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https://www.100test.com/kao_ti2020/131/2021_2022__E7_AC_94_ E8_AF_91_E6_9D_90_E6_c95_131485.htm [Time] A Harvard study suggests skim milk and other products may decrease a mans risk of developing type II diabetes. Get ready for another skirmish in the milk wars. Whenever theres anything positive to report about the health effects of milk, it seems some group always tries to shoot down the results. Often thats more because of an ideological gripe about whether people should drink milk from cowsor any other animalin the first place. The latest study, published in the Archives of Internal Medicine looks at data from an ongoing study of more than 40,000 male doctors, pharmacists and other health professionals thats being lead by doctors at Massachusetts General Hospital, the Harvard Medical School and the Harvard School of Public Health. The conclusion: regularly consuming low-fat dairy products such as skim milk or low-fat yogurts lightly decreases a mans risk of developing type II diabetes. The effect was modest but held true whether or not study participants were physically active, overweight or had a family history of diabetes. Previous studies have shown that low-fat dairy products, as part of a diet thats rich in fruits and vegetables, also helps to reduce high blood pressure. 100Test 下载频道开通, 各类考试题目直接下载。详细请访问 www.100test.com