



English Fast Reading Series  
for the 21st Century

21世纪英语快速阅读系列

周岸勤 编译

上海科技教育出版社

# 饮食 与 保健

FOOD & HEALTH

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English for the

21世纪英语快速阅读系列

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# 饮食与保健

FOOD & HEALTH

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饮食与保健

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# Foreword

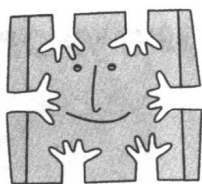
## 前言

在全球化的进程中,中国人已愈来愈离不开英文了。幼儿园的小朋友、在校学生、上班族等组成了一支庞大的英语学习大军。姑且不说“英语可以变成你打开世界的钥匙”这类高深莫测的场面话,但它至少已是升学、就业等方面实现愿望的基本要件了。

入门容易提高难。英语学习者在结束入门阶段的学习后,由于受汉语思维模式的影响,直接阅读英文报刊上的作品一般总是不得要领。为了让读者提高英语阅读水平,熟悉英语表达习惯,掌握英语语言规律,我们专门编译了“21 世纪英语快速阅读系列”这套丛书。

“21 世纪英语快速阅读系列”包括《自然与科技》、《饮食与保健》、《人生与情感》、《教育与就业》4 分册。每分册由 30 篇左右相关主题的短文组成,它们大都选自新近出版的英美报纸、杂志,题材多样,内容广泛,语言规范而又生动。考虑文章的篇幅,有的短文是经过对原文删减,但均未作任何旨在降低阅读要求的改写。每篇短文后有 4 道针对该短文的阅读自测题,每题提供 4 个选项(A、B、C、D),其中有一个最佳选项,其答案附在自测题后。为了帮助读者更好地理解原文的句子结构,获得准确的相关主题信息,又给出了其参考译文。对短文中一些在词典中查不到

2016/08



的新词、较冷僻的单词和词组,以及一些在文中有别解的常见单词都列出了英汉双语注解。

该丛书提供了一套全新的阅读训练程式:快速浏览→理解自测→阅读汉译文→学习单词与短语。它既可以提高英语学习者的阅读理解水平,又能扩大他们的词汇量,做到了泛读与精读的统一,是中学生、大学生和白领阶层提升英语阅读水平,掌握新颖的英语表达方式,获得自然与科技、饮食与保健、人生与情感、教育与就业等方面最新信息的理想读物。

由于编者水平有限,书中难免存在错误或疏漏,敬请读者朋友谅解并不吝赐教。

编者

2003年10月

# 目 录



1. Walk, Don't Run  
—*Just get off your butt, ten minutes a pop can add up to lifesaving fitness* /1  
步行, 别跑  
——快来, 每次十分钟锻炼就能使你延年益寿
2. The 10% Solution /9  
一个 10% 的解决方案
3. Eat by Color  
—*How to crack nature's secret nutritional code* /18  
食“色”  
——如何破译营养界的营养密码
4. Holy Cow!  
—*Look what makes you thin* /28  
神圣奶牛  
——瞧什么能使你变苗条
5. Alcohol /39  
酒精
6. Healthy Ways to Manage Your Anger /46  
有益于健康的怒气控制法

7. Doing What Comes Naturally /56  
顺其自然
8. Healthy Ways to Spice Up Your Love Life /64  
增进爱情生活质量的保健法
9. Why Can't We All Be Happy? /71  
为什么不是所有人都幸福
10. What Is Causing His Headaches? /79  
他怎么会头痛
11. Seafood Raises IQ /88  
海产食品提高你的智商
12. Personalized Medicine on the Way /93  
个人化的药品离我们不远了
13. Little More than a Pain in the Neck /98  
无异于脖子痛
14. Go Take a Hike /106  
出门远足
15. Feel the Heat /113  
感受热量
16. Don't Run on Empty /121  
别空腹跑步
17. Doctors Battle Hepatitis C /130  
医生与丙肝的较量
18. Air Pollution Poses Greatest Risk to Youngest Kids /135  
空气污染对幼儿造成巨大威胁
19. Costlier Health Care Not Always Better /141  
费用越高的健康护理并不总是越好
20. Dieters Grow Fat /148  
节食者越来越胖

21. Medicare Costs /159  
美国的医保花费
22. Why Quit? /167  
为什么要戒烟
23. Are You Too Sick to Train? /175  
你是不是病太重而不能锻炼
24. Diet Planning /182  
饮食计划
25. Everyone Wins /188  
人人都赢
26. Make Those Old Bones Stronger /195  
让老年人的骨头强壮起来
27. The Invisible Disease /203  
隐形疾病
28. Body Talk Forum /212  
身体健康论坛
29. How to Sleep More Easily? /219  
如何更易入睡
30. How to Look Younger? /226  
如何看起来更年轻





# 1. Walk, Don't Run

—Just get off your butt<sup>①</sup>, ten minutes a pop<sup>②</sup>  
can add up to lifesaving fitness



One

快速浏览

You want to get healthy. You know you need to exercise more. But if you're not ready to grunt<sup>③</sup> through an hour of Spinning or kickboxing, don't despair. There's growing agreement among exercise researchers that the intense physical activities offered by most health clubs are not the only—or even the preferable—path to better health. Indeed, the best thing for most of us may be to just walk.

Yes, walk. At a reasonably vigorous clip (three to four m.p.h.) for half an hour or so, maybe five or six times a week. You may not feel the benefits all at once, but the evidence suggests that over the long term, a regular walking routine can do a world of preventive good.

Walking, in fact, may be the perfect exercise. For starters, it's one of the safest things you can do with your body. It's much easier on the knees than running and doesn't trigger untoward<sup>④</sup> side effects. "If everyone were to walk briskly 30 minutes a day, we could cut the incidence<sup>⑤</sup> of many chronic diseases by 30 to 40 percent," says Dr. JoAnn

Manson, chief of preventive medicine at Harvard's Brigham and Women's Hospital.

And for those of us who don't have half-hour chunks of time, the news gets even better. Several recent studies suggest that walking briskly three or four times a day for 10 minutes at a time may provide many of the same benefits as walking continuously for 30 minutes.

Because walking affects you in so many ways at once, it can be difficult to determine precisely why it's good for you. But much of the evidence gathered so far is compelling.

**Heart Disease** Brisk walking is good for the heart, which makes a lot of sense. The heart is a muscle, after all, and anything that makes the blood flow faster through a muscle helps keep it in shape. But regular walking also lowers blood pressure, which decreases the stress on the arteries. It can boost the amount of HDL cholesterol (the good one) in the blood. It even seems to make the blood less "sticky," and therefore less likely to produce unwanted clots. This all adds up to as much as a 50 percent reduction in the risk of suffering a heart attack.

**Stroke** In an analysis of the health habits of 72,488 nurses over the past 14 years, researchers from the Harvard School of Public Health recently found that those who walked six or more hours per week decreased by 40 percent their risk of suffering strokes caused by a clot.

**Weight Control** The older you get, the harder it is to maintain your weight by simply restricting what you eat. Walking briskly for at least half an hour consumes a couple hundred calories and boosts your metabolic rate for the rest of the day, giving you a better chance of winning the battle of



21  
111  
52  
92  
12  
14  
18  
11  
12  
14  
15

the bulge<sup>⑥</sup>.

Walking is also a great way to lose body fat (even if you don't lose any weight, your body will have a healthier composition). Most people find they have to walk at least an hour a day to drop pounds.

**Diabetes**<sup>⑦</sup> Two recent studies provided strong evidence that lifestyle changes, including brisk walking 30 minutes a day, can postpone—and possibly prevent—the development of Type 2 diabetes in overweight people whose bodies have started having trouble metabolizing glucose. In both studies, the best results were achieved by subjects who lost five percent of their starting weight. But research in Finland showed that walking had a positive effect even among those who didn't lose weight.

**Osteoporosis**<sup>⑧</sup> Walking not only strengthens the muscles, but also builds up the bones. Studies show that women who exercised regularly as children and young adults and had a healthy intake of calcium decreased their risk of developing osteoporosis later in life.

**Arthritis**<sup>⑨</sup> About 10 million Americans suffer from osteoarthritis of the knees. Walking reduces pain by strengthening the muscles around the joint. Gently lifting weights can also help. You may need to exercise every other day to give joints time to recover.

**Depression** A quick walk can clear up the “blues”<sup>⑩</sup>, but can a walking routine do anything for clinical depression? Evidence suggests it can. Antidepressants may work more quickly to dispel depression, but at least one study found that after ten months, depressed patients who were not medicated and started exercising were less likely to relapse



than those who took antidepressant drugs alone.

Walking won't cure everything that ails you, of course, and nothing happens overnight. "People who have never exercised regularly should not think that in a week they'll solve their problems by walking," says Dr. J. David Curb, professor of geriatric medicine at the University of Hawaii. But you can do a world of good for yourself if you keep a steady course.

Here is how to make the most of your walking routine:

\*Get into gear<sup>①</sup>. Walkers' shoes need to have enough room at the front for the feet to spread.

\*Ease on down that road. Avoid muscle aches by starting slowly and incorporating gentle stretches into both your warm-up and cool-down.

\*Plot your course. Some people walk at a specific time each day. Others shoehorn walking into their routines by parking the car a few blocks from the store or taking the stairs instead of the escalator.

\*Make it noteworthy. Record your efforts, including how long and how far you walked. Jotting down improvements keeps you motivated and challenges you to do better.



## 阅读自测

1. The purpose of the article is \_\_\_\_\_.

- A. to persuade you to walk
- B. to show the good walking will do to you
- C. to show off the author's knowledge about walking
- D. to compare walking and running

2. Compared with running, one advantage of walking is that \_\_\_\_\_.



- A. walking takes less time  
 B. walking is not as vigorous as running  
 C. walking is much easier on the knees  
 D. walking does not need chunks of time
3. According to the author, walking will do a world of good in terms of the following diseases except \_\_\_\_\_.  
 A. heart disease                      B. weight control  
 C. stroke                                D. headache
4. Which of the following is not one of the measures the article suggested to make the most of your walking routine?  
 A. To start slowly.  
 B. To plan the course that is suitable for you.  
 C. Cool-down is not necessary when you feel tired.  
 D. A pair of good shoes is essential.


**Three**
**答案**

1. A    2. C    3. D    4. C


**Four**
**参考译文**
**步行, 别跑**

——快来, 每次十分钟锻炼就能使你延年益寿

你想变得健康, 你也知道你需要更多的锻炼。但是, 如果你不准备在一个小时的转圈或跆拳道中抱怨不停, 也不要就此泄气绝望。越来越多的健身研究者们认为, 大部分健身俱乐部提供的高强度的健身活动不是惟一的, 甚至不是更好的获得健康的方法。确实, 对我们大部分人来说, 最好的办法就是步行。



是的,是步行。每一次速度适中地步行(3~4英里/小时)半个小时左右,每周五至六次,你可能不会马上感觉到益处,但证据表明,长期有规律的步行对预防疾病有很大的作用。

事实上,步行可能是理想的运动。对初始者来讲,它是锻炼身体最安全的办法之一。和跑步比较,步行时膝盖更轻松,不会引起恼人的副作用。哈佛大学布莱翰妇科医院防治医学主任乔安·曼森博士如是说:“如果人人每天漫步30分钟的路程,我们可将许多慢性病发病率降低30%~40%。”

对那些没有半个小时这样大块时间的人来说,情况甚至会更妙一些。最近几项研究表明,每天漫步三到四次,每次10分钟,会同持续步行30分钟一样给你带来诸多益处。

由于步行一下子能在这么多方面给你带来好处,因而很难明确判定它到底为什么对你益处多多。但到目前为止收集到的证据是很能说明问题的。

**心脏病** 散步对心脏大有裨益,这一点很有道理。心脏毕竟是一块肌肉,任何使其中血液流速加快的事情都有助于使它处于一种良好的状态,而且有规律的步行也能使血压降低,从而降低对动脉的压力。散步能增加血液中高密度脂蛋白胆固醇(有益物质)的数量,甚至好像能使血液不那么黏,从而降低了血凝块产生的可能性。所有这些把心脏病发作的可能性降低了50%。

**中风** 在过去14年中对72,488位护士的健康习惯调查当中,哈佛大学公众健康学院的研究者最近发现,那些每星期步行6小时或更多时间的人因血凝块导致中风的可能性下降了40%。

**体重控制** 人年龄愈大,仅靠严格控制饮食来保持体重就愈难。但至少半个小时的散步能消耗掉几百卡的热量,加速你当天其余时间的新陈代谢速度,在控制不使你的肚子鼓出的战争中,你有更多获胜的机会。

步行也是去掉身体脂肪的一个绝好的办法(即使你没减掉任何脂肪,你的身心也会更健康)。大部分人发现,他们每天不得不步行至少一个小时来减肥。

**糖尿病** 最近的两项研究为下面的观点提供了强有力的证据:改变生活方式,包括每天散步30分钟能延缓,甚至能阻止那些代谢葡萄糖开始有问题的肥胖病人Ⅱ型糖尿病的形成。在这两项研究中,最好的实验结果发生在体重减轻5%的被试验者身上。同时,在芬兰做的研究表明,即使对那些体重没有减轻的人,步行也有积极的效果。

**骨质疏松症** 步行不仅增大了肌肉的力量,而且能促进骨骼的生长。研究表明,像孩子和年轻人那样有规律运动并有着相当量钙摄入的妇女,她们年龄增大时,患骨质疏松症的危险会降低。

**关节炎** 约有1,000万美国人患膝盖骨关节炎。通过步行可增强关节周围肌肉的力量,来减轻其疼痛。进行一些轻微的举重运动也有好处。你可能需要隔一天锻炼一次,以便给关节生长愈合的时间。

**抑郁症** 一次快速步行可清除你的“忧郁”,但是平常有规律性的步行对改善临床抑郁症能起什么作用吗?证据表明回答是肯定的。抗抑郁症药能快速地驱散忧郁,但至少有一项研究发现,10个月以后,那些只摄入抗抑郁症药的病人比那些未摄入药物而开始步行的病人更有可能旧病复发。

当然,步行不可能治愈任何使人痛苦的病症,并且没有任何奇迹会一夜之间发生。“从来不坚持运动的人不该认为一个星期之内他们就能通过步行解决自己的问题。”夏威夷大学老年医学院教授杰·大卫·科波博士如是说。但是如果你坚持到底,并养成习惯的话,你得到的好处将是无穷无尽的。

下面几点是你如何最大限度地获得步行带给你好处



的尝试:

\*穿上运动装 步行者的鞋前端应有足够的空间,这样脚可以伸展自如。

\*轻松地沿着道路步行 为避免肌肉疼痛,开始速度应慢,在热身和结束时应加入一些伸展动作。

\*设计你的方案 有些人每天在固定的时间步行。另外一些人则见缝插针地利用时间步行:他们或者把车停在离商店几个街区的地方,或者不坐电梯而选择爬楼梯。

\*关注你的锻炼 记录下你的努力,包括你步行了多久、多远。记下你的进步,以使你总有激情挑战自我来做得更好。



Five

## 词语注释

- ① to get off one's butt: to get up, do not be lazy 起来,不要懒惰
- ② a pop: at a time 每一次
- ③ grunt: *vi.* to utter a sound similar to a grunt, as in disgust 发哼声,因出于厌恶而咕哝发出类似呼噜的声音
- ④ untoward: *adj.* troublesome 麻烦的,造成麻烦的
- ⑤ incidence: *n.* the act or an instance of happening 发生,出现发生的行为或事件
- ⑥ bulge: *n.* a protruding part; an outward curve or swelling 膨胀、肿胀 凸出部分,向外鼓胀的部分
- ⑦ diabetes: *n.* 糖尿病,多尿症
- ⑧ osteoporosis: *n.* a disease in which the bones become extremely porous, are subject to fracture, and heal slowly, occurring especially in women following menopause and often leading to curvature of the spine from vertebral collapse 骨质疏松症,症状为骨头充满孔隙、易骨折且愈合慢,多发于绝经后的妇女且常导致椎骨萎陷直至脊椎弯曲
- ⑨ arthritis: *n.* 关节炎
- ⑩ blues: *n.* a state of depression or melancholy 忧郁,郁闷或压抑的情绪
- ⑪ gear: *n.* equipment, such as tools or clothing, used for a particular activity 设备装备,比如工具或衣服,用于某种特殊活动



## 2. The 10% Solution



One

### 快速浏览

When Lisa, a 35-year-old mother of two, came to see me, she was 45 pounds overweight. She had struggled with a weight problem in her entire life, and had tried hundreds of diets since the age of 17. She was a classic “yo-yo<sup>①</sup>” dieter.

The problem with Lisa’s past attempts at weight loss was that all of the diet programs she had tried completely ruled out the fun, fattening foods that she loved and that her kids were always eating by midafternoon, when she was physically exhausted and emotionally drained, she would give up and start nibbling on something “off-limits”—usually her kids’ snack foods like crackers, candy or cookies.

Then, feeling she’d ruined her day, Lisa would follow up a few bites of what she considered to be a “bad food” with an all-out<sup>②</sup> binge<sup>③</sup>. Of course she would now to start fresh again tomorrow. This cycle—deprive, cheat, binge—would continue for a few days or even weeks, until she gave up completely.