

# IELTS Vocabulary

## Food & Diet

- **Balanced diet**  
eating a healthy mix of all food groups.
- **Mouth-watering**  
very appetising.
- **Calorie intake**  
the number of calories you consume daily.
- **Guilty pleasure**  
food you enjoy but know is unhealthy.
- **Nutrition labels**  
information on packaging about nutrients.
- **To cut down on (sugar, fat)**  
reduce consumption.
- **Picky eater**  
a person who dislikes many foods.
- **Snack on**  
eat small amounts between meals.



# Vocabulary Diet 1

**Judd E. Hollander**



## **Vocabulary Diet 1:**

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