



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