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[https://www.100test.com/kao\\_ti2020/569/2021\\_2022\\_\\_E8\\_81\\_8C\\_E7\\_A7\\_B0\\_E8\\_8B\\_B1\\_E8\\_c91\\_569632.htm](https://www.100test.com/kao_ti2020/569/2021_2022__E8_81_8C_E7_A7_B0_E8_8B_B1_E8_c91_569632.htm) Fruit and Vegetable Juices as Beneficial to Health as Fruits and Veggies<sup>1</sup> A European study has revealed that 100 percent fruit and vegetable juices are as effective as their whole fruit/vegetable counterparts in reducing risk factors related to certain diseases. The conclusion is the result of the study designed to question traditional thinking that 100 percent juices play a less significant role in reducing risk for both cancer and cardiovascular disease than whole fruits and vegetables. Juices are comparable in their ability to reduce risk compared to<sup>2</sup> their whole fruit/ vegetable counterparts, according to several researchers in the United Kingdom who conducted the literature review. The researchers analyzed a variety of studies that looked at risk reduction attributed to<sup>3</sup> the effects of both fiber and antioxidants. As a result, they determined that the positive impact fruits and vegetables offer come not from just the fiber but also from antioxidants which are present in both juice and the whole fruits and vegetables.<sup>4</sup> “ When considering cancer and coronary heart diseases prevention, there is no evidence that pure fruit and vegetable juice are less beneficial than whole fruit and vegetables, ” the researchers said. The researchers added that the positioning of juices as being nutritionally inferior to<sup>6</sup> whole fruits and vegetables in relationship to chronic disease development is “ unjustified ” and that policies, which suggest otherwise about fruit and vegetable juices, should be

re-examined. The researchers who authored the paper suggest that more studies in certain area are needed to bolster their findings. Although this independent review of the literature is not designed to focus on any particular 100 percent juice, it does go a long way<sup>7</sup> in demonstrating that fruit and vegetable juices do play an important role in reducing the risk of various diseases, especially cancer and cardiovascular disease," said Sue Taylor. Her opinion is in agreement with the Juice Products Association<sup>9</sup>, a non-profit organization not associated with this research. She added that appropriate amounts of juices should be included in the diet of both children and adults, following guidelines established by leading health authorities. Taylor also points to a large epidemiological study, published in the September 2006 issue of the Journal of Medicine, which found that consumption of a variety of 100 percent fruit and vegetable juices was associated with a reduced risk for Alzheimer's disease<sup>10</sup>. In fact, that study found that individuals who drank three or more servings of fruit and vegetable juices per week had a 76 percent lower risk of developing Alzheimer's disease than those who drank juice less than once per week. The study was published in the International Journal of Food Science and Nutrition TM (2006).

词汇：  
counterpart/5kauntEpB:t]/n . 对应的人或物

cardiovascular/7kB:diEu5vAskjulE/adj.心脏血管的

comparable/5kCmpErEbl/adj . ( ~ to/with)可与.....相比的，比得上.....的  
fiber/5faibE/( = fibre)n . 纤维

antioxidant/5Anti5CksidEnt/( = antioxygen)n . 抗氧化剂

coronary/5kCrEnEri/adj . 冠状的 position/pE5ziFEEn/n . 位置w/

，安排，安置；定位 nutritionally/njotmtonah/adv . 营养上  
inferior/in5fiEriE/adj . 低等的，劣等的；次的 bolster/5bEulstE/v  
．支持，支撑 non-profit/adj . 不营利的，非营利性的  
epidemiologic/adj流行病学的 serving/5sE:viN/n..一份饭菜 注释  
： 1 . veggie(=veggy) (单复数相同)也指“蔬菜”。 2  
． Compared to：如果与……比较起来的话。这是一个过去分  
词短语，作条件状语。另外，美国英语中compare to也  
有compare with的意思。 3 . attributed to：被认为是……的结果。  
此过去分词短语是risk reduction的定语。attribute sth . to  
...：把……归因于……，认为……是……的结果。 4 . As a  
result , they determined that the positive impact fruits and vegetables  
offer come not from just the fiber but also from antioxidants which  
are present in both juice and the whole fruits and vegetables . 他们  
断定，水果和蔬菜所起的积极作用不仅来自纤维，而且也来自  
抗氧化剂，而无论水果还是蔬菜，其全果和汁液都含有这两  
种物质。这里要注意的是在语法结构上，fruits and  
vegetables offer是positive impact的定语从句，省略了关系代词  
that。 5 . coronary heart disease(CHD)：冠状动脉性心脏病(冠  
心病)。但要注意，CHD也可指先天性心脏病(congenital heart  
disease)。 6 . inferior to：低于……的，次于……的，不如……  
的 7 . it does go a long way：它的确对……有很大帮助。go a  
long/good way：大有帮助，很有效。此处does是起强调作用  
的助动词，接下来的do play an important role中的do也是这样。  
8.in agreement with：与……一致 9.Julce Products Association  
：果汁产品协会 10.Alzheimer ' s(/raelt shaimaz/)disease(据德国  
医生Alois Alzheimer的姓命名)：阿尔茨海默病，老年性痴呆

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