

Eat less, live longer? 禁食或斋戒健康吗？

Vocabulary: Eating and dieting 饮食和减肥

If you love eating and have a **gargantuan appetite**, the idea of **going on a diet** might be **hard to swallow**.

Yet evidence suggests that short periods of **fasting** could help people lose weight and lead to better health. A lower **calorie intake** increases the life expectancy of mice, so could the same be true for humans?



Studies show that high levels of a growth hormone called IGF-1 can lead to accelerated ageing, whilst a low level can help prevent **age-related diseases**. Now evidence suggests the level of IGF-1 in our bodies can be lowered by what we eat.

It's not only about eating less, but also about limiting the amount of **protein** we **ingest**. Research by Professor Valter Longo of the University of Southern California suggests that when the level of IGF-1 drops, our bodies switch from "growth mode" to "repair mode".

BBC journalist Michael Mosley went on the 5:2 diet, which involves eating normally for five days a week, then only **consuming** 600 calories for two days. Despite this reduced calorie intake two days a week, he didn't **crave** more food on other days: "On my feed days I ate what I normally do and felt no need to **gorge**." However, he adds that "Current medical opinion is that the benefits of fasting are unproven and until there are more human studies it's better to eat at least 2000 calories a day. Fasting, like eating, is best done **in moderation**."

For those who want to reduce their weight whilst maintaining a **varied diet**, fasting for short periods of time might be healthier than **crash diets** or **yo-yo dieting**. However, others might decide **they have enough on their plate** without having to think constantly about what they eat. Either way, information about fasting provides **food for thought**.

词汇表请参看答案与词汇部分

Quiz 测验

阅读短文并回答问题。

1. What happens to mice when they consume fewer calories?
2. Why is it better to have a low level of the growth hormone IGF-1?
3. Which word in the article means "to really want to eat something"?
4. Why should we be careful when fasting?
5. What is the name of a diet that makes someone's weight go up and down?

Exercise 练习

请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. Helen ate two pizzas, four slices of bread and a huge piece of cake. She really has _____ appetite!

a fast	an accelerated	a gargantuan	an age-related
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2. You need to reduce your _____ if you want to lose weight.

growth hormone	growth mode	protein	calorie intake
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3. Athletes need to _____ a lot of calories to perform well.

contain	assume	presume	consume
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4. When my wife was pregnant she had a _____ for prawns – she ate them every day!

craving	cave	crave	crafting
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5. This new report about the benefits of drinking green tea is _____ .

thoughts for food	food for thought	thought for food	food that thinks
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Answers and Glossary 答案与词汇

Quiz 小测验

1. What happens to mice when they consume fewer calories? Mice that consume fewer calories live longer.
2. Why is it better to have a low level of the growth hormone IGF-1? A high level of IGF-1 can make us age more quickly, whereas a low level of IGF-1 can be protective and help prevent age-related diseases.
3. Which verb in the article means "to really want to eat something"? To crave. It can also be used as a noun: if you have "a craving" for chocolate, it means you really want to eat chocolate.
4. Why should we be careful when fasting? We should be careful because the benefits of fasting are unproven.
5. What is the name of a diet that makes someone's weight go up and down? Yo-yo dieting. This is what we call diets that don't lead to long-term weight loss, so a person's weight fluctuates.

Exercise 练习

1. Helen ate two pizzas, four slices of bread and a huge piece of cake. She really has a gargantuan appetite!
2. You need to reduce your calorie intake if you want to lose weight.
3. Athletes need to consume a lot of calories to perform well.
4. When my wife was pregnant she had a craving for prawns – she ate them every day!
5. This new report about the benefits of drinking green tea is food for thought.

Glossary 词汇表

a gargantuan appetite	惊人的食欲
to go on a diet	节食
hard to swallow	难以接受
to fast	禁食，斋戒
calorie intake	卡路里摄入量；热量摄取
age-related disease	老化伴随病
protein	蛋白质
to ingest	摄取，吸收
to consume	消耗
to crave	渴望
to gorge	狼吞虎咽
in moderation	适量的，有节制的
a varied diet	一个均衡多样化的饮食
a crash diet	速成节食/减肥方案
yo-yo dieting	悠悠球式减肥方案（指节食后达到体重减轻，但过一段时间体重增加又要节食的循环）
to have enough on one's plate	一个人已经有很多令人操心的事情要处理
food for thought	令人深思的东西或话