CHINESE BOOST

Diet and nutrition Chinese vocabulary list

89 words with pinyin, 繁體 and meanings, 72 of them with an example sentence.
Every word here links to its entry on the site.

Parts 1 2 3 4

Diet and nutrition Chinese vocabulary list on the web
The same words as a CSV, for Anki or a spreadsheet
A free account, which keeps 简体 or 繁體, pinyin or 注音 and the rest of how you read Chinese on every device

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Elementary (HSK 1-3)

早饭 早飯
zǎofàn breakfast

> 早饭吃什么？
> Zǎofàn chī shénme?
> What's for breakfast?

午饭 午飯
wǔfàn lunch

> 吃午饭了吗？
> Chī wǔfàn le ma?
> Have you finished eating your lunch?

晚饭 晚飯
wǎnfàn evening meal / dinner / supper

> 一起吃晚饭吧。
> Yìqǐ chī wǎnfàn ba.
> Let's have dinner together.

做饭 做飯
zuòfàn to prepare a meal / to cook

> 你们会做饭吗？
> Nǐmen huì zuòfàn ma?
> Can you cook?

饿 餓
è hungry / to starve (sb)

> 你饿吗？
> Nǐ è ma?
> Are you hungry?

习惯 習慣
xíguàn to be used to / habit / custom / usual practice

> 你会习惯的。
> Nǐ huì xíguàn de.
> You'll get used to it.

健康
jiànkāng health / healthy

> 健康是什么？
> Jiànkāng shì shénme?
> What is health?

胖
pàng fat / plump
pán healthy / at ease
pàn half of a sacrificial animal / thin flank meat / meat beside the spine / half side

> 他胖起来了。
> Tā pàng qǐlaile.
> He has gotten fat.

瘦
shòu thin / to lose weight / (of meat) lean / (of clothing) tight / (of land) unproductive

> 我瘦了一点。
> Wǒ shòule yìdiǎn.
> I've lost a little weight.

外卖 外賣
wàimài to provide a takeout or home delivery meal / takeout (business) / takeout (meal)

> 外卖到了，你去开一下门。
> Wàimài dàole, nǐ qù kāi yíxià mén.
> The takeout is here, so please go open the door.

点菜 點菜
diǎncài to order dishes (in a restaurant)

> 你来点菜，我都可以。
> Nǐ lái diǎncài, wǒ dōu kěyǐ.
> You order for us. I'm fine with anything.

新鲜 新鮮
xīnxiān fresh (experience, food etc) / freshness / novel / uncommon

> 面包不新鲜。
> Miànbāo bù xīnxiān.
> The bread is not fresh.

糖
táng sugar / sweets / candy

> 你用多少糖？
> Nǐ yòng duōshǎo táng?
> How much sugar do you use?

饱 飽
bǎo to eat till full / satisfied
> 我吃得很饱。
> Wǒ chī de hěn bǎo.
> My stomach's full.

Intermediate (HSK 4-6)

早餐
zǎocān breakfast
> 他开始吃早餐。
> Tā kāishǐ chī zǎocān.
> He began to eat his breakfast.

午餐
wǔcān lunch / luncheon
> 午餐送到了。
> Wǔcān sòng dàole.
> Lunch is on.

晚餐
wǎncān evening meal / dinner
> 我准备晚餐。
> Wǒ zhǔnbèi wǎncān.
> I'm making dinner.

零食
língshí snack / nibbles
> 帮我买点零食吧。
> Bāng wǒ mǎi diǎn língshí ba.
> Buy me a snack.

食品
shípǐn foodstuff / food / provisions
> 注意你们的食品。
> Zhùyì nǐmen de shípǐn.
> Pay attention to your food.

卫生 衛生
wèishēng hygienic / sanitary / hygiene / sanitation
> 这食物不卫生。
> Zhè shíwù bú wèishēng.
> This food is unhygienic.

污染
wūrǎn to pollute / to contaminate
> 工厂把河水污染了。
> Gōngchǎng bǎ héshuǐ wūrǎnle.
> The factory polluted the river water.

快餐
kuàicān fast food / snack / quick meal
> 天天吃快餐，对身体不太好。
> Tiāntiān chī kuàicān, duì shēntǐ bútàihǎo.
> Eating fast food every day isn't very good for your health.

食堂
shítáng dining hall / cafeteria
> 食堂开了吗?
> Shítáng kāile ma?
> Is the canteen open yet?

盐 鹽
yán salt
yàn to salt / to pickle / to admire / to envy / prelude of a song / melody
> 别放太多盐。
> Bié fàng tài duō yán.
> Don't add too much salt.

饮食 飲食
yǐnshí eating and drinking / food and drink / diet
> 我要改变我的饮食吗?
> Wǒ yào gǎibiàn wǒ de yǐnshí ma?
> Do I have to change my diet?

减肥 減肥
jiǎnféi to lose weight
> 减肥成功了吗?
> Jiǎnféi chénggōngle ma?
> Have you lost weight?

营养 營養
yíngyǎng nutrition / nourishment
> 吃饭要注意营养平衡。
> Chīfàn yào zhùyì yíngyǎng pínghéng.
> When you eat, you should pay attention to a balanced diet.

蔬菜
shūcài vegetables
> 你得吃蔬菜。
> Nǐ děi chī shūcài.
> You should eat vegetables.

平衡
pínghéng balance / equilibrium
> 我认为要保持平衡。
> Wǒ rènwéi yào bǎochí pínghéng.
> I think there's a balance to be had.

过期 過期
guòqī to be overdue / to exceed the time limit / to expire (as in expiration date)
> 我的护照过期了。
> Wǒ de hùzhào guòqī le.
> My passport has expired.

保质期 保質期
bǎozhìqī shelf life / expiration date
> 这种牛奶的保质期很短。
> Zhèzhǒng niúnǎi de bǎozhìqī hěn duǎn.
> The shelf life of this milk is very short.

热量 熱量
rèliàng heat / quantity of heat / calorific value
> 这块蛋糕的热量太高了。
> Zhèkuài dàngāo de rèliàng tài gāole.
> This piece of cake has too many calories.

成分
chéngfèn composition / ingredient / element / component / one's social status
> 这种牛奶里有什么成分?
> Zhèzhǒng niúnǎi lǐ yǒu shénme chéngfèn?
> What ingredients are in this kind of milk?

过敏 過敏

guòmǐn allergic / hypersensitive / oversensitive / prone to overreact

> 我玉米过敏。
> Wǒ yùmǐ guòmǐn.
> I'm allergic to corn.

规律 規律

guīlǜ rule (e.g. of science) / law of behavior / regular pattern / rhythm / discipline

> 我相信规律的运动。
> Wǒ xiāngxìn guīlǜ de yùndòng.
> I believe in exercising regularly.

消化

xiāohuà to digest (food) / to absorb (information etc) / to assimilate / to process

> 葡萄酒帮助消化。
> Pútaojiǔ bāngzhù xiāohuà.
> Wine helps with digestion.

吸收

xīshōu to absorb / to assimilate / to ingest / to recruit

> 公司想吸收几个新员工。
> Gōngsī xiǎng xīshōu jǐ ge xīn yuángōng.
> The company wants to recruit a few new employees.

补充 補充

bǔchōng to replenish / to supplement / to complement / additional / supplementary

> 我刚才说的内容，你想补充么？
> Wǒ gāngcái shuō de nèiróng, nǐ xiǎng bǔchōng me?
> Is there anything you want to add to what I just said?

含量

hánliàng content / quantity contained

> 菜里的盐含量不能太高。
> Cài lǐ de yán hánliàng bùnéng tài gāo.
> The amount of salt in the dishes can't be too high.

主食

zhǔshí staple food

> 我们日本人以米饭为主食。
> Wǒmen Rìběn rén yǐ mǐfàn wèi zhǔshí.
> We Japanese live on rice.

清淡

qīngdàn light (of food, not greasy or strongly flavored) / insipid / slack (sales)

> 今天想吃清淡的食物呢。
> Jīntiān xiǎng chī qīngdàn de shíwù ne.
> Today I want to eat something light.

食欲 食慾

shíyù appetite

> 我今天的食欲很好。
> Wǒ jīntiān de shíyù hěn hǎo.
> I have a good appetite today.

胃口

wèikǒu appetite / liking

> 祝你胃口好!
> Zhù nǐ wèikǒu hǎo!
> Enjoy your meal!

变质 變質

biànzhì to degenerate / to deteriorate / to go bad / to go off / metamorphism

> 牛奶变质了。
> Niúnǎi biànzhì le.
> The milk has gone bad.

储存 儲存

chǔcún stockpile / to store / to stockpile / storage

> 这些照片都储存在我的手机里。
> Zhèxiē zhàopiān dōu chǔcún zài wǒ de shǒujī lǐ.
> These photos are all stored on my phone.

有机 有機

yǒujī organic

> 我妈妈只买有机蔬菜。
> Wǒ māma zhǐ mǎi yǒujī shūcài.
> My mom only buys organic vegetables.

细菌 細菌

xìjūn bacterium / germ

> 天气暖和了，细菌就容易繁殖。
> Tiānqì nuǎnhuole, xìjūn jiù róngyì fánzhí.
> When the weather gets warm, bacteria multiply easily.

蛋白质 蛋白質

dànbáizhì protein

> 鸡蛋里有很多蛋白质。
> Jīdàn lǐ yǒu hěn duō dànbáizhì.
> Eggs contain a lot of protein.

脂肪

zhīfáng fat (in the body, in a plant, or in food)

> 跑步可以帮你减少身体的脂肪。
> Pǎobù kěyǐ bāng nǐ jiǎnshǎo shēntǐ de zhīfáng.
> Running can help you reduce body fat.

维生素 維生素

wéishēngsù vitamin

> 橙子里有很多维生素。
> Chéngzi lǐ yǒu hěn duō wéishēngsù.
> Oranges contain a lot of vitamins.

定时 定時

dìngshí to fix a time / fixed time / timed (of explosive etc)

> 他每天定时给花浇水。
> Tā měitiān dìngshí gěi huā jiāoshuǐ.
> He waters the flowers at a fixed time every day.

摄入 攝入

shèrù to take in / to absorb / to consume / intake / consumption

低脂

dīzhī low fat

无糖 無糖
wútáng sugar free

食谱 食譜
shípǔ cookbook / recipe / diet

进食 進食
jìnshí to eat / to take food

生吃
shēngchī to eat raw

天然
tiānrán natural

> 我喜欢喝天然的矿泉水。
> Wǒ xǐhuan hē tiānrán de kuàngquánshuǐ.
> I like to drink natural mineral water.

Advanced (HSK 7-9)

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?

Outside HSK

节食 節食
jiéshí to save food / to go on a diet

防腐剂 防腐劑
fángfǔjì preservative / antiseptic

转基因 轉基因
zhuǎnjīyīn genetic modification

> 转基因棉花不容易生虫。
> Zhuǎnjīyīn miánhua bù róngyì shēng chóng.
> Genetically modified cotton is less likely to get pests.

食物中毒
shíwùzhòngdú food poisoning

> 夏天容易食物中毒，要小心。
> Xiàtiān róngyì shíwùzhòngdú, yào xiǎoxīn.
> Food poisoning is common in summer, so be careful.

碳水化合物
tànshuǐhuàhéwù carbohydrate

蛋白
dànbái egg white / protein / albumen

矿物质 礦物質
kuàngwùzhì mineral, esp. dietary mineral

> 蔬菜富含矿物质吗?
> Shūcài fùhán kuàngwùzhì ma?
> Are vegetables rich in minerals?

暴饮暴食 暴飲暴食
bàoyǐnbàoshí to eat and drink unreasonably

偏食
piānshí partial to (some kinds of food, usu. unhealthy) / having likes and dislikes / partial eclipse

暴食
bàoshí to eat too much / to binge

代餐
dàicān meal replacement