

nutrition[nju:ˈtrɪʃ(ə)n] *n*

- питание
science of nutrition - диететика
- пища
- с.-х.* обеспечение растений питательными веществами

nutrition

Oxford Advanced Learners Dictionary 8th Ed.

nu·tri·tion *BrE* [njuˈtrɪʃn] ^ˈ *NAmE* [nuˈtrɪʃn] ^ˈ **noun uncountable**

the process by which living things receive the food necessary for them to grow and be healthy

- advice on diet and nutrition
- to study food science and nutrition
- Nutrition information is now provided on the back of most food products.

compare ↑ **malnutrition**Derived Words ↑ **nutritional** ▪ ↑ **nutritionally**See also: ↑ **nutritive**Word Origin:[**nutrition nutritional nutritionally**] late Middle English: from late Latin **nutritio(n-)**, from **nutrire** ‘**feed, nourish**’.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

nutrition

Longman DOCE 5th Ed. (En-En)

nu·tri·tion /njuˈtrɪʃn/ *BrE* ^ˈ *AmE* ^ˈ **noun [uncountable]**[Date: 1500-1600; Language: Old French; Origin: Late Latin **nutritio**, from Latin **nutrire**; ⇨ ↑ **nutrient**]**1.** the process of giving or getting the right type of food for good health and growth ⇨ **malnutrition** :

- Nutrition and exercise are essential to fitness and health.
- a nutrition expert

poor/good nutrition

- Poor nutrition can cause heart disease in later life.

2. the science that deals with the effects of food, ¹vitamins etc on people's health

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THESAURUS

- **food** *noun* [uncountable and countable] things that people and animals eat: You can buy good fresh food in the market. | Do you like Japanese food?
- **dish** *noun* [countable] a type of food that is cooked in a particular way: a traditional English dish | They also offer vegetarian dishes.
- **speciality** *British English, speciality American English noun* [countable] a type of food that a restaurant or place is famous for: Fish dishes are a speciality of the region. | Home made pies are one of the hotel's specialities.
- **delicacy** *noun* [countable] an unusual food which people in a particular place like to eat: The local delicacies include laverbread (boiled seaweed). | I was keen to try out the local delicacies.
- **diet** *noun* [countable] the type of food that someone usually eats: You shouldn't have too much salt in your diet. | In the Andes, the main diet is beans, potatoes, and corn.
- **cooking** *noun* [uncountable] food made in a particular way, or by a particular person: Herbs are used a lot in French cooking. | I love my Mum's home cooking.
- **cuisine** /kwi'zi:ʃən *noun* [countable] *formal* the food you can eat in a particular restaurant, country, or area: Italian cuisine | Trying the local cuisine is all part of the fun of travelling.
- **nutrition** *noun* [uncountable] food considered as something that is necessary for good health and growth: a book on nutrition | Many homeless people suffer from poor nutrition.
- **nourishment** /'nʌrɪʃmənt \$ 'nɜ:ʃ-;nʌ-/ *noun* [uncountable] goodness that you get from food, which helps your body to stay healthy: There's not much nourishment in fast food.
- **fare** *noun* [uncountable] *formal* the kind of food that is served in a place – used especially when saying how interesting it is: In China you can feast on bird's nest soup and other exotic fare. | Dinner was pretty standard fare (=the usual kind of food).

nutrition

Freakuency Pack

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RANGE: **6k** NUTRITION⁸⁴⁹⁶

nutrition 4516

nutritious 0

nutritional 2744

nutritionally 221

nutritionist 682

nutritionists 333

COCA 500k Unlemmatized

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