**NUTRITION**

|  |  |
| --- | --- |
| nutrition |  |
| nutrients |  |
| nutrition pyramid |  |
| carbohydrates |  |
| calories |  |
| low in fats |  |
| high in protein |  |
| rich in vitamins |  |
| saturated / unsaturated fat |  |
| high level of minerals |  |
| sugary |  |
| taste |  |
| supply |  |

**FOOD**

|  |  |
| --- | --- |
| cereal |  |
| meat: |  |
|  poultry |  |
|  lamb |  |
|  pork |  |
|  beef |  |
| fruit |  |
| vegetable |  |
| dairy products |  |
| whole grain |  |
| seeds |  |

**HEALTH**

|  |  |
| --- | --- |
| weight loss |  |
| diet |  |
| balanced diet |  |
| check-up |  |
| allergy |  |
| tiredness |  |
| blood pressure |  |
| stroke |  |
| obesity |  |
| stay healthy |  |
| feel bloated |  |
| feel ill |  |
| physical activity |  |
| mood |  |
| mood-lifting / mood boost |  |
| a lack of interest |  |
| brainpower |  |
| a negative/positive impact on |  |
| alertness |  |

**VERBS**

|  |  |  |  |
| --- | --- | --- | --- |
| to avoid |  | to enjoy |  |
| to contain |  | to treat |  |
| to fancy |  | to perk up |  |
| to struggle with |  | to digest |  |
| to require |  |  |  |