

cholesterol[kə'lestərɒl] *n* **биохим.**

холестерин

Oxford Advanced Learners Dictionary 8th Ed.

cholesterol**chol-es-terol** *BrE* [kə'lestərɒl] ^ˈ *NAmE* [kə'lestərɔː] ^ˈ **noun uncountable**a substance found in blood, fat and most ^ˈtissues of the body. Too much **cholesterol** can cause heart disease

- a high cholesterol level

Word Origin:[**cholesterol**] late 19th cent.: from Greek **kholē** 'bile' + **stereos** 'stiff' + -ol.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:

- Avocados contain no cholesterol.
- Eating garlic can significantly reduce cholesterol in the blood.
- He has high cholesterol.
- This is the fat that won't raise your cholesterol.
- a high/low level of cholesterol
- chips containing no cholesterol
- foods that are low in cholesterol
- raised blood cholesterol levels

cholesterol

Longman DOCE 5th Ed. (En-En)

choles-te-rol /kə'lestərɒl \$ -roul/ *BrE* ^ˈ *AmE* ^ˈ **noun [uncountable]**[Date: 1800-1900; Language: Greek; Origin: chole (⇒ ^ˈchol^{er}) + stereos 'solid' + English -ol 'chemical compound']

a chemical substance found in your blood. Too much cholesterol in your body may cause heart disease.

cholesterol12500 **3197**^{MCW}15000 **2780**^{COCA}RANGE: **8k** CHOLESTEROL ⁹⁷⁰³cholesterol ⁹⁶⁹⁷cholesterols ⁶

COCA 500k Unlemmatized

2607 **4150**⁹⁶⁸⁵ *nn1*6 **322806**⁷ *nnu*5 **377230**⁵ *jj*