

calorie['kæləri] *n* **спец.**

калория

great [lesser /small/] calorie - большая [малая] калория

low calorie food - пищевой продукт низкой калорийности

calorie mechanic - *шутл.* поварto watch one's calories - *амер.* следить за диетой, не переедать**calorie**

Oxford Advanced Learners Dictionary 8th Ed.

cal·orie [calorie calories] *BrE* ['kæləri] ^ˈ *NAmE* ['kæləri] ^ˈ **noun****1.** a unit for measuring how much energy food will produce

• A fried egg contains about 100 calories— about the same as you would burn off if you ran a mile.

• No sugar for me, thanks— I'm **counting my calories** .• a **low-calorie drink/diet****2.** (**technical**) a unit for measuring a quantity of heat; the amount of heat needed to raise the temperature of a gram of water by one degree CelsiusWord Origin:mid 19th cent.: from French, from Latin **calor** 'heat' + French suffix **-ie** (see ↑-y).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:

- Fruit is relatively low in calories.
- I don't count calories, but I am careful about what I eat.
- I'm trying to watch my calories at the moment.
- Mile per mile you get the same calorie burn from walking as from running.
- Some people count calories all their lives.
- Sweets and biscuits have a lot of empty calories in them.
- Try to reduce the percentage of fat calories in your diet.

- Vegetables are relatively low in calories.
- You need to exercise more to burn off the calories.
- a calorie-restricted diet
- a low calorie drink
- foods with a high calorie content

calorie

Longman DOCE 5th Ed. (En-En)

caloꝛie /'kæləri/ *BrE* ^ˈ *AmE* ^ˈ *noun* [countable]

[Date: 1800-1900; Language: French; Origin: Latin calor 'heat']

1. a unit for measuring the amount of ↑energy that food will produce:

- A potato has about 90 calories.
- a calorie-controlled diet

low-calorie/high-calorie

- a low-calorie snack
- I need to burn off a few calories (=lose some weight by exercising).
- My wife convinced me to finally start counting calories (=control my weight by being careful about what I eat).

2. *technical* the amount of heat that is needed to raise the temperature of one gram of water by one degree Celsius. It is used as a unit for measuring energy.

—**caloric** /kə'lobɪk, 'kælərɪk \$ kə'lobɪrɪ/ *adjective*

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COLLOCATIONS

■ verbs

- **something has/contains calories** These yoghurts have approximately 90 calories per pot.
- **count calories** (=control your weight by eating fewer calories) Women tend to count calories more than men.
- **burn (up/off) calories** (=use up the calories you have eaten) Even walking will help you to burn up calories.

■ adjectives

- **low-calorie** She's on a low-calorie diet at the moment.
- **high-calorie** High-calorie foods are usually fatty.
- **be high/low in calories** (=contain a lot of/few calories) Sweets and chocolates are very high in calories.
- **somebody's daily calories** (=that someone eats every day) Americans get 22% of their daily calories from snacks.
- **empty calories** (=that do not contain anything good for your body) Sugary drinks are full of empty calories.

■ calorie + NOUN

- **calorie intake** (=the amount of calories someone eats) There are several ways you can reduce your calorie intake.
- **calorie content** Pizzas have a very high calorie content.

calorie

Freakuency Pack

12500 **5807**^{MCW}

15000 **2318**^{COCA}

RANGE: **6k** CALORIE ¹³⁶⁴⁹

calorie ⁸⁷⁸

calory ⁰

calories ¹²³⁵⁶

caloric ⁴¹⁰

calorics ⁵

COCA 500k Unlemmatized

⁵⁵⁷ **22878**⁸⁷⁸ *nnu1*