

Unit 4 Lesson 3

Diet Modifications

Vocabulary

Definition

1. allergy	a medical condition in which you become ill or in which your skin becomes red and painful because you have eaten or touched a particular substance
2. bland	boring and with very little taste
3. cholesterol	a soft, waxy substance found in all parts of the body including the nervous system, skin, muscle, liver, intestines, and heart. It is made by the body and also obtained from animal products in the diet.
4. dietary	related to the food someone eats
5. fluid	a liquid substance
6. low	not too much (as in sodium, cholesterol, fat)
7. restricted	small or limited in size, area, or amount
8. sodium	a common silver-white metal that usually exists in combination with other substances, for example in salt
9. substitutes	something that you use instead of the one that you usually do because it is not available or cannot be used
10. supplementary	something added to make it better
11. therapeutic	relating to the treatment or cure of an illness
12. weight	how heavy something is when you measure it