CHINESE BOOST

# Diet and nutrition Chinese vocabulary: Advanced (HSK 7-9)

20 words with pinyin, 繁體 and meanings, 17 of them with an example sentence.
Every word here links to its entry on the site.

Diet and nutrition Chinese vocabulary: Advanced (HSK 7-9) on the web
The same words as a CSV, for Anki or a spreadsheet
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## Words

### 油腻 油膩
yóunì greasy food / oily food / greasy / oily / fatty / (neologism, attested by 2017) (of a middle-aged man) obnoxious / pretentious / vulgar

> 我不喜欢油腻的饮食。
> Wǒ bù xǐhuan yóunì de yǐnshí.
> I don't like a fat diet.

### 挑食
tiāoshí to be picky about food

### 均衡
jūnhéng equal / balanced / harmony / equilibrium

> 市场供求会慢慢达到均衡。
> Shìchǎng gōngqiú huì mànmàn dádào jūnhéng.
> Market supply and demand will slowly reach equilibrium.

### 素食
sùshí vegetarian food / to eat a vegetarian diet

> 他为了健康，开始素食。
> Tā wèile jiànkāng, kāishǐ sùshí.
> He started eating a vegetarian diet for his health.

### 夜宵
yèxiāo midnight snack

> 半夜吃夜宵对身体不好。
> Bànyè chī yèxiāo duì shēntǐ bù hǎo.
> Eating a midnight snack in the middle of the night is bad for your health.

### 冷藏
lěngcáng refrigeration / cold storage / to keep (food, medicine) in cold environment

> 妈妈把剩汤冷藏起来了。
> Māma bǎ shèng tāng lěngcáng qǐlaile.
> Mom put the leftover soup in the fridge.

### 添加剂 添加劑
tiānjiājì additive / food additive

> 汽油里加了一种添加剂。
> Qìyóu lǐjiā le yìzhǒng tiānjiājì.
> An additive has been added to the gasoline.

### 农药 農藥
nóngyào agricultural chemical / farm chemical / pesticide

### 卡路里
kǎlùlǐ calorie

> 这块蛋糕有多少卡路里?
> Zhèkuài dàngāo yǒu duōshǎo kǎlùlǐ?
> How many calories does this piece of cake have?

### 纤维 纖維
xiānwéi fiber

> 多吃含纤维的蔬菜对身体好。
> Duō chī hán xiānwéi de shūcài duì shēntǐ hǎo.
> Eating more vegetables rich in fiber is good for your health.

### 忌口
jìkǒu abstain from certain food (as when ill) / avoid certain foods / be on a diet

> 我奶奶吃饭从来不忌口。
> Wǒ nǎinai chīfàn cóngláibú jìkǒu.
> My grandmother never avoids any foods when she eats.

### 垃圾食品
lājīshípǐn junk food

> 垃圾食品吃多了会变胖。
> Lājīshípǐn chī duō le huì biàn pàng.
> If you eat too much junk food, you'll gain weight.

### 钙 鈣
gài calcium (chemistry)

> 牛奶里含有很多钙。
> Niúnǎi lǐ hányǒu hěn duō gài.
> Milk contains a lot of calcium.

### 代谢 代謝
dàixiè replacement / substitution / metabolism (biol.)

### 膳食
shànshí meals / food

> 老人的膳食要清淡一点。
> Lǎorén de shànshí yào qīngdàn yìdiǎn.
> Elderly people's meals should be a bit lighter.

### 伙食
huǒshí food / meals

> 部队的伙食越来越好了。
> Bùduì de huǒshí yuèláiyuè hǎole.
> The meals in the army are getting better and better.

## 贪吃 貪吃

tānchī gluttonous / voracious

> 别贪吃，小心肚子疼。
> Bié tānchī, xiǎoxīn dǔzi téng.
> Don't overeat, or you'll get a stomachache.

## 低糖

dītáng low-sugar

> 医生让爷爷吃低糖食物。
> Yīshēng ràng yéye chī dītáng shíwù.
> The doctor told grandpa to eat low-sugar food.

## 高热量 高熱量

gāorèliàng high calorie (foodstuff) / high heat content

> 炸鸡属于高热量食物。
> Zhájī shǔyú gāorèliàng shíwù.
> Fried chicken is a high-calorie food.

## 膳食纤维 膳食纖維

shànshíxiānwéi dietary fiber

> 你每天吃够膳食纤维了吗？
> Nǐ měitiān chī gòu shànshíxiānwéi le ma?
> Do you get enough dietary fiber every day?