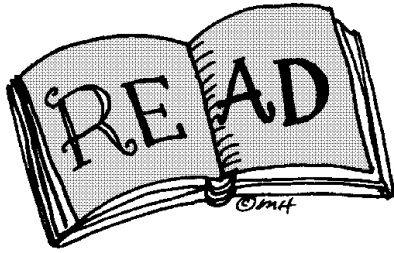


'Cut down on meat to keep a healthy weight'



The **researchers** say that eating less **meat** may be the key to keeping a healthy weight.

A European study of almost 400,000 adults says that eating meat is **linked** with weight gain, even in people taking in the same number of calories.

The Imperial College of London says that **processed** meat, such as sausages and ham, has the strongest association.

It suggests that high-protein diets may not help “**slimmers**” in the long run.

According to the researchers, the findings, published in the American Journal of Clinical Nutrition, also support public health messages advocating **cutting down** on the amount of meat we eat.

The **research** looked at data from adults taking part in a large project looking at the link between diet and cancer.

At the start of the research, they asked the participants from 10 European countries, including the UK, to weigh and measure their weight. Five years later, the participants reported their **weight**.

They also filled in a detailed food questionnaire.

The researchers conclusion is that meat consumption was associated with weight gain in both men and women.



To lose weight is not easy. Whatever diet we do, we have to remember that exercise, a balanced diet and being happy are the keys to living a healthy and productive life.

Excellent reading!

Now, let's see what you learned in the article by doing the exercises below:

III. Let's check what you learned!

True or False:

T Eating less meat may be the key to a healthy weight.

T Processed meat has the strongest association with weight gain.

F High protein diets can help the "slimmers" in the long run.

F There aren't participants from the UK.

F Meat consumption is not associated with weight gain.

Multiple Choice:

1. How many adults said that there is a link between weight gain and eating meat?

a. four hundred thousand b. forty thousand c. four thousand

2. How many European countries participated?

a. fifteen **b. ten** c. one

3. What is the key to keeping a healthy weight?

a. eating proteins b. eating more meat **c. eating less meat**

4. What is the key to living a healthy life?

a. balanced diet b. exercise c. being happy **d. all of the above**

Mark yourself. Count the correct answers.

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9 or 8 correct answers → Excellent

7 or 6 correct answers → Very Good

5 or less → You need to practice more reading