

公共英语阅读写作：越吃还能越瘦？这是真的！PDF转换可能丢失图片或格式，建议阅读原文

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Eat more. As a general rule, you should never allow yourself to become hungry. Just like feeling thirsty means that you 've waited too long and the earliest signs of dehydration are setting in, being hungry means that you 've waited too long to eat since your last meal and your body is in need of nourishment. Allowing this to happen time and time again will slow your metabolism down, down, d-o-w-n ... Does this, then, mean that it 's okay to eat Burger King or Taco Bell five or six times per day? Believe me, I 'm right there with you -- I wish it did. But of course it doesn 't. What it means is that if you eat 5 to 6 small, healthy meals and snacks throughout the day, you will lose weight over time. a Framingham Nutrition Study has found that women who consume 400 more calories per day and eat healthier are two-and-a-half times less likely to have an excess of abdominal fat than women who take in fewer calories but consume more saturated fat and less fiber. 想减肥吗?多吃点就行了。有一条普遍准则说，你永远不要让自己饿着。感到渴了，表示你已经等了好久，而且已经出现了脱水的前兆.感到饿了，表示距离你上顿吃东西已经过了很久，你的身体需要营养了。如果放任这种情况一次次出现，你的新陈代谢会越来越慢，越来越慢..... 这是不是说，我们可以每天吃五六餐汉堡王(Burger King)或者Taco Bell(一种墨西哥玉米卷，跟KFC一样是连锁店)?相信我吧，我已经试过了我希望可以这么吃。但

实际上不可以。这样做才是正确的：每天吃五六顿量不大却健康的正餐或小吃，这样过一段时间，你就能瘦下来。一项Framingham营养研究发现，每天摄取400多卡路里且饮食健康的女性，与每天摄取更少卡路里但多饱和脂肪少纤维的女性相比，后者腹部肥胖的几率比前者多2.5倍。所以，少食多餐，少脂肪多纤维，越吃就能越苗条! 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](http://www.100test.com)