

nutrient1. ['nju:triənt] *n спец.*

питательное вещество

2. ['nju:triənt] *а спец.*

питательный

nutrient value - питательность

nutrient enema - *мед.* питательная клизма**nutrient**

Oxford Advanced Learners Dictionary 8th Ed.

nu·tri·ent [nutrient nutrients] *BrE* ['nju:triənt] ^ɹ *NAmE* ['nu:triənt] ^ɹ **noun****(technical)**

a substance that is needed to keep a living thing alive and to help it to grow

- a lack of **essential nutrients**
- Plants draw minerals and other nutrients from the soil.
- children suffering from a serious **nutrient deficiency**

Word Origin:mid 17th cent.: from Latin **nutrient-** 'nourishing', from the verb **nutrire**.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

Collocations:**The living world***Animals*

animals mate/breed/reproduce/feed (on sth)

fish/amphibians swim/spawn (= lay eggs)

birds fly/migrate/nest/sing

insects crawl/fly/bite/sting

insects/bees/locusts swarm

bees collect/gather nectar/pollen

spiders **spin/weave** a web
snakes/lizards **shed their skins**
bears/hedgehogs/frogs **hibernate**
insect larvae **grow/develop /pupate**
an egg/a chick/a larva **hatches**
attract/find/choose a mate
produce/release eggs/sperm
lay/fertilize /incubate /hatch eggs
inhabit a forest/a reef/the coast
mark/enter/defend (a) territory
stalk/hunt/capture/catch/kill prey

Plants and fungi

trees/plants **grow/bloom/blossom/flower**
a seed **germinates /sprouts**
leaves/buds/roots/shoots **appear /develop /form**
flower buds **swell/open**
a fungus **grows/spreads/colonizes sth**
pollinate /fertilize a flower/plant
produce/release /spread/disperse pollen/seeds/spores
produce/bear fruit
develop /grow/form roots/shoots/leaves
provide /supply/absorb/extract/release nutrients
perform/increase/reduce photosynthesis

Bacteria and viruses

bacteria/microbes/viruses **grow/spread/multiply**
bacteria/microbes **live/thrive** in/on sth
bacteria/microbes/viruses **evolve /colonize sth/cause disease**
bacteria **break sth down/convert sth (into sth)**
a virus **enters/invades** sth/the body
a virus **mutates/evolves/replicates (itself)**
be **infected with/contaminated with/exposed to** a new strain of a virus/drug-resistant bacteria
contain/carry/harbour (especially US) harbor bacteria/a virus
kill/destroy/eliminate harmful/deadly bacteria

nutrient

Longman DOCE 5th Ed. (En-En)

nu**tri****ent** /'njuent\$ 'nu/-BrE " AmE " noun [countable]

[Date: 1600-1700; Language: Latin; Origin: present participle of nutrire 'to feed, nourish']

a chemical or food that provides what is needed for plants or animals to live and grow:

* The plant absorbs nutrients from the soil.

—**nutrient** adjective

nutrient

Freakuency Pack

12500 **5298**^{MCW}

15000 **3626**^{COCA}

RANGE: **10k** NUTRIENT⁵⁹⁵⁸

nutrient 1869

nutrients 4089

COCA 500k Unlemmatized

793 **15390**¹⁶³⁶ *nn1*

88 **65768**¹³² *npx*

86 **75491**¹⁰¹ *jj*