

JIM C – HEALTH TERMS

MONDAY - 02/09/2009

HOW DID THE TERM “DIET” ORIGINATE?

Merriam-Webster: a: food and drink regularly provided or consumed; b: habitual nourishment; c: kind and amount of food prescribed for a person or animal for a special reason; d: a regimen of eating and drinking sparingly so as to reduce one's weight <going on a diet>.

Online Etymology: Circa 1225 - "Regular food" from Old French *diete*; from Middle Latin *dieta* "parliamentary assembly;" also from Latin *diaeta* "a day's work or daily food allowance"; from Greek *diaita* "prescribed way of life." Since 14th century was often used with a sense of restriction; hence, put (someone) on a diet (circa 1440). The verb meaning "to regulate oneself as to food" (1660).

Food Type	Carnivore	Omnivore	Vegan	Vegetarian	Kosher	Hunter-gatherer
Fruits / Berries / Nuts	No	Yes	Yes	Yes	Yes	Yes
Greens / Vegetables	No	Yes	Yes	Yes	Yes	Yes
Grains	No	Yes	Yes	Yes	Yes	No
Milk / Cream / Cheese	No	Yes	No	Yes	Yes	No
Beef / Poultry/ Pork	Yes	Yes	No	No	Y/Y / No	Yes
Fish (Scaled) / Seafood	Yes	Yes	No	No	Yes / No	Yes
Eggs	Yes	Yes	No	Yes	Yes	Yes

Conventional Wisdom: Diet = Selection of food, deliberate or not

Moment of Zen: Good health begins with good food choices