



## Can eating yogurt lower chances of getting diabetes? The FDA thinks it's possible.

### Description

The US Food and Drug Administration (FDA) said that yogurt companies can now say that their products might lower the chance of getting Type 2 diabetes. This decision was given after Danone North America, a big food company, asked the FDA for permission in 2018.

But there are rules. The companies must tell customers that this is not completely sure. They also need to say that to have this benefit, a person has to eat two cups of yogurt every week.

Danone explained that yogurt has proteins, vitamins and low salt. These are good for health. They also showed studies that say eating yogurt often can help lower the chance of getting diabetes.

But different yogurts can have different amounts of sugar and fat. Some yogurts with flavor can have a lot of added sugars. Too much sugar can increase the chance of getting diabetes.

Still, some research from 2022 shows that eating yogurt can help protect against the disease. Another study in 2020 found that eating the Mediterranean diet, which includes yogurt, can also help lower the risk.

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## Vocabulary List:

1. **Administration** // (noun): The process or activity of running or managing an organization or system.
2. **Permission** // (noun): Approval to do something.
3. **Benefit** // (noun): Advantage or profit gained from something.
4. **Proteins** // (noun): Large molecules that are essential to the structure and functioning of all living cells.
5. **Vitamins** // (noun): Substances that are needed in small amounts for the body to function correctly.
6. **Research** // (noun): The systematic investigation into and study of materials and sources to establish facts and reach new conclusions.

## Vocabulary quizzes

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

1. What legal action might someone take if they feel wronged?  
Option: Decrease  
Option: Suing  
Option: Valuable  
Option: Platform
2. What technology aims to mimic human intelligence?  
Option: Fair  
Option: Cut  
Option: Artificial Intelligence  
Option: Theory
3. What term is used when one company buys another?  
Option: Company  
Option: Manager  
Option: Acquisition  
Option: Popular
4. What strategy involves growing the business into new markets?  
Option: Resignation  
Option: Expansion  
Option: Diversification  
Option: Prominent



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5. What might happen if two people have conflicting opinions?  
Option: Cognizant  
Option: Disagreed  
Option: Appeal  
Option: Treatment
6. What word describes something that costs a lot of money?  
Option: Expensive  
Option: Employees  
Option: Administration  
Option: Permission
7. What positive outcome might one expect from a decision or action?  
Option: Share  
Option: Benefit  
Option: Proteins  
Option: Vitamins
8. What systematic investigation is conducted to establish facts or reach new conclusions?  
Option: Research  
Option: Decrease  
Option: Valuable  
Option: Platform
9. What organization typically produces goods or offers services?  
Option: Expensive  
Option: Company  
Option: Employees  
Option: Administration
10. Who is responsible for directing and overseeing the work of others?  
Option: Monetary  
Option: Manager  
Option: Popular  
Option: Acquisition

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

11. The \_\_\_\_\_ is responsible for overseeing the daily operations of the department.
12. The doctor prescribed a course of \_\_\_\_\_ to help with the patient's condition.



13. The \_\_\_\_\_ value of the collection was difficult to determine due to its unique nature.
14. The company decided to explore \_\_\_\_\_ by entering new markets with different products.
15. In order to access the restricted area you need to obtain \_\_\_\_\_ from the supervisor.
16. Each shareholder is entitled to a portion of the company's \_\_\_\_\_ of profits.
17. The antique vase was considered very \_\_\_\_\_ due to its historical significance.
18. Meat fish and eggs are good sources of essential \_\_\_\_\_ for the body.
19. To ensure equal opportunities for all employees the company strives to create a \_\_\_\_\_ workplace.
20. The day-to-day tasks related to managing the office fall under the responsibility of the \_\_\_\_\_ team.

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

21. After a series of disagreements the manager submitted his to the board.
22. The new product quickly became among consumers due to its innovative features.
23. The CEO of the company is a figure in the industry often featured in press releases.
24. The employees were made of the new company policies through a series of informative sessions.
25. The advertising campaign aimed to to a younger audience by using trendy influencers.
26. The decision to automate certain processes led to a noticeable in production costs.
27. The scientist proposed a new about the origins of the universe sparking intense debate.
28. The company organized a team-building event to boost morale among its .
29. The social media allowed users to connect with friends and share content online.



30. Fruits and vegetables are rich sources of essential necessary for maintaining good health.

## Answer

**Multiple Choice:** 1. Suing 2. Artificial Intelligence 3. Acquisition 4. Expansion 5. Disagreed 6. Expensive  
7. Benefit 8. Research 9. Company 10. Manager

**Gap-Fill:** 11. Manager 12. Treatment 13. Monetary 14. Diversification 15. Permission 16. Share 17. Valuable  
18. Proteins 19. Fair 20. Administration

**Matching sentence:** 1. Resignation 2. Popular 3. Prominent 4. Cognizant 5. Appeal 6. Decrease 7. Theory  
8. Employees 9. Platform 10. Vitamins

## CATEGORY

1. Business - LEVEL1

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