

Compiled by Mary Boudreau Conover 11/20/2010

Abbreviations used in the book:

AA (amino acids or arachidonic acid)
A1c (hemoglobin A1c)
AGEs (advanced glycation end products)
ALA (alpha lipoic acid or alpha-linolenic acid)
BDNF (brain-derived neurotrophic factor)
CCK (Cholecystokinin)
CRP 230-231, (C-reactive protein), 235
CSA (Community-supported agriculture)
 (in Canada Community Shared Agriculture)
CVD (cardiovascular disease)
DGLA (dihomo-gamma-linolenic acid)
DHA (docosahexaenoic acid)
EPA (eicosapentaenoic acid)
GLA (gamma-linolenic acid)

HbA1c (hemoglobin A1c or HbA1c)

HGs (Hunter gatherers)
IBS (irritable bowel syndrome)
IGF-1 (insulin-like growth factor-1)
LA (linoleic acid)
NAC (N-acetyl-L-carnitine)
n-3/n-6 (omega-3/omega-6)
NO (nitric oxide)
PA (palmitic acid)
PCBs (polychlorinated biphenyls)
PYY (Peptide YY)
TAGs (triacylglycerides; triglycerides)
TG (transglutaminase)
TVP (textured vegetable protein)
WHR (**w**aist-to-**h**ip ratio)
WGA (wheat germ agglutinin)

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