【挑战TIME】14期：ANewDietEquation PDF转换可能丢失图片或格式，建议阅读原文 https://www.100test.com/kao_ti2020/273/2021_2022__E3_80_90_E6_8C_91_E6_88_98T_c81_273604.htm 【Introduction】任何饮食习惯都无法违反热力学定律，即使现在充斥各种神奇的减重方法，减轻体重的唯一方法只有消耗更多的热量。但新的研究指出增加体重的身体位置可以提供线索来决定那种饮食习惯将最适合你。screen.width-333)this.width=screen.width-333" border=0 dypop="按此在新窗口浏览图片">【Section One】ArticleNo diet has ever been able to defy the laws of thermodynamics. Whether you go low carb, low fat, low this or low that, the only way to lose weight is to burn more calories than you consume. Even the new "it" diet, volumetricswhich uses fancy terms such as energy density and satiety to describe why filling up on certain low-calorie, water-based foods like celery makes you less hungrycant miraculously melt away fat. But new research indicates that where on your body you pack on extra kilograms may provide a clue to determining which diet will work best for you.It is already widely accepted that even the most rigorously adhered-to diet will not produce the same results from person to person. Some of us are simply genetically predisposed to burn more calories more efficiently than others. Restricting those calories, as you do on a diet, will similarly lead to differing results. But the biggest wild card in the diet game may be how you crank out insulin.As digestion breaks down much of what we eat into sugary, energy-rich fuel that helps keep us on the go, insulin triggers the body to store excess sugar floating

around the bloodstream as fat. Insulin was particularly important in our caveman days, when we needed the energy from one meal to last as long as possible, until we had hunted down the next. "Insulin is the hormone of feast," says Gary D. Foster, director of the center for obesity research and education at the Temple University School of Medicine in Philadelphia.But nowadays, with food so plentiful that groups like Weight Watchers are making a fortune promoting portion control, our insulin is often forced to work overtime, sweeping up the excess carbohydrates we pour into our system from candy bars or fruit juice or starchy foods like pasta. Sometimes insulin can do such a good job of responding to a spike in blood sugar that it causes those levels to quickly 0drop. This in turn can lead to feelings of hunger shortly after a big meal. For this reason, many scientists think insulins ride on the blood-sugar roller coaster may be a stimulus for overeating and, as a result, weight gain. It would be nice if there were an easy way to determine how aggressive your particular insulin response is, and now it appears there is.In a study of 73 obese adults published last month in the Journal of the American Medical Association (J.A.M.A.), Dr. David Ludwig, director of the obesity program at the Childrens Hospital Boston, and his colleagues looked at high- and low-insulin secretors. People who rapidly secrete a lot of insulin after eating a little bit of sugar tend to carry their excess weight around their waistthe so-called apple shape. People who secrete less insulin carry their excess fat around their hipsthe pear shape. Those differences are more than aesthetic. The study found that high-insulin, apple-shaped people will not lose

as much weight on a diet that restricts fat calories as they will on a low-glycemic-load dietone that restricts simple carbohydrates from sugary and starchy foods like cookies and potatoes. Low-secreting, pear-shaped people will do equally well on either type of diet. But the results went deeper than simply how much weight was lost.Over the course of six months, high-secreting, apple people lost an average of 6 kg on a low-glycemic diet and just 2.3 kg on a low-fat diet. Low-secreting, pear people lost about 4.5 kg on both diets. At the end of 18 months, however, the pear-shaped people had gained back half of the weight they had lost on either diet. Apple-shaped people gained back almost 1.4 of the 2.3 kg they lost on the low-fat diet but kept off all the weight they lost on the low-glycemic diet. While the study is revealing, almost nothing about it is simple. Its not clear just what the mechanism is that links body shape and insulin levelsa crucial detail if scientists are going to understand the full implications of their findings. More important, nothing suggests that apple-shaped people should simply dash out to sign up for an Atkins-type low-carbohydrate diet.True, a large report published in J.A.M.A. earlier this year showed that regardless of body shape, Atkins produces the greatest short-term weight loss. ("If you want to look good in your wedding gown, I would go for Atkins," says Dr. Anastassios Pittas, assistant professor of medicine at Tufts University School of Medicine.) But adherents tend to fall off the low-carb wagon and quickly gain back unwanted kilograms. Whats more, the Atkins diet allows only a small fraction of calories to come from carbs, compared with 40% on the new studys low-glycemic regimen.

The more balanced diet allowsindeed, encouragespeople to eat whole-grain cereals and other complex carbs that take longer to digest and thus dont cause the rapid fat production that accompanies spikes in blood sugar. Atkins more restrictive regimen may reduce fat even faster, but people lose weight on both diets. "Atkins just does it with a bludgeon instead of a chisel," says Ludwig.Whats clearer from the study is that apple-shaped people should probably not choose low-fat diets, because the white rice or other types of simple carbs they are still allowed to eat may have a yo-yo effect on blood-sugar levels, making them hungrier sooner. The study didnt evaluate whether these people would do better on an Ornish-style vegetarian diet that restricts fat intake and has dieters make up the difference by eating lots of complex carbs, such as brown rice and oatswhich are high in fiber and tend to make people feel fuller longeras well as low-sugar fruits like blueberries.For apple-shaped people hunting for the right diet, a blood test to determine insulin levels may help confirm which regimen will work best for them. But for pears, it remains a toss-up. So until scientists find out more about their body shape, theyll have to lose the old-fashioned way: eating less.

【Section Two】Homework1. Please translate the sentence in blue into Chinese.The study found that high-insulin, apple-shaped people will not lose as much weight on a diet that restricts fat calories as they will on a low-glycemic-load dietone that restricts simple carbohydrates from sugary and starchy foods like cookies and potatoes. 2. What is the main idear of this Article? 3. Please describe the characteristics of people appearing apple shape or pear shape. 4.

Please explain "yo-yo effect" in this article.参考答案：1. 研究指出，高胰岛素和身材像苹果的人，靠限制脂肪和热量的饮食来减重，效果较以低血糖饮食减重差。(低血糖饮食是指限制由饼干和马铃薯等甜食和淀粉类食物获得单纯的碳水化合物)2. A new research indicates that where on your body you pack on extra kilograms may provide a clue to determining which diet will work best for you.3. People who rapidly secrete a lot of insulin after eating a little bit of sugar tend to carry their excess weight around their waistthe so-called apple shape. People who secrete less insulin carry their excess fat around their hipsthe pear shape.4. 何谓“ 溜溜球效应 ”(yo-yo effect) 呢?简单的说，就是指体重像溜溜球一样忽高忽低。因为体重的减轻是由流失水分开始，然後是肌肉，最後才是脂肪。因此当你在节/绝食这段过程中，身体会先消耗肌肉，而在你再度进食後，身体会将食物转化成脂肪来囤积，而这样循环下去造成的效果，想减的脂肪没减掉，反而越堆越多，而减掉的只是水分跟肌肉，自然就越减越肥了!这样的减肥方法不但没用，而且伤身(长期饮食不均衡，回复饮食候更容易造成脂肪的堆积)，简直是「赔了夫人又折兵」！