Dieting

© **2018** albert-learning.com

ALBERT LEARNING

Vocabulary

Metabolism: the chemical processes that occur within a living organism in order to maintain life

Meal plan: all the meals and recipes are planned carefully either by a nutritionist or a fitness instructor

Vegetarian: a person who does not eat any kind of meat

Vegan: a person who does not eat any meat or anything produced by animals, including eggs, honey, milk and cheese

Organic: food that is grown without using pesticides

Superfoods: foods that have more nutrients and vitamins than most do and contain high antioxidants

© **2018** albert-learning.com

What Is Dieting

Dieting or to have a diet means a person controls his/ her food intake in a regulated and supervised fashion to decrease, maintain, or increase body weight.

Dieting also helps prevent and treat diseases. A restricted diet is often used by those who are overweight or obese, sometimes in combination with physical exercise, to reduce body weight.

© **2018** albert-learning.com