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https://www.100test.com/kao_ti2020/166/2021_2022__E8_B5_96_E4_B8_96_E9_9B_84_E5_c96_166430.htm Some people eat to live , but there are others who live to eat. To live a long and healthy life , we must learn to have a balanced diet. A balanced diet simply means a bit of everything. A diet which includes meat , fish , vegetables and fruit is , of course , ideal. If you watch your diet , then you wont have to suffer the pain of going on a diet. 均衡的饮食 有些人吃东西为的是要生存，但也有些人生存为的是要吃东西。为了要过着长寿而又健康的生活，我们必须懂得吃均衡的饮食。均衡饮食指的就是每样东西都吃一点点。有肉，有鱼，有蔬和水果的饮食当然是最理想的。如果你注意饮食，那么你不须受节食之苦。 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