**in and of itself**从事物的本身来看; by itself; with respect to its intrinsic or inherent nature without consideration of extraneous factors

**ramification** [͵ræməfəˋkeʃən] n. 延伸性影响

**never judge a book by its cover**勿只凭外表判断；不能以貌取人

**metabolic** [͵mɛtəˋbɑlɪk] adj. 新陳代謝的

**metabolic health**代谢健康

**profile** [ˋprofaɪl] n. 外形；外观

**stabilize** [ˋsteb!͵aɪz] v. 使稳定

**lunge** [lʌndʒ] n. 箭步蹲; 弓箭步或弓步蹲

**additive** [ˋædətɪv] n. 添加剂；添加物

**dietitian** [͵daɪəˋtɪʃən] n. 饮食保健专家，营养学家，营养师

**chip** [tʃɪp] n. 炸马铃薯条；炸洋芋片

**cereal** [ˋsɪrɪəl] n. 谷类加工食品；玉蜀黍薄片；麦片

**oatmeal** [ˋot͵mil] n. 燕麦粉，燕麦片；燕麦粥

**yeast** [jist] n. 酵母

**shelf-stable**耐贮存的; able to survive long periods on store or home shelves without spoiling

**shelf life**（罐装食品等的）保存期限；货架寿命；耐储时间

**flavor enhancer**增味剂，调味品

**Chinese Zodiac**十二生肖