

caffeine

['kæfi:n] *n* *фарм.*
кофеин

Oxford Advanced Learners Dictionary 8th Ed.

caffeine

caf·feine *BrE* ['kæfiːn] *NAmE* ['kæfiːn] *noun uncountable*

a drug found in coffee and tea that makes you feel more active

see also †decaffeinated

Word Origin:

[**caffeine**] mid 19th cent.: from French *cafféine*, from *café* 'coffee'.

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:

- Try to avoid too much caffeine.
- drinks that are high in caffeine

caffeine

Longman DOCE 5th Ed. (En-En)

caf·feine /'kæfiːn/\$ 'kæfiːn *BrE* *AmE* *noun* [uncountable]

[**Date:** 1800-1900; **Language:** German; **Origin:** kaffein, from kaffee 'coffee', from French *café*]

a substance in tea, coffee, and some other drinks that makes you feel more active ⇒ **decaffeinated** :

* Avoid caffeine (=drinks with caffeine) before bedtime.

* a caffeine-free cola

—**caffeinated** /'kæfəneɪtəd, 'kæfɪneɪtəd/ *adjective*

caffeine

Freakuency Pack

12500 **11973**^{MCW}

15000 **6553**^{COCA}

RANGE: **12k** CAFFEINE 1816

caffeine 1816

caffenes 0

COCA 500k Unlemmatized

963 **14396**¹⁸¹² *nn1*

4 **426391**⁴ *jj*
