
LIST OF ABBREVIATIONS

AgRP	Agouti-related peptide
ANOVA	Analysis of Variance
ASCVD	Atherosclerotic Cardio Vascular diseases
BMI	Body mass index
CCK	Cholecystokinin
CDC	Centre for Disease Control
CFU	Colony Forming Units
CHO	Carbohydrate
CVD's	Cardiovascular Diseases
DP	Degree of Polymerization
DXA	Dual Energy X Ray Absorptiometry
E.coli	Eschericia Coli
et al	Et Cetera (and company)
ET-1	Endothelin-1
FAO	Food and Agriculture Organization
FFA	Free Fatty Acid
FFQ	Food Frequency Questionnaire
FIAF	Fasting-Induced Adipose Factor
FISH	Fluorescent in Situ Hybridization
FOS	Fructooligosaccharide
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FpyFn	Fructopyranosyl- (Fructofuranosyl)n-Fructose
GI	Gastrointestinal Tract
GLP-1	Glucagon Like Polypeptide-1
GOS	Galactooligosaccharide
GPAQ	Global Physical Activity Questionnaire
GpyFn	Glucopyranosyl- (Fructofuransoyl)n-Fructose
HDL	High Density Lipoprotein
HPA	Hypothalamo-Pituitary-Adrenal
hs-CRP	High Specific-C-Reactive Protein
HT	Hypertension
IBD	Irritable Bowel Disease
IFN	Interferon
IL	Interleukin
IUGR	Intrauterine Growth Retardation
Kcal	Kilocalories
LAB	Lactic Acid Bacteria

LDL	Low Density Lipoprotein
log	Logarithm
LPS	Lipopolysaccharide
M	Molar
MetS	Metabolic Syndrome
NCD's	Non Communicable Diseases
NO	Nitric oxide
NPY	Neuropeptide Y
OA	Osteoarthritis
OXM	Oxyntomodulin
PA	Physical Activity
PAL	Physical Activity Level
PNS	Parasympathetic nervous system
PYY	Peptide YY
PYY	Peptide Tyrosine-tyrosine
RAS	Renin-Angiotensin System
ROS	Reactive Oxygen Species
SCFA	Short Chain Fatty Acids
SES	Socio economic status
SNS	sympathetic nervous system
TLR4	Toll Like Receptor 4
TNF	Tumor Necrosis Factor
TNF- α	Tumor Necrosis Factor-Alpha
VLDL	Very Low Density Lipoprotein
w/v	Weight by Volume
WC	Waist Circumference
WFH	With Family History
WHO	World Health Organization
WHR	Waist to Hip Ratio
WoFH	Without Family History
Wt	Weight
α -MSH	Alpha-melanocyte stimulating hormone
Pg/ml	Pico gram/milliliter
Pmol/l	Picomol/liter
