

1. Diet – رژیم غذایی
2. Nutrition – تغذیه
3. Calorie – کالری
4. Macronutrients – ماکرونوترینت‌ها
5. Micronutrients – میکرونوترینت‌ها
6. Protein – پروتئین
7. Carbohydrate – کربوهیدرات
8. Fat – چربی
9. Fiber – فیبر
10. Vitamins – ویتامین‌ها
11. Minerals – مواد معدنی
12. Hydration – هیدراسیون
13. Portion – وعده
14. Balance – تعادل
15. Meal – وعده غذایی
16. Snack – میان‌وعده
17. Healthy – سالم
18. Unhealthy – ناسالم
19. Weight loss – کاهش وزن
20. Weight gain – افزایش وزن
21. Metabolism – متابولیسم

22. Appetite – اشتها
23. Cravings – تمایلات
24. Satiety – سیری
25. Dietary restrictions – محدودیت‌های غذایی
26. Vegan – گیامخوار
27. Vegetarian – گیامخواری
28. Paleo – پالئو
29. Keto – کتو
30. Gluten-free – بدون گلوتن
31. Mediterranean – مدیترانه‌ای
32. Organic – ارگانیک
33. Processed food – غذای فرآوری‌شده
34. Whole foods – غذاهای کامل
35. Sugar – شکر
36. Sodium – سدیم
37. Cholesterol – کلسترول
38. Supplements – مکمل‌ها
39. Detox – سم‌زدایی
40. Meal prep – آماده‌سازی و عده‌ها
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42. Eating habits – عادت‌های غذایی
43. Lifestyle – سبک زندگی
44. Health benefits – مزایای سلامتی

45. Food diary – دفترچه غذایی
46. Nutritional label – برچسب تغذیه‌ای
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49. Balanced diet – رژیم غذایی متعادل
50. Wellness – سلامتی

نعت مربوط به diet

Maintaining a healthy diet is essential for overall wellness. Nutrition plays a crucial role in our lives, providing the necessary macronutrients and micronutrients that our bodies need. A balanced diet includes a variety of foods, such as proteins, carbohydrates, and healthy fats, ensuring we receive adequate calories and essential vitamins and minerals.

Portion control is important, as it helps manage appetite and prevents overeating. Incorporating fiber-rich foods can enhance satiety and reduce cravings for unhealthy snacks. Additionally, staying hydrated is key to supporting metabolism and overall health.

Many people choose specific dietary restrictions, such as vegan or gluten-free diets, to align with their health goals or ethical beliefs. Exploring various meal plans, like the Mediterranean or Paleo diets, can provide different health benefits while keeping meals interesting.

Meal prep can simplify healthy eating, allowing individuals to plan nutritious meals and snacks ahead of time. Keeping a food diary helps track dietary habits and nutritional intake, which can be beneficial for those looking to lose or gain weight.

Ultimately, making informed food choices and understanding nutritional labels can empower individuals to create a diet that supports their health and lifestyle. By prioritizing whole foods and minimizing processed food, one can achieve a well-rounded and fulfilling diet that promotes long-term health.