

**vitamin**

[ˈvɪtəˌmɪn, ˈvaɪtəˌmɪn]-n

ВИТАМИН

vitamin deficiency - а) недостаток витаминов (в продукте); б) авитаминоз

Oxford Advanced Learners Dictionary 8th Ed.

**vitamin****vita·min** [vitamin vitamins] *BrE* [ˈvɪtəˌmɪn] <sup>ˈ</sup> *NAmE* [ˈvaɪtəˌmɪn] <sup>ˈ</sup> **noun**

a natural substance found in food that is an essential part of what humans and animals eat to help them grow and stay healthy. There are many different **vitamins**

- breakfast cereals enriched with vitamins
- vitamin deficiency
- vitamin pills

Word Origin:

early 20th cent.: from Latin **vita** 'life' + amine, because vitamins were originally thought to contain an amino acid.

Collocations:**Diet and exercise***Weight*

put on/gain/lose weight/a few kilos/a few pounds

watch/control/struggle with your weight

be/become seriously overweight/underweight

be/become clinically/morbidly obese

achieve /facilitate /promote /stimulate weight loss

slim down to 70 kilos/(*BrE*) 11 stone/(*especially NAmE*) 160 pounds

combat/prevent/tackle/treat obesity

develop /have /suffer from /struggle with /recover from anorexia/bulimia/an eating disorder

be on/go on/follow a crash/strict diet

have /suffer from a negative/poor body image

have /develop a positive/healthy body image

*Healthy eating*

eat a balanced diet/healthily/sensibly

get/provide/receive adequate/proper nutrition

contain/get/provide essential nutrients/vitamins/minerals

be high/low in calories/fat/fibre/(*especially US*) fiber/protein/vitamin D/Omega-3 fatty acids

contain (no)/use/be full of/be free from additives/chemical preservatives/artificial sweeteners

avoid/cut down on/cut out alcohol/caffeine/fatty foods

stop/give up/ (*especially NAmE*) quit smoking

*Exercise*

(*BrE*) take regular exercise

do moderate/strenuous/vigorous exercise

play football/hockey/tennis

go cycling/jogging/running

go to/visit/ (*especially NAmE*) hit/work out at the gym

strengthen/tone/train your stomach muscles

contract/relax /stretch/use/work your lower-body muscles

build (up)/gain muscle

improve/increase your stamina/energy levels/physical fitness

burn/consume/expend calories

*Staying healthy*

be/get/keep/stay healthy/in shape/(*especially BrE*) fit

lower your cholesterol/blood pressure

boost/stimulate/strengthen your immune system

prevent/reduce the risk of heart disease/high blood pressure/diabetes/osteoporosis

reduce/relieve /manage /combat stress

enhance /promote relaxation/physical and mental well-being

Example Bank:

- Fish is rich in vitamins and minerals.
- Most foods contain vitamin E.
- Potatoes provide vitamins A and C, as well as calcium.
- Some people are getting too much vitamin A.
- The doctor told me to take vitamins regularly.
- Vitamin C deficiency can ultimately lead to scurvy.
- strawberries' high vitamin C content
- vitamin D pills
- your daily vitamin C requirement

**vitamin**

**vit** **a** **min** /'vɪtəməɪn, 'vɪtəˌmɪn, 'vaɪ-\$ 'vaɪ-/ *BrE* <sup>5</sup> *AmE* <sup>5</sup> *noun* [countable]

[Date: 1900-2000; Language: Latin; Origin: vita (⇒ <sup>↑</sup>vital) + English amine (, <sup>↑</sup>amino acid); because it was at first believed to contain an amino acid]

1. a chemical substance in food that is necessary for good health:

▪ Try to eat foods that are rich in vitamins and minerals.

**vitamin A/B/C etc** (=a particular type of vitamin)

▪ Lack of vitamin E can cause skin diseases and tiredness.

2. (also **vitamin pill**, **vitamin supplement**) a <sup>↑</sup>pill containing vitamins:

▪ Perhaps I ought to take vitamins.

**vitamin**

Freakuency Pack

12500 **5138**<sup>MCW</sup>

15000 **3001**<sup>COCA</sup>

RANGE: **4k** **VITAMIN** <sup>8510</sup>

vitamin <sup>5753</sup>

vitamins <sup>2757</sup>

COCA 500k Unlemmatized

1842 **6324**<sup>5745</sup> *nn1*

8 **292004**<sup>8</sup> *jj*