

饕餮须知

Winemakers Get OK To Tout Health Benefits

Richard A. Knox

适量饮酒有益健康，这似乎已被越来越多的人所接受。本篇的主题也是饮酒与健康的关系，当然，重点是葡萄酒。确实，本文提出了 small daily amounts of alcohol lowers the risk of heart attack and stroke。这下，有了素来对保健颇有研究的老美的支持，瘾君子们可以欢庆了……且慢，美国人在健康问题上一向谨小慎微，这回也不含糊：一方面批准葡萄酒酿造商在酒瓶上贴“饮酒有益健康”，另一方面却又要消费者去征询医生的意见。请接着往下读，读者可能更迷惑了：美国人好像处处在给饮酒保健泼冷水，与本篇标题也显得格格不入。

其实，酒精为害的观点早已深入人心，如：The downside of alcohol consumption, the Heart Association said, included alcoholism, high blood pressure, obesity, stroke, suicide, and accidents. 也难怪小小的标签会引来多方的怀疑与否定。最后还是由美国的农业部出面，订了一个颇为保守的饮酒有益健康的标准，请参见文末。

说实话，读完全篇，不胜酒力的笔者还是不知道该不该开怀畅饮。模棱两可是本文给人的最深印象。但好在文章提供了翔实的数据资料和权威的参考意见，有眼力的读者一定能做出明智的判断。

1 U. S. winemakers won the federal government's permission

Friday to put labels on bottles that allude to the “health benefits” of wine and invite consumers to write the government to learn more.

2 The Treasury Department, which regulates alcohol sales, approved the new labels at the behest of wine producers — and to the dismay of some health groups.

3 Evidence that small daily amounts of alcohol lowers the risk of heart attack and stroke has been accumulating for 20 years.

4 But some studies have also found hints of health risk, such as a slightly elevated risk of breast cancer in women.

5 The larger concern, however, is that a federal health imprimatur on wine bottles — right next to already-required warnings that alcohol can cause birth defects among infants born to women who drink — will be seen as “permission” by some to drink too much.

6 “Studies have shown that the incidence of heart disease in those who consume moderate amounts of alcohol is lower than in nondrinkers,” said Carole Bullock, a spokeswoman for the American Heart Association, “but there’s still a concern that these studies may not tell the whole story.”

7 The downside of alcohol consumption, the Heart Association said, included alcoholism, high blood pressure, obesity, stroke, suicide, and accidents.

8 The National Council on Alcoholism and Drug Dependence criticized the new labels because they “could potentially be disastrous” for people who have difficulty limiting their alcohol intake. The Council said the government should have defined “moderate drinking” in the new labeling.

9 However, a Boston University authority on moderate drinking, Dr. R. Curtis Ellison, did not expect the new wine labels to have much effect on people’s behavior.

10 “Everyone knows already there are some health benefits from wine and alcohol,” said Ellison, director of BU’s Institute for Lifestyle and Health, which receives about 10 percent of its funding from the

alcoholic beverage industry.

11 “I think this will have minimal effect on heavy drinkers,” Ellison added. “But if you’re going to put any labels on a bottle, you should tell the truth. This doesn’t say, as it should, that the health effects of light drinking are good and the effects of heavy drinking are bad.”

12 Another issue, according to some scientists, is that the scientific basis for singling out wine drinking for its beneficial effects is much more slender than the data for moderate consumption of any alcoholic beverage.

13 The Bureau of Alcohol, Tobacco and Firearms, the Treasury arm that regulates alcohol producers, said it wasn’t taking sides on the controversy but merely permitting wine producers to mention “health benefits” and to suggest that consumers ask their doctor or the US Department of Agriculture for more information.

14 “Alcohol beverage labels are approved by the Alcohol, Tobacco and Firearm Bureau to make sure they do not contain statements. . . that are likely to mislead consumers,” the agency said in a press statement.

15 “ATF worked with industry to modify their proposed statements to meet these criteria.”

16 Ed Knight, the Treasury Department’s chief counsel, noted that the agency “can only deny labeling statements if they are false or misleading” and said the new wine labels meet that standard “because these statements do not make any health claim.”

17 One of the two approved labels permits wine producers to say: “The proud people who made this wine encourage you to consult your family doctor about the health benefits of wine consumption.”

18 The other invites consumers interested in learning about “the health benefits of wine consumption” to write the Department of Agriculture for its Dietary Guidelines for Americans. It gives an address and a website for the agency.

19 The federal Dietary Guidelines make no distinction between wine

and other alcoholic beverages.

20 They advise that drinking “no more than one drink per day for women and no more than two drinks per day for men” has been linked with lower risk of heart disease, and they warn against health risks.

21 The USDA defines a drink as 12 ounces of beer, five ounces of wine, and 1.5 ounces of 80-proof distilled spirits.

饮酒有益健康——美国的 葡萄酒酿酒商被允许如是说

1 星期五，美国联邦政府批准美国的葡萄酒酿酒商在酒瓶上贴上标签，暗示饮用葡萄酒“有益健康”，并欢迎消费者向政府部门写信，索取更多的有关信息。

2 主管酒精类产品销售的美国财政部根据酿酒商的强烈要求批准了这种新标签，但是一些卫生团体为此感到失望。

3 二十年来研究积累的证据表明，每天饮用少量的酒能降低患心脏病和中风的几率。

4 但是也有一些研究发现了饮酒对健康危害性的一些迹象，例如妇女患乳腺癌的几率略有增加。

5 然而，更令人担心的是，由于葡萄酒酒瓶上印有联邦政府的卫生许可，而且紧挨着规定必需的警告语：“饮酒的妇女可能生下有生理缺陷的婴儿”，这将被某些人视为对过度饮酒“开绿灯”。

6 美国心脏病协会的发言人卡罗尔·布洛克说：“研究已经表明，适度饮酒的人患心脏病的风险低于那些不喝酒的人。但是，有人担心这些研究可能没有揭示全部实情。”

7 心脏病协会称，饮酒的弊端包括酒精中毒、高血压、过度肥胖、中风、自杀及酒后肇事等。

8 全国酒精中毒和毒瘾治疗委员会对酒瓶上贴的这种新标签提出了批评，因为对于难以控制自己酒量的人，“这种做法可能会带来灾难性的后果。”该委员会说，政府本该在这种新标签上标明“适量饮酒”的字样。

9 然而，波士顿大学的研究适量饮酒的权威，R·柯蒂斯·埃利

森博士并不认为酒瓶上的这种新标签会对人们的行为产生多大影响。

10 埃利森说：“大家已经知道，葡萄酒和其他的酒对健康有一定的好处。”他还是波士顿大学的生活方式和健康研究所所长。该研究所约有百分之十的研究基金是由酿酒业界提供的。

11 埃利森接着说：“我想这一举措对酒徒的影响是很小很小的。但是，如果要在酒瓶上贴标签，就得说实话。标签上本应该注明：少量饮酒有益健康而过量饮酒会伤身体，但却没有。”

12 另一个问题是，一些科学家认为单独挑出葡萄酒来看其保健功效的科学依据似比适度饮用任何酒类都对健康有益的科学依据显得不够充分些。

13 财政部主管酒类生产的职能部门，酒精、烟草和枪支管理局说，在这场争论中，它不袒护任何一方，只是允许葡萄酒酿造商提及“饮酒有益健康”，并示意消费者向医生或美国农业部作进一步的咨询。

14 该机构在一次记者招待会上声明：“酒瓶标签须经酒精、烟草和枪支管理局核准，以确保不含有任何可能误导消费者的内容。”

15 “酒精、烟草和枪支管理局曾和酿酒业界合作，对酿酒业界原来拟定的文字说明进行修改，以符合这些标准。”

16 美国财政部的首席律师，埃德·奈特指出：“如果这些标签上的文字说明有虚假或误导消费者的内容，该管理局才能予以否认。”他又说，葡萄酒瓶上的新标签符合标准“是因为没有作出任何健康上的承诺。”

17 已经批准了两条酒瓶标签，其中有一条允许酿酒商这样说：“酿酒商为能酿造出这样的好酒而自豪，并建议您向家庭医生咨询有关饮酒保健的问题。”

18 另一条标签欢迎对饮酒的保健功能感兴趣的消费者写信给美国农业部，询问美国人的膳食指导原则。标签上还列出了美国农业部的地址和因特网网址。

19 联邦膳食指导原则并没有对葡萄酒和其他酒类产品加以区分。

20 它建议，“妇女每天饮酒不超过一杯，男子不超过两杯”能够减

少心脏病的发生率，并且提醒饮酒对健康的危害性。

21 美国农业部对一杯饮酒量的定义是：十二盎司啤酒，或五盎司葡萄酒，或一点五盎司四十度的蒸馏白酒。

每篇一句

Another issue, according to some scientists, is that the scientific basis for singling out wine drinking for its beneficial effects is much more slender than the data for moderate consumption of any alcoholic beverage.

初读此句，也许不知所云。

经梳理，得句子（宾语从句）的主干 scientific basis / is / slender than...。这时，我们发现 basis / slender 两者的搭配很新颖，是我们很难想到的。

经推断，可察觉句子末尾似乎省略了 for its beneficial effects。有了这样的分析，正确理解句子的障碍基本扫除。

此外，这是一个写得比较“洒脱”的句子；“头”很轻，主语只有两个词 Another issue，主语和谓语之间又有插入语（according to some scientists）。在翻译时，可以保留这种语序，留点“翻译腔”未尝不可。

此外，其宾语从句的内容不宜“捏”在一起译，分两句译，译文就显得从容许多。

试译：另一个问题是，一些科学家认为，单独挑出葡萄酒来看其保健功效的科学依据似比适度饮用任何酒类都对健康有益的科学依据显得不够充分些。

A Not-so-sweet Side Of Sugar — It Could Age You

Reuters

吃糖一向被视为肥胖者的大忌，除此以外，一般读者可能还知道吃糖与蛀牙、与某些心血管疾病的关系。可你是否想到过吃糖与人的衰老也有关系呢？本文则报道了这方面的最新研究成果，读后令人大长见识。

本文主要介绍了一项对老鼠的试验，并以此作出对人体反应的推论。值得注意的是，文中提到的糖其实是 *fructose* (果糖)，大量摄取果糖的不利影响之一就是 *collagen* (胶原蛋白) 的丧失。而且，The loss of collagen is what causes sagging and deep wrinkles in older people. 引起老化症状的过程被称为 *cross-linking*。这些尽管都是老鼠试验的推论，但我们也不得不重视专家的意见，特别要提防 *carbonated drinks, baked goods, canned fruits, jams and dairy products* 等富含果糖的食品。在西食东侵之时，以上食品对我们来说并不陌生，且多为 *processed food*，正迎合很多人的饮食特点。在此提醒爱吃甜食的朋友：适可而止，切莫贪嘴。

1 Rats that eat high levels of a natural sugar known as fructose seem to age faster than other rats — and the same could be true for people who eat too much sweet junk food, Israeli researchers said Monday.

2 Fructose, found naturally in honey and fruit, is used widely in foods ranging from soft drinks to yogurt.

3 But while its sweet taste is popular, the sugar could cause wrinkles and health problems, the researchers said.

4 Dr. Moshe Werman and Boaz Levi of the Technion-Israel Institute of Technology fed large amounts of fructose to laboratory rats.

5 Writing in the Journal of Nutrition, they said the fructose-fed rats showed changes in the collagen of their skin and bones.

6 Collagen, a fibrous protein found in connective tissue, bone and cartilage, basically holds the body together.

7 The loss of collagen is what causes sagging and deep wrinkles in older people.

8 The process affected, Werman's team said, is known as "cross-linking."

9 "Too much cross-linking reduces elasticity and makes the skin stiff and rigid, and these are the conditions that encourage wrinkled skin," Werman said in a statement.

10 He said the same could be true of people, although this has not been shown.

11 “Americans are eating more and more processed foods such as carbonated drinks, baked goods, canned fruits, jams and dairy products that contain fructose,” Werman said.

12 Other studies have shown that high fructose intake can affect how the body handles glucose and increases insulin resistance — which can both be important measures of the tendency toward diabetes.

13 The rats Werman worked with were fed much more than the average adult person might eat in a day, which is standard in such experiments.

14 The rats were fed 12.5 grams of fructose per kg (2.2 pounds) of weight every day for a year.

15 To compare, a person weighing 154 pounds (70 kg) who drinks a quart (liter) of cola consumes about 60 grams of fructose, or 0.8 grams per kg of body weight.

吃糖未必尝甜头——它会催人衰老

1 以色列的研究人员星期一说，大量摄取一种叫做果糖的天然糖的老鼠，似乎比其他老鼠衰老得更快。对甜食吃得太多的人来说，情况也可能会是如此。

2 自然存在于蜂蜜和水果中的果糖，被广泛用于从饮料到酸奶的各种食品中。

3 研究人员说，尽管它的甜味很受欢迎，这种糖却能使皮肤起皱纹并影响身体健康。

4 以色列科学技术研究所的摩西·沃曼和博阿兹·利维博士喂给实验鼠大量果糖。

5 他们在《营养学杂志》上发表文章说，那些吃了果糖的老鼠的皮肤和骨质中的胶原蛋白发生了变化。

6 胶原蛋白是存在于结缔组织、骨质和软骨中的纤维蛋白质，它的基本作用是将人体各组织结合在一起。

7 胶原蛋白的丧失是导致老年人皮肤松弛和深度皱纹的原因。

8 沃曼领导的研究小组把胶原蛋白的丧失引起的生理变化称作“交叉相联”。

9 沃曼在一次报告中说：“太多的‘交叉相联’就会使皮肤降低弹性，发生硬化，这是导致皮肤起皱纹的原因。”

10 他说，人也可能是如此，尽管还没有证据证明这一点。

11 他又说：“美国人摄取的加工食品越来越多，例如碳酸饮料、烘烤食品、罐装水果、果酱和乳制品，而这些食品都含有果糖。”

12 其他的一些研究已经表明，大量摄取果糖会影响人体对葡萄糖的代谢和增强对胰岛素的抵抗力，而这两者是判断患糖尿病可能性的重要指标。

13 沃曼喂养的老鼠摄取的果糖比普通成人每天可能摄取的果糖多得多。这在此类实验中是符合标准的。

14 在一年的时间里，这些老鼠每天按每千克（2.2 磅）体重 12.5 克的标准摄取果糖。

15 与此相比，一个体重 154 磅（70 千克）的人，喝一夸脱（升）的可乐，大约摄取了 60 克的果糖，或者说每千克体重摄取 0.8 克的果糖。

每篇一句

Collagen, a fibrous protein found in connective tissue . bone and cartilage . basically holds the body together.

句子不长，写得简洁凝练，朗诵起来，也琅琅上口。

句子的成功在于同位语的运用。什么是 Collagen？紧随其后的同位语 a fibrous protein 对它作了通俗的“注解”，在 a fibrous protein 之后马上用一个过去分词短语引导的定语（found in connective tissue, bone and cartilage），进一步作解释说明。

英语常常对专业性较强的词汇运用这种解释性的同位语。另如：

The experiment means it might be possible to store an animal's complete genome （【生】基因组，染色体组），its collection of genes, using a tail *snip* （剪下的小片） or other cell instead of having to freeze an embryo, the researchers said.

上句里的 its collection of genes 就是 an animal's complete genome

的解释性同位语。这种解释性的同位语在汉译时不必或不能强求形式上的一致。译文符合汉语表达习惯即可。如译：胶原蛋白是存在于结缔组织、骨质和软骨中的纤维蛋白质，它的基本作用是将人体各组织结合在一起。(注 原文里的副词 *basically* 转成名词译，译文既顺畅，又符合汉语给事物下定义的特点。)

An Apple A Day For A Healthy Heart

Patt Bell

药补不如食补，想不到西方人对此也有共识，且摆出了更有科学依据的观点，可以说是对我们这句名谚的一个现代诠释。

多食水果蔬菜有益健康，这并不希奇。但说到苹果有预防心脏病的功效，恐怕就鲜为人知了。但文章从研究事实出发，有论有据，并指出不同加工方式对苹果保健功效的影响。未了总结为：An apple a day keeps the doctor away。记得幼时学习英文见过这句谚语，当时还不太明白它的意思，更不知普普通通的苹果和医生有什么关系，读罢本文才恍悟，也彻底解开了儿时的疑团。养生保健类的英谚总数不多，这一条能流传下来，看来也非偶然。

本文的另一个特色是根据两方不同的研究成果揭示了苹果的保健功效，避免了“一面之词”之嫌，论证也更有说服力。值得注意的是，在文末的一串保健食谱中，作者独钟苹果，称其为 *ever healthy apple*。这也是强调事物的一种别具一格的方式。

1 Recent American and English researches on antioxidants and blood sugar further our understanding of the crucial link between the foods we eat and cardiac health.

2 For years now we have heard about the beneficial effects of certain vitamins and minerals in inhibiting the oxidation of LDL, (low density lipoprotein, “bad” cholesterol), preventing plaque buildup in arteries and promoting a healthy cardiovascular system.

3 A seemingly endless combination of these elements — marketed by drug companies as Antioxidants — continues to fly off the shelves of health food stores all over the world.

4 Taking an antioxidant supplement, which can be expensive, may not be necessary, however, as many common foods can also have the same beneficial effects.

5 In a study funded by the Processed Apples Institute in Atlanta, Georgia, researchers at the University of California, Davis analyzed the antioxidant properties of apples and six brands of apple juice.

6 Both apple juice and apple extract were found to reduce the rate of LDL oxidation in human blood cell cultures — juices by 9% to 34% and apple pulp extract from 21% to 38%.

7 Researchers caution that these percentages may vary depending on the various processing methods used in marketing juices, something they did not study.

8 Nonetheless, it is clear from their findings that the old adage, “an apple a day keeps the doctor away,” continues to be good advice.

9 London’s Hammersmith Hospital examined the link between nutrition and cardiac health under a separate theory; that there is a direct relationship between blood sugar levels and cardiovascular disease.

10 Hospital researchers studied the impact of certain foods on the blood sugar levels in 2,200 men and women.

11 Carbohydrates with a high glycemic index — foods that quickly raise blood sugar after being ingested such as wheat breads, potatoes, rice and tropical fruits — were found to leave consumers at higher risk for heart problems.

12 Conversely, carbohydrates having a low glycemic index, raising blood sugars only slightly, were heart friendly.

13 Foods in this healthier category recommended by English researchers included breakfast cereals, cherries, yogurt, pita bread — and the ever healthy apple.

14 Along with apples, some of the more “fun” foods, such as pasta, ice cream and popcorn, were found to be especially beneficial for cardiac health.

一天吃一个苹果你就拥有健康的心脏

1 美国和英国最近对抗氧化剂和血糖的研究，使我们进一步认识到饮食和心脏健康有至关重要的联系。

2 几年来，我们已经听惯了关于某些维生素和矿物质具有抑制低密度脂蛋白（“有害的”胆固醇）的氧化，防止血小板在动脉里积聚和促进心血管系统健康的有益作用。

3 这些元素似乎有无数种组合方式，经药品公司冠以“抗氧化剂”上市后，就源源不断地从世界各地保健品店的货架上飞往千家万户。

4 然而，补充可能很昂贵的抗氧化剂也许是多此一举，因为许多普通食品也能起到相同的功效。

5 在由乔治亚州亚特兰大市苹果加工研究所资助的一个研究项目中，加州戴维斯大学的研究人员分析了苹果和六种品牌的苹果汁中的抗氧化物特性。

6 结果发现苹果汁和苹果提取物在人的血液细胞培养基中均能降低低密度脂蛋白的氧化速度，苹果汁能使其降低 9% 到 34%，而苹果果肉提取物则达到 21% 到 38%。

7 研究人员告诫说，百分比可能随着市售苹果汁的各种加工方法不同而有变化，这一点他们还没有作过研究。

8 然而，从他们的发现中可以明显看出，那句古谚“一天一个苹果，你就远离医生”仍然是有益的劝告。

9 伦敦哈马斯密斯医院根据另一种理论检验了营养物质和心脏健康之间的关系。这种理论认为，血糖水平的高低与心血管疾病有某种直接的联系。

10 该医院的研究人员研究了某些食物对 2200 名男女受试人员血糖水平的影响。

11 研究发现，糖血症指数高的碳水化合物（摄取后能迅速提高血糖水平的食物，如全麦面包、马铃薯、大米和热带水果等）会增加食用

者患心脏病的几率。

12 相反，糖血症指数低的碳水化合物只能使血糖略有升高，这类食品对心脏是有益的。

13 英国研究人员推荐的这类有益健康的食品有：早餐吃的燕麦片、樱桃、酸奶、皮塔饼和在任何时候都认为是有益健康的苹果。

14 除了苹果，还发现其他更“开心”的食品，例如意大利面食、冰淇淋和爆玉米花，它们对心脏特别有益。

每篇一句

A seemingly endless combination of these elements — marketed by drug companies as Antioxidants — continues to fly off the shelves of health food stores all over the world. 这些元素似乎有无数种组合方式，经药品公司冠以“抗氧化剂”上市后，就源源不断地从世界各地保健品店的货架上飞往千家万户。

英语插入语的形式之一是前后均使用破折号。上句即一例。

细心的读者也许会问，上句里的插入语其实是一个由过去分词 *marketed* 所引导的形容词短语，是否可以将插入语前后的破折号去除？回答是：如果这种插入语是起修饰作用的，那么，两个破折号就可以省略不用。需指出的是，使用了两个破折号的表达效果是不可忽视的。插入语 *marketed by drug companies as Antioxidants*，因此就显得更加鲜明，更加突出。但是，假如插入语的性质是解释性的，那么，插入语前后使用的破折号就不能随意取消。如：

Even the simplest operation — the removal of a single joint of a finger, the lancing of an abscess — would prove fatal.

此句中的插入语 *the removal of a single joint of a finger, the lancing of an abscess* 是对 *the simplest operation* 的说明，具有同位语性质。这样的插入语就不能不用两个破折号加以隔离。另需说明的是，这种性质的插入语在翻译的时候，往往可以使用括号。如译：就连最简单的手术（切除一个手指关节，刺破一个脓疮）结果也可能是致命的。

Low-fat Diets Safe, Effective In Children

Reuters

孩子的饮食起居，最牵动天下父母的心。希望通过本文，能在儿童饮食保健方面给家长们一些启迪。

时下，独生子女家庭越来越多，父母们总希望“掌上明珠”们吃饱，因而在一日三餐之余还大量补充高脂肪、高热量的食物，致使营养过剩。“胖墩夏令营”应运而生。殊不知这种吃法对孩子的健康成长有害无益，特别是大量摄取高脂肪食物会引起一系列副作用，小小年纪就患上许多成年人的疾病，如本文提到的高胆固醇症。凡此种种弊症，家长们可曾想到？

若想改变孩子的膳食结构，不妨细读本文。文章强调的是低脂肪食物，因为它 maintaining low blood cholesterol in children。其实脂肪和胆固醇一向被美国人视为健康的大敌，这次也不例外。

作者还特别提到：Western diets help encourage a steady rise in levels of blood cholesterol throughout childhood and adult life。面包和牛奶毕竟不是中国人的主食，读到这里笔者总算可以稍稍宽心。看来，爱吃西餐的朋友倒应多长个心眼了。

1 Low-fat, low-cholesterol diets begun in early childhood are a safe, effective means of maintaining low blood cholesterol in children, according to researchers.

2 A diet low in fat reduces the “age-associated increase in (blood) cholesterol and is compatible with normal neurological development” in young children, conclude Dr. Leena Rask-Nissila and colleagues at the University of Turku in Finland.

3 Their results were presented Monday at the annual meeting of the Pediatric Academic Societies, held this week in San Francisco.

4 The authors point out that Western diets help encourage a steady rise in levels of blood cholesterol throughout childhood and adult life.

5 To determine if fat- and cholesterol-restricted diets might help prevent this rise, they enrolled nearly 1,100 Finnish 7-month-olds on either normal diets or diets in which just 30% to 35% of daily energy was sourced from fat.

6 These healthy, low-fat diets contained equal portions of saturated, monounsaturated and polyunsaturated fats, and reduced daily cholesterol intake to less than 200 milligrams per day.

7 The researchers examined each of the children when they reached 5 years of age.

8 The team reports that the intake of fat, saturated fat and cholesterol of children on the restricted diet was “markedly below” that of children who ate normal, Western-style diets.

9 And the low-fat diet did not have a negative impact on the child’s development. The Finnish team reports that the “neurological development of the (low-fat diet) children was at least as good” as that of children consuming normal diets.

10 The findings may have implications extending beyond issues of pediatric health and development.

11 Many nutrition and cardiovascular experts believe that dietary habits begun in childhood set the pattern for healthy (or unhealthy) eating conducted over the lifespan.

12 Healthy restrictions in fat and cholesterol intake can protect against major chronic diseases, including heart disease and some forms of cancer.

低脂肪饮食对儿童安全有效

1 据研究人员称，儿童从很小的时候起就摄取低脂肪、低胆固醇的饮食，是一种安全有效地保持血液中的低胆固醇含量的方法。

2 芬兰土尔库大学的利纳·拉斯克-尼斯利亚博士和同事得出的结论是，儿童摄取低脂肪饮食能够减少“随着年龄增长而增加的（血液中）胆固醇含量，且无损于神经系统的正常发育。”

3 周一他们在本周于旧金山举行的儿童研究学会的年会上公布了这项研究成果。

4 作者指出,按照西方人的饮食习惯,从幼年起直至成年,血液中的胆固醇含量会不断增加。

5 为了能测定出脂肪和胆固醇含量受到限制的饮食是否会防止血液中的胆固醇含量升高,他们对将近 1100 名 7 个月大的芬兰婴儿进行了研究。这些婴儿或者获得正常的食物,或者获得日常能量中的 30%~35% 源于脂肪的食物。

6 这些有益健康的低脂肪饮食中含有等量的饱和脂肪、单不饱和脂肪和多不饱和脂肪,使每天摄取的胆固醇含量低于 200 毫克。

7 当这些儿童长到 5 岁时,研究人员对他们逐一进行了检查。

8 该研究小组称,进食受限制食品的儿童,对脂肪、饱和脂肪和胆固醇的摄取量“明显低于”进食一般西方饮食的儿童。

9 低脂肪饮食对儿童的发育也没有不良影响。芬兰的研究小组称:“(摄取低脂肪饮食的)儿童的神经系统的发育不比摄取正常饮食的儿童差。”

10 这项发现的意义可能超出了儿童健康和发育问题的范畴。

11 很多营养学家和心血管专家都相信,小时候养成的饮食习惯决定了今后一生的饮食方式对健康有益还是有害。

12 出于健康的目的,限制脂肪和胆固醇的摄入可以预防某些常见的慢性病,如心脏病和某些癌症。

每篇一句

To determine if fat- and cholesterol-restricted diets might help prevent this rise, they enrolled nearly 1,100 Finnish 7-month-olds on either normal diets or diets in which just 30% to 35% of daily energy was sourced from fat.

英语喜用代词,在阅读的过程中,字里行间会随时“冒”出一个代词来,native speakers 对这种代词的指向,心有灵犀,了然于心,而我们则往往如坠云雾!

上句里的 this rise,就是一例。我们在翻译中,就难以照搬此代词,而直译“这个升高”。我们必须确定这个 this (rise) 是复指(anaphoric

reference)，还是预指(cataphoric reference)。瞻前顾后，我们发现 this (rise)系复指,它的上段是：

The authors point out that Western diets help encourage a steady rise in levels of blood cholesterol throughout childhood and adult life.

显然，this (rise) 复指其中的 a steady rise in levels of blood cholesterol。

此外，我们从本句即可体味到作者遣词手法极其老到，笔端时时流出创意不俗的‘新词’；如：

fat- and cholesterol-restricted diets (由两个连字符构成复合形容词)

7-month-olds (作者不是‘老实’地说 7-month-old-babies)

was sourced from fat (作者将 source 翻新出奇用作动词)

如果我们能够弄清以上问题，就可得到下面的译文：为了能测定出脂肪和胆固醇含量受到限制的饮食是否会防止血液中的胆固醇含量升高，他们对将近 1100 名 7 个月大的芬兰婴儿进行了研究。这些婴儿或者获得正常的食物，或者获得日常能量中的 30%~35% 源于脂肪。

Breakfast: The Most Important Meal Of The Day?

Reuters

俗话说，早饭吃得饱，午饭吃得饱，晚饭吃得少。近来我们也常听到吃好早餐的呼吁。按我们的一般生理常识，不吃早餐不仅不能满足身体对能量的需求，而且会诱发低血糖等症。本文谈的虽然也是早餐的重要性，却另辟蹊径，值得一读。

虽然大家都认为吃早餐很重要，但遗憾的是，However, until recently there was little or no scientific evidence to prove that eating breakfast is advisable. 仔细想来，要作这方面的研究的确不如研究药物药性那么容易。可后文详有交代的一项研究弥补了这个缺憾。研究对象是在校的青少年学生，文中称：How the researchers did their study was very clever. 如何巧妙，请参见下