

# Modern dietary trends

## Introduction

### Healthy eating

[buy proper food, 5-a-day fruit and vegetable intake, remove the unhealthy options, psychological roots of overeating, ... ]

### Healthy foods in people's lives

[provide you with the nutrients, provide nourishment, for the maintenance of life, for growth, sustain one's body's well-being, retain energy, ....]

### Key nutrients and their function

- water
- carbohydrates
- fat
- protein
- vitamins
- minerals

**Dietary (diet) trends** are emerging for foods that people consume.

- Keto
- Calorie Counting
- Low carb
- Vegan
- Vegetarian
- Gluten-free
- Intuitive Eating
- Intermittent Fasting
- Dairy-free

### Students' dietary choices

[be prone to, disordered eating patterns, eating disorder, bulimia, anorexia, dietetics, human nutrition, obesity, from all walks of life, susceptibility to, meet sporting needs, get rid of the burgeoning paunch, put on muscle, outside the norm, dietary supplements, go for a lot of high-protein, fast-food options, be in the habit of cooking healthy food, have a deficiency in good-quality fats, suffer from overweight, spread the healthy eating message across, ...]

### Diets and physical exercise

['sporty' people, far-off look, keep moving on the spot, repetitive exercise, unending exercise, flabs, lead a healthy lifestyle, keep your bones and muscles healthy, ...]

## Conclusion

## *Recommended vocabulary*

human nutrition  
extrinsic motivation  
healthy foods  
dietary supplements  
flab  
in-depth research project  
disordered eating patterns  
eating disorder  
bulimia  
anorexia  
dietetics  
obesity  
susceptibility to  
blandishments  
fast-food options for students  
liver and kidney failure  
disinclination to buy proper food  
cooking skills are low  
5-a-day fruit and vegetable intake

to eschew sth  
to provide with the nutrients  
to sustain one's body's well-being  
to retain energy  
to meet sporting needs  
to get rid of the burgeoning paunch  
to put on muscle  
to delve into  
to unearth sth  
to be prone to  
to go for a lot of high-protein  
to be in the habit of cooking healthy food  
to break down protein  
to have a deficiency in good-quality fats  
to spread the healthy eating message  
repetitive  
unending  
from all walks of life