《餐饮“热词”》

当今社会人们对自身健康日渐关心，对饮食也更为关注。在英语中每隔几年都会出现一些餐饮词语，而它们在很大程度上能反映出社会上流行的各类饮食趋势。

??????????Atkins diet??????????????Robert Atkins??“??????”?low-carbohydrate???????????????low-carb??????????????diet??????crash diet????????elimination diet????????

??????????????????2015???????????plant-based diets??????????????????????Mediterranean diet?flexitarian????????“?????”??flexible?vegetarian??????????????????“??????????”????????????6????flexitarian??????????1998??????2004?????flexitarianism??????????

????????locavore?local + carnivore?herbivore???????localvore???2007???????????“????”?????????locavore??????????“A person whose diet consists only or principally of locally grown or produced food”??“???????????????”??????????“???”???“????”???????????locavorism?

??????????????????bliss point????????????????????????????ethical eating???????5:2 diet?5?2????????????????????????????????share plate??????Paleo diet?????????????????????????????????????Paleo?vegan?????pegan???????????

???????????clean eating???????????????2015???????????clean eating?binge-watch????????manspreading????????swipe????????????????????????clean eating?“the practice of following a diet that contains only natural foods, and is low in sugar, salt, and fat”??“??????????”?????????“????”?

???????“??????”??farm-to-table??farm-to-fork???????????????“????????”?garden-to-fork????????????????????????????????????——farm-fresh?

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