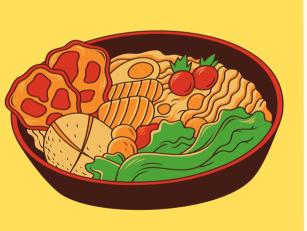


Vocabulary

Food groups



Fruits - Apples, oranges, bananas, strawberries.

Vegetables - Carrots, broccoli, spinach, tomatoes.

Grains - Rice, wheat, oats, bread, pasta, etc.

Proteins - Chicken, beef, fish, eggs, beans, tofu.

Dairy - Milk, cheese, yogurt, butter...

Fats/Oils - Olive oil, avocado, nuts, seeds, etc.

Sugars/Sweets - Sugar, honey, candy, cookies, chocolate.

Beverages - Water, juice, soda, tea, coffee, etc.

Legumes - Lentils, chickpeas, kidney beans, black beans.

Nuts/Seeds - Almonds, walnuts, sunflower seeds, flaxseeds.

Eating habits



Balanced diet Portion control Snacking Mindful eating Healthy eating **Nutrient-dense** Junk food **Comfort food Eating out Dietary restrictions** Vegetarianism Veganism Gluten-free **Organic** Intermittent fasting