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https://www.100test.com/kao_ti2020/645/2021_2022_2010_E5_B9_B4_E8_81_8C_c91_645207.htm div id="tjjs" class="kcx"> Eat for a Good and Healthful Life Food _____1_____ us alive. It is our sustenance and our pleasure. But recently, research has shown that the eating habits of the average Americans may be dangerous to future health. The foods Americans now choose are oftentimes too _____2_____ in calories卡路里 and fats, so this article reports a new study: Diet and Health, Implications for Reducing Chronic Disease Risk. The study, conducted指挥 _____3_____ the National Research Council ' s Committee on Diet and Health1, _____4_____ that balancing nutrition营养, 营养学, calories and activity is key _____5_____ enjoying a long and healthful life. The report recommends that most Americans increase _____6_____ activity to a moderate level and make changes in food _____7_____ and calories intake to maintain ideal weight.来源：考试大 Most of useven those of us at ideal weightneed to eat _____8_____ fat so that no more than 30% of our daily calories will come from fat. That means cutting _____9_____ on red meat and whole milk dairy products. _____10_____, eat fish, chicken without skin, lean meats瘦肉 and low-fat and no-fat dairy products. The report of the Committee on Diet and Health recommends we eat five or more 1/2-cup servings of vegetables and fruits _____11_____ especially green and yellow vegetables and citrus fruits. Eating more fruits and vegetables doesn ' t have to mean increased calories intake. Many plant foods are

nutrient-rich: they provide many vitamins and minerals for very few
____ 12 _____. Nutrient营养-rich foods are particularly important for
Americans ____ 13 _____. As we ____ 14 _____, we need to eat less
because our bodies need _____ 15 _____ calories to function
properly. But we still need full measures of vitamins and minerals to
release the energy in our foods and make us feel strong and healthy.

1. A) remain B) remains C) keep D) keeps 2. A) full B) rich C) little
D) special 3. A) by B) at C) with D) for 4. A) doubts B) concludes
C) knows D) reasons 5. A) about B) to C) of D) for来源：考试大
的美女编辑们 6. A) mental B) spare C) physical D) chemical 7. A)
choose B) chooses C) chose D) choices 8. A) little B) much C) less
D) more 9. A) up切碎 B) down减少.减低 C) hard D) off 10. A)
However B) Or C) Indeed D) Rather 11. A) day B) daily C) year D)
annually 12. A) nutrition B) nutritions C) calorie D) calories 13. A)
over B) under C) for D) in 14. A) older B) old C) age D) grow 15.
A) less B) fewer C) more D) enough 相关推荐：2010年全国职称
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