

## diet

I

1. ['daɪət] *n*

1. питание, стол; пища, еда

frugal diet - скудное питание, скудная пища

meat diet, diet of meat - мясной стол

liquid [heavy] diet - жидкая [тяжёлая] пища

short diet - диета

2. диета; пищевой режим

strict /rigid/ diet - строгая диета

milk and vegetable diet - молочно-овощная диета

starvation diet - голодная диета

to go on a milk diet - сесть /перейти/ на молочную диету

to keep /to take/ (a) diet, to be on a diet - соблюдать диету, сидеть на диете

to put smb. on a diet - держать кого-л. на диете; посадить кого-л. на диету

2. ['daɪət] *v*

1. 1) держать на диете; сажать на диету

to diet smb. rigorously - посадить кого-л. на строжайшую диету

to diet oneself - соблюдать диету, сидеть на диете

2) соблюдать диету, сидеть на диете

2. 1) определять режим питания, устанавливать пищевой рацион

2) питаться

3. *редк.*

1) кормить

2) столоваться

II

['daɪət] *n*1. парламент (*неанглийский*)

2. съезд, конгресс, конференция

3. *шотл.* однодневное заседание; однодневная сессия4. *шотл.* назначенный день; день явки в суд (*тж.* diet of appearance)5. отходы золота и серебра (*на монетном дворе*)

## diet

Oxford Advanced Learners Dictionary 8th Ed.

**diet** [diet diets dieted dieting] *noun, verb* *BrE* ['daɪət] <sup>ⓘ</sup> *NAmE* ['daɪət] <sup>ⓘ</sup>*noun*1. **countable, uncountable** the food that you eat and drink regularly• to have a **healthy, balanced diet**

• the Japanese diet of rice, vegetables and fish

• to receive advice on diet

2. **countable** a limited variety or amount of food that you eat for medical reasons or because you want to lose weight; a time when you only eat this limited variety or amount• a **low-fat, salt-free diet**• **diet drinks** (= with fewer ↑calories than normal)• I decided to **go on a diet** (= to lose weight) before my holiday.3. **singular a ~ of sth (disapproving)** a large amount of a restricted range of activities

• Children today are brought up on a diet of television cartoons and soap operas.

Word Origin:Middle English: from Old French **diète** (noun), **dieter** (verb), via Latin from Greek **diaita** 'a way of life'.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:**

- Crash diets are not the best way to lose weight.
- I have to stick to a low-fat diet.
- I'd love a dessert, but I'm on a diet.
- If you follow this diet, you're bound to lose weight.
- It is important to eat a balanced diet.
- Lose pounds with our new diet plan!
- People can fight infection more easily if they have an adequate diet.
- She was told to change her diet and quit smoking.
- The animal's diet consists mainly of grasses.
- These animals live on a mainly vegetarian diet.
- They had to survive on a diet of insects and berries.
- They were fed on a diet of rice and vegetables.
- They're on a special high-protein diet.
- a diet rich in vitamins and minerals
- a staple diet of cornmeal and vegetables
- the amount of fat in your diet
- For general advice on diet, see pages 26–27.
- I decided to go on a diet.
- I loved the Japanese diet of rice, vegetables and fish.
- Magazines are always full of fashionable new diets.
- The doctor recommended a low-fat, salt-free diet.

**Derived Word** ↑dietary

**verb intransitive**

to eat less food or only food of a particular type in order to lose weight

**Syn:** on a diet

- She's always dieting but she never seems to lose any weight.

**Verb forms:**

verb forms	
present simple	
I / you / we / they	diet
	BrE / 'daɪet/
	NAmE / 'daɪet/
he / she / it	diets
	BrE / 'daɪets/
	NAmE / 'daɪets/
past simple, past participle	dieted
	BrE / 'daɪetɪd/
	NAmE / 'daɪetɪd/
-ing form	dieting
	BrE / 'daɪetɪŋ/
	NAmE / 'daɪetɪŋ/

**Word Origin:**

Middle English: from Old French *diète* (noun), *dieter* (verb), via Latin from Greek *diaita* 'a way of life'.

- She's always dieting but she never seems to lose weight.

## diet

1. **dɪ**et<sup>1</sup> **S3 W2** /'daɪət/ *BrE* <sup>ˈ</sup> *AmE* <sup>ˈ</sup> *noun*

[Date: 1200-1300; Language: Old French; Origin: diete, from Greek diaita 'way of living, food to be eaten']

1. **[countable]** a way of eating in which you only eat certain foods, in order to lose weight, or to improve your health:

- Lyn always seems to be on a diet.
- a salt-free diet
- Not all diets are good for you.

2. **[uncountable and countable]** the kind of food that a person or animal eats each day:

- She doesn't eat a very healthy diet.
- It is important to have a balanced diet.
- the effects of poor diet and lack of exercise
- Rice is the staple diet (=the main food that a group of people usually eat).
- Studies have shown the benefits of a vegetarian diet.

## diet of

- They exist on a diet of fish.

## in sb's diet

- the importance of vitamins and minerals in your diet

3. **a diet of something** too much of an activity that you think is boring or has bad effects:

- Kids today are raised on a constant diet of pop music and television.

4. **[countable]** *old-fashioned* an official meeting to discuss political or church matters

• • •

## COLLOCATIONS (for Meaning 1)

## ■ verbs

- **be on a diet** (=to only eat certain foods in order to lose weight) No cake, thanks – I'm on a diet.
- **go on a diet** (=start eating less or only some types of food) I really ought to go on a diet.
- **follow a diet** (=only eat certain types of food) You will feel better if you follow a low-fat diet.
- **stick to a diet** (=continue to follow a diet) Most people find it hard to stick to a diet.

## ■ adjectives

- **a strict diet** (=in which you eat a very limited amount or range of food) She followed a strict diet for several weeks.
- **a crash diet** (=a very sudden and strict attempt to lose weight) It's better to lose weight gradually than to go on a crash diet.
- **a low-calorie /low-fat etc diet** A low-calorie diet should solve your weight problem.
- **a starvation diet** (=in which you eat very little) A starvation diet can have negative health effects.

## ■ COMMON ERRORS

- ▶ Do not say '*she's doing a diet*'. Say **she's on a diet**.

Do not say '*keep a diet*'. Say **stick to a diet**.

• • •

## COLLOCATIONS (for Meaning 2)

## ■ adjectives

- **healthy/good** A healthy diet includes plenty of fresh fruit and vegetables.
- **poor/unhealthy** A poor diet affects your skin and hair condition.
- **a balanced diet** (=including all the types of food that people need) A balanced diet is important for a child's development.
- **a varied diet** (=including many different foods) Provide your fish with a varied diet of worms, insects, and dried food.
- **a sensible/proper diet** Students don't always eat a sensible diet.
- **sb's staple diet** (=the food that a group of people or type of animal normally eats) For hundreds of years potatoes were their staple diet.
- **a vegetarian diet** (=that does not include any meat or fish)
- **a high-fibre/high-protein etc diet** A high-fibre diet is good for your health.

## ■ verbs

- **eat/have a diet** People in Mediterranean areas generally have a very good diet.
- **live/exist on a diet of something** The people lived mainly on a diet of fish.
- **feed somebody on a diet of something** Kids should not be fed a diet of hamburgers and sugary snacks.

## ■ phrases

- **a diet high/rich in something** (=which contains a lot of something) In the West many people eat a diet high in fat and salt.

• • •

## 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*, **specialty** *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'ziən/ *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 \$ 'nɜː-;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).

II. **diet**<sup>2</sup> *BrE* <sup>AmE</sup> *verb* [intransitive]

to limit the amount and type of food that you eat, in order to become thinner **SYN** slim

III. **diet**<sup>3</sup> *BrE* <sup>AmE</sup> *adjective* [only before noun]

diet drinks or foods contain less sugar or fat than ordinary ones:

▪ a diet soda

## diet

Freakuency Pack

12500 **2148**<sup>MCW</sup>

15000 **1694**<sup>COCA</sup>

RANGE: **2k** DIET <sup>23544</sup>

diet <sup>15681</sup>

dietary <sup>3480</sup>

dieted <sup>66</sup>

dieting <sup>996</sup>

diets <sup>2468</sup>

dieter <sup>436</sup>

dieters <sup>325</sup>

dietician <sup>77</sup>

dieticians <sup>15</sup>

COCA 500k Unlemmatized

6399 **2812**<sup>15115</sup> *nn1*

230 **46749**<sup>252</sup> *vvi*

169 **54007**<sup>193</sup> *vv0*

80 **70962**<sup>114</sup> *np1*

7 **317542**<sup>7</sup> *nnu*