



6 “Unhealthy” Fruits for Weight Loss, Dietitian-Approved

Description

In a world full of conflicting information about diet and weight loss, figuring out which fruits to eat and which to avoid can be a challenge. But experts agree that whole, fresh fruits are not bad for weight loss. In fact, fruits like bananas, mangoes, pineapples, apples, grapes, and avocados can actually help with weight management.

Bananas, often misunderstood due to their sugar content, are praised for their fiber and resistant **starch** content. Mangoes offer a low-calorie, high-fiber option for those looking to satisfy their sweet tooth. Pineapples contain an **enzyme** that supports **glucose metabolism** and **insulin resistance**. Apples are rich in **antioxidants** and fiber, aiding in weight management. Grapes are low in calories and high in water, making them a good choice for volume eating. And avocados, while higher in calories and fat, are packed with fiber and healthy fats that can help reduce cravings.

Overall, all fruits have their unique benefits and can be part of a balanced diet for effective weight management.

Vocabulary List

1. **Starch** /stɑːrtʃ/ (noun): A carbohydrate found in foods like potatoes and grains.
2. **Enzyme** /ˈɛnzʌɪm/ (noun): A protein that catalyzes chemical reactions in living organisms.
3. **Glucose metabolism** /ˈgluːkoʊs mɛtəbəlɪzəm/ (noun): The process of converting glucose into energy in the body.
4. **Insulin resistance** /ɪnˈsuːlɪn rɪzɪstəns/ (noun): A condition in which the body's cells become less responsive to the hormone insulin.
5. **Antioxidant** /ˌæntiˈɒksɪdənt/ (noun): A substance that inhibits oxidation and can prevent or delay cell damage.

Vocabulary List:

1. **Starch** //stɑ:rtʃ// (noun): A carbohydrate found in foods like potatoes and grains.
2. **Enzyme** //ˈɛnzʌɪm// (noun): A protein that catalyzes chemical reactions in living organisms.
3. **Metabolism** //mə'tæbəlɪzəm// (noun): The process of converting food into energy in the body.
4. **Resistance** //rɪ'zɪstəns// (noun): The ability of an organism to withstand adverse conditions.
5. **Antioxidant** //,ænti'ɒksɪdənt// (noun): A substance that inhibits oxidation and can prevent or delay cell damage.
6. **Cravings** //ˈkreɪvɪŋz// (noun): Intense desires for certain foods or substances.



Comprehension Questions

Multiple Choice

1. Which fruit is praised for its fiber and resistant starch content?
Option: Bananas
Option: Apples
Option: Grapes
Option: Mangoes
2. Which fruit offers a low-calorie high-fiber option for those looking to satisfy their sweet tooth?
Option: Pineapples
Option: Apples
Option: Mangoes
Option: Avocados
3. Which fruit contains an enzyme that supports glucose metabolism and insulin resistance?
Option: Bananas
Option: Grapes
Option: Pineapples
Option: Apples
4. Which fruit is rich in antioxidants and fiber?
Option: Grapes
Option: Apples
Option: Bananas
Option: Avocados
5. Which fruit is low in calories and high in water making it a good choice for volume eating?
Option: Avocados
Option: Pineapples
Option: Grapes
Option: Mangoes
6. Which fruit is higher in calories and fat but is packed with fiber and healthy fats that can help reduce cravings?
Option: Apples



- Option: Bananas
- Option: Pineapples
- Option: Avocados

Answer

Multiple Choice: 1. Bananas 2. Mangoes 3. Pineapples 4. Apples 5. Grapes 6. Avocados

Vocabulary quizzes

Multiple Choice (Select the Correct answer for each question.)

1. Which type of food is highly processed and typically low in essential nutrients?
 - Option: Refined grains
 - Option: Whole grains
 - Option: Fruits
 - Option: Vegetables
2. What type of substance helps protect cells from damage caused by free radicals?
 - Option: Antioxidant
 - Option: Carbohydrate
 - Option: Protein
 - Option: Fat
3. Who is a scientist who studies the patterns causes and effects of health and disease conditions in defined populations?
 - Option: Epidemiologist
 - Option: Psychiatrist
 - Option: Cardiologist
 - Option: Endocrinologist
4. What medical device delivers electrical stimulation to specific nerve sites in the body?
 - Option: Neurostimulator
 - Option: Pacemaker
 - Option: Insulin pump
 - Option: Oxygen concentrator
5. Which process involves all the chemical reactions that occur in the body to maintain life?
 - Option: Metabolism
 - Option: Respiration



- Option: Photosynthesis
- Option: Digestion

6. What term describes the state of having adequate water or fluid in the body?

- Option: Hydrated
- Option: Dehydrated
- Option: Satiated
- Option: Starved

7. What is the body's response to injury or infection causing redness swelling pain or heat?

- Option: Inflammation
- Option: Circulation
- Option: Lubrication
- Option: Mobilization

8. Which carbohydrate is commonly found in foods such as potatoes rice and wheat?

- Option: Starch
- Option: Fiber
- Option: Sugar
- Option: Protein

9. Which term describes a medical device or material that is inserted into the body?

- Option: Implanted
- Option: External
- Option: Surface
- Option: Portable

10. What describes a person environment or action that provides encouragement or assistance to others?

- Option: Supportive
- Option: Oppressive
- Option: Critical
- Option: Indifferent

Gap-Fill (Fill in the blanks with the correct word from the vocabulary list.)

11. Consuming too many _____ may lead to health issues due to high levels of added sugars fats and salt.

12. A neurostimulator is used to manage a specific medical _____ by providing targeted



stimulation.

13. Patients with inflammation may experience a range of _____ such as pain fever and swelling.

14. Cravings for unhealthy foods can be controlled by opting for nutrient-dense snacks over unhealthy _____.

15. During a _____ staying cool and hydrated is crucial to prevent heat-related illnesses.

16. Severe inflammation near the spinal cord can lead to temporary or permanent _____ in certain body parts.

17. Lack of a specific _____ may result in difficulty digesting certain types of carbohydrates.

18. Regular physical activity can help build _____ to certain health conditions.

19. Individuals with implanted neurostimulators may experience fewer _____ associated with their condition.

20. Sudden changes in cognitive function could be _____ and may require immediate medical attention.

Matching Sentences (Match each definition to the correct word from the vocabulary list.)

21. The campaign aimed to educate the public about the importance of making healthy food choices.
22. Improved infrastructure and policies can enhance the availability and quality of medical services in underserved areas.
23. The cognitive abilities of the elderly can be maintained through engaging activities and social interactions.



24. Regular exercise and stress management techniques contribute to overall well-being and mental health.
25. Many students opt to live in university dorms for the convenience and social aspects of communal living.
26. Athletes focus on nutrition and training to optimize their physical and mental performance during competitions.
27. The combination of symptoms observed in the patient indicated a rare genetic syndrome.
28. The neurologist recommended brain stimulation therapy to help alleviate chronic pain.
29. The surgeon successfully implanted the artificial heart valve during the open-heart surgery.
30. She found a supportive community online that helped her cope with the challenges of her medical condition.

Answer

Multiple Choice: 1. Refined grains 2. Antioxidant 3. Epidemiologist 4. Neurostimulator 5. Metabolism 6. Hydrated 7. Inflammation 8. Starch 9. Implanted 10. Supportive

Gap-Fill: 11. processed foods 12. condition 13. symptoms 14. cravings 15. heat wave 16. paralysis 17. enzyme 18. resistance 19. seizures 20. concerning

Matching sentence: 1. nutrition awareness 2. healthcare access 3. cognitive 4. well-being 5. dorms 6. performance 7. syndrome 8. stimulation 9. implanted 10. supportive

CATEGORY

1. Health - LEVEL2

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