

2009年6月英语六级考试快速阅读实战练习(5)英语六级考试
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A balanced diet is one that provides an adequate intake of energy and nutrients for maintenance of the body and therefore good health. A diet can easily be adequate for normal bodily functioning, yet may not be a balanced diet.

Carbohydrates Carbohydrates are a rapid source of energy, they are the body ' s fuel. The bulk of a balanced diet should be made from carbohydrates. If eaten in an excess of the dietary requirements carbohydrates are easily stored as fats in the cells, although carbohydrate is the first source of energy in the body. An average adult requires about 12,000kJ of energy a day, most of this is supplied by the respiration of carbohydrates in the cells. Carbohydrates are used principally as a respiratory substrates, i.e. to be oxidised to release energy for active transport, macromolecule synthesis, cell division and muscle contraction. Carbohydrates are digested in the duodenum and ileum and absorbed as glucose into cells. Sources of carbohydrates such as starch are rice, potatoes, wheat and other cereals. Sugars are also carbohydrates, sources of sugars are refined sugar - sucrose, which is a food sweetener and preservative and fruit sugars - fructose. If the diet lacks carbohydrate stores of fat are mobilised and used as an energy source. **Proteins** 我要收藏 Protein is not a direct source of energy in the body, it is used primarily for growth and repair of body tissues while remaining an energy source as a last resort. Proteins fulfill a wide variety of roles in the body.

They are broken down in the stomach and intestines to amino acids which are then absorbed. The body can only form 8 amino acids to build proteins from, the diet must provide Essential Amino Acids (EAAs) which are synthesised into proteins which can be structural, i.e. collagen in bone, keratin in hair, myosin and actin in muscle. metabolic enzymes, hemoglobin, protective antibodies and communicative hormones. Sources of protein include meat, fish, eggs and pulses. The diet needs to provide 8 EAAs as the body is unable to synthesis proteins without these molecules. 2 other amino acids are synthesised from EAAs so if the diet lacks the original EAAs these other two will not be present either. Phenylalanine is converted to tyrosine and methionine is converted to cysteine. Cells draw upon a pool of amino acids for protein synthesis which either come from dietary protein digested and absorbed in the gut and the breakdown of body protein such as muscle. However, unlike fats and carbohydrates there is no store of amino acids for cells to draw on, any amino acid in excess of immediate bodily requirements is broken down into urea and excreted. It is therefore important to maintain the dietary intake of protein everyday. If the body lacks protein, muscle wasting occurs as muscle is broken down. If protein is lacked in a diet a person develops kwashiorkor which is caused when high levels of carbohydrates are eaten to overcome the lack of protein in the diet. One symptom of kwashiorkor is the abnormal collection of fluid around the abdomen due to the lack of protein in the blood. The body cannot retain water by osmosis and fluid accumulates in tissues causing them to become waterlogged. Vitamins Vitamins

cannot be synthesised by the body so must be supplied by diet. Vitamins have no common structure or function but are essential in small amounts for the body to be able to utilise other dietary components efficiently. Vitamins fall into two categories, fat soluble vitamins such as vitamin A, D, E and K which are ingested with fatty foods and water soluble vitamins such as the B group vitamins and vitamin C. Vitamins are known as micronutrients because only small quantities are required for a healthy diet, in fact fat soluble vitamins can be toxic in high concentrations, for example the body stores vitamin A, or retinol, in the liver as it is toxic if kept in high concentrations in the blood stream, a dose of more than 3300mg of vitamin A can be considered toxic. Water soluble vitamins such as vitamin C and B groups vitamins can be excreted in the urine if in excess in the diet. 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