeans, but is also made from other legumes and grains, such as barley, rice or quinoa. To make tempeh, a process similar to cheese making occurs, using the spores of a good mold which are inoculated into the soybeans. As the beans ferment, they become bound into a flattened food cake. The enzymes are then preserved as the product is blanched or frozen.</p>
<p>EN: Seitan IT: Seitan</p>	<p>Seitan is a protein source made from the gluten of wheat that is often found in vegan, macrobiotic, and East and Southeast Asian food. Also known as wheat gluten, wheat meat, or gluten, this wheat-based meat substitute is an alternative to soy-based products such as tofu and tempeh. Like meat, seitan, which is often sold in Western health markets in strips and cubes, can be braised, deep-fried, grilled, or simmered in soups.</p>
<p>EN: Organic IT: biologico</p>	<p>Organic foods are foods produced by organic farming. While the standards differ worldwide, organic farming in general features cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity.</p> <p>Synthetic pesticides and chemical fertilizers are not allowed, although certain organically approved pesticides may be used under limited conditions. In general, organic foods are also not processed using irradiation, industrial solvents, or synthetic food additives.</p>