



AEP - Vocabulary - Dieting

Instructions: I will read through the vocabulary words once again with new example sentences. After each example, I recommend pausing the audio / video in order to repeat after me.

to bundle UP - to put on warm clothing.

- *It was chilly outside so we **bundled up** before going on our walk.*

double chin - a layer of fat under the chin.

- *Unfortunately, it's nearly impossible to get rid of my **double chin**. I think it's hereditary.*

to gain weight - to become heavier. Synonymous with to put on weight.

- *We always **gain weight** during the holiday season (Thanksgiving until New Year's).*

love handles - fat that accumulates around the waist and hangs over pants.

- *I still wear some of my skinny jeans from college, but they give me **love handles**.*

beer belly - a stomach made fat through excessive beer or alcohol.

- *After years of drinking after work, he developed a **beer belly**.*

chubby - not quite fat, but almost. Thick and flabby.

- *Since her pregnancy she lost 30 pounds, but she still feels **chubby**.*

to opt FOR - to choose.

- *There were too many drink choices, so I just **opted for** my usual latte with skim milk.*

mindfully - carefully and thoughtfully.

- *I'm going to give you your keys to your car, but be sure to drive **mindfully** (be mindful!).*

to go on a diet - to eat specific types of food in a specific way to lose weight.

- *He **went on a diet** and lost 5 pounds in the first week.*

to burn - to consume as an energy source.

- *It's hard to **burn** calories while sitting down and relaxing.*

carbs - short for carbohydrates. Sugars, starches and certain fibers found in grains, fruit, vegetables and dairy.

- *Man, I love my **carbs**! I don't think I could live without pizza or pasta!*

protein - helps build and repair tissue and muscle. Also vital for building bones, cartilage, skin and blood.

- *We drank **protein** shakes after our workouts to help build muscle.*

to cut OUT - to remove.

- *We've been watching too much T.V. recently. Maybe we should **cut it out** of our routine.*

ON keto - remember: ON a diet.

- *I'm not currently **on a diet**, but my husband is **on keto**.*

water weight - extra water stored by the body. On average 2-4 lbs.

- *I lost 3 pounds after my first day at the gym, but it might just be **water weight**.*

to give UP - to quit, to stop, to yield possession of.

- *They **gave up** soda as their New Year's resolution.*

the risk OF - the likelihood of being exposed to something negative or dangerous.

- *The boy had an increased **risk of** obesity because of his genes.*

to attribute something TO - to credit something TO. To say someone or something is the cause of something else.

- *He **attributed his good mood to** the good weather.*

to fast - to abstain from eating and /or drinking for a period of time.

- *We **fasted** every day for a week at the wellness retreat.*

abstain FROM - to avoid. To prevent oneself from.

- *He **abstained from** alcohol for a year.*

to snack - to eat small amounts of food between meals.

- *In Korea, it's less common **to snack** between meals than in the U.S..*

eating disorder - abnormal eating habits caused by a mental health condition.

- *At 16, the cheerleader became overly self-conscious and developed an **eating disorder**.*

anorexia - an eating disorder characterized by obsessing about what one eats.

- *They had severe cases of **anorexia** and needed to be hospitalized.*

bulimia - an eating disorder characterized by purging (throwing up) what one eats.

- *His **bulimia** was the cause of his hair loss.*

straight forward - intuitive, easy.

- *The reading assignment was very **straight forward**.*

chronic - recurring or persistent.

- *The old woman had **chronic** depression.*

inflammation - localized swelling.

- *There was **inflammation** in her lower leg (her lower leg was inflamed / swollen).*

metabolism - the breakdown of food into energy.

- *He has a very fast **metabolism**.*

limited TO - restricted to.

- *All shoppers are **limited to** 5 discounted items!*

to shed - to let go; get rid of.

- *Her cat's hair is **shedding** and it's all over the black couch.*

to stick TO something - to remain resilient; to continue with something.

- *We **stuck to** our travel plan for about a week and then we went our separate ways.*

to rave ABOUT - to talk enthusiastically about.

- *The teenage boy **raved about** his new iphone, so his mom bought one too.*

weight loss - decrease in body weight.

- *There are a lot of **weight loss** programs that just don't work.*

to come OUT - to be released, to appear.

- *The new Star Wars movie **came out** and everyone headed to the theaters to see it.*

conclusive - with proof or evidence; beyond dispute; irrefutable.

- Their research was **conclusive**; smoking does cause lung cancer.

commit TO - dedicated to.

- It's hard for him to find a New Year's resolution that he can **commit to**.

supplement - a substance to remedy a deficiency in one's diet.

- Her doctor recommended taking a calcium **supplement**.

essential - necessary.

- Listening to audio recordings regularly in English is **essential** if you want to improve your vocabulary and listening ability.

vitamins - chemical compounds needed for the body to function.

- Be sure to take your **vitamin** supplements in the morning!

minerals - natural and pure chemical compounds.

- There are plenty of **minerals** in that spring water.

Discovery Words

The following words are discovery words. You should be able to understand the definitions from context. Although you will not get the definition here (you need to wait for the discovery quiz), you do get another example.

sedentary - *Since retirement, the couple has developed a **sedentary** lifestyle.*

to slim DOWN - *Wow, he really **slimmed down** since the last time I saw him.*

to keep something OFF - *I couldn't **keep off** the 10 pounds I lost.*

to cut back ON - *Instead of eliminating carbs entirely, I decided **to cut back on** sugary drinks.*

to get by ON - *It's not possibly **to get by on** just \$2 a day in California.*

