Media English 媒体英语
Fibre: 90% aren't eating enough of this lifesaving food
90%的人膳食纤维摄入量不足

如果给你一种能保你长寿的超级食物，你会尝试吗？这种食品能减少人们心脏病发作、中风以及诸如二型糖尿病的终身疾病的发病机会。它还有助于降低体重、血压和胆固醇水平。

Adults in the UK are recommended to eat 30 grams of **fibre** a day, but only 9% of us manage that. As a guide, two thick slices of **wholemeal** toast would provide about a fifth of the total.

英国成年人被建议每天摄入**30**克纤维，但只有**9%**的人做到了这一点。作为一个指导准则，两片厚厚的全麦吐司可提供大约每日摄入量的五分之一。

This review **commissioned** by the World Health Organisation reinforces the value of fibre. The researchers say eating more fruit and vegetables, **nuts** and **seeds** and **wholegrains** in **breakfast cereals**, breads and pasta is linked to lower weight, **blood pressure** and **cholesterol** levels. And it helps protect against illnesses, such as **bowel cancer**.

由世界卫生组织委托进行的评估进一步证实了纤维的价值。研究人员称，多食水果蔬菜、坚果和籽类，以及全谷物早餐麦片、面包和意大利面食可降低体重、血压和胆固醇水平。这还有助于预防疾病，如肠癌。

Experts say the study shows people adopting popular **low-carbohydrate diets** risk missing out on fibre from wholegrains.

专家说，这项调查表明，选择流行的低碳水化合物饮食方式的人有可能会错过全谷物中的纤维。

1. 词汇表

fibre	纤维
wholemeal	全麦的
commissioned	委托…做
nuts	坚果
seeds	籽类（食物）
wholegrains	全谷物的
breakfast cereals	早餐麦片
blood pressure	血压
cholesterol	胆固醇
bowel cancer	肠癌
low-carbohydrate diets	低碳水化合物饮食

2. 阅读理解：请在读完上文后，回答下列问题 。（答案见下页）

1. True or false? *The review supports the idea that fibre is important.*

2. What is the amount of fibre adults in the UK are recommended to eat a day?

3. Name an illness that fibre helps protect against mentioned in the text.

4. Which word in the text means 'the importance of something'?

3. 答案

1. True or false? *The review supports the idea that fibre is important.*

True. The review commissioned by the World Health Organisation reinforces the value of fibre.

2. What is the amount of fibre adults in the UK are recommended to eat a day?

Adults in the UK are recommended to eat 30 grams of fibre a day.

3. Name an illness that fibre helps protect against mentioned in the text.

Bowel cancer.

4. Which word in the text means 'the importance of something'?

Value.