



Diet





- **To be on a diet**
- **To ( prescribe, choose, order , keep to ) a diet**
- **Dietary menu**
- **Salt-free diet**
- Hypoallergic diet**
- Light diet**
- Milk diet**





- **Sour- milk diet**
- **Low-calorie diet**
- **Vegetable diet**
- **Strict diet**
- **Dietarian**
- **Dietary sister**
- **Fasting days**





- **Dietary regime**
- **Food**
- **Foodstuffs**
- **Intensified nutrition**
- **Full value diet**
- **Artificial feeding through a tube**
- **Hot, cold, high-calorie, high quality, fresh, “heavy” food**





- **Daily ration**
- **Fat**
- **Protein**
- **Carbohydrates**





- **How many meals a day do you have?**
- **I have... meals a day.**
- **I am hearty eater.**
- **I am slimming.**
- **I am off ...( salt, sugar, bread...)**
- **Restrict your intake of...**





- **I'll prescribe a low-fat (carbohydrates) diet for you.**
- **Maintain (a strict diet)**
- **Don't add ... to your food. (salt, sugar, pepper...)**
- **To feed a patient (from spoon)**

