

Doctors Challenge Ham-Sandwich Diabetes Warning – Clearing Up Misconceptions

Description

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Headlines warn that consuming "a ham sandwich a day" may increase the risk of type 2 diabetes, but experts caution that the situation is more complex.

A study involving nearly two million individuals from 20 countries discovered a correlation between red and processed meats like steak, bacon, and sausages.

While the research is sound, the results are nuanced and should not instigate fear. Experts suggest moderating intake in line with healthy-eating guidelines but emphasize that meat should not be eliminated from the diet.

Correlation vs. Causation

Published in The Lancet Diabetes and Endocrinology journal, the study has limitations as it cannot definitively prove that meat causes diabetes.

Dr. Duane Mellor from the British Dietetic Association emphasizes the need to consider various risk factors associated with diabetes development.

While some data were missing, the researchers stand by their findings, acknowledging the challenge of relying on participants' self-reported dietary information.

The study contributes to the ongoing exploration of how different foods impact our health.

Health Implications

Lead researcher Prof. Nita Forouhi highlights the association between consuming processed and red meats and an increased risk of type 2 diabetes.

She advocates limiting these meats to reduce diabetes cases.

It is crucial to maintain a balanced diet even while reducing meat consumption, ensuring adequate intake of essential nutrients like iron and vitamin B12.



Vocabulary List:

- 1. Correlation /ˌkɔːrəˈleɪʃən/ (noun): A mutual relationship or connection between two or more things.
- 2. Causation /kɔːˈzeɪʃən/ (noun): The action of causing something.
- 3. Nuanced /'nju:a:nst/ (adjective): Characterized by subtle differences or distinctions.
- 4. Implications /,impli'keifənz/ (noun): The conclusion that can be drawn from something although it is not explicitly stated.
- 5. Moderating /'mpdəreɪtɪŋ/ (verb): Making or becoming less severe intense or extreme.
- Essential /ι'sεn[əl/ (adjective): Absolutely necessary; extremely important.

Vocabulary quizzes

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

1. What term describes a statistical measure indicating the extent to which two or more variables fluctuate ESL-NEWS. together?

Option: Causation Option: Moderating Option: Nuanced Option: Correlation

2. What is the process of administering a vaccine to stimulate the immune system to develop immunity against a specific disease?

Option: Exemption Option: Hesitancy Option: Vaccination Option: Impressive

3. Which type of food has been altered from its natural state for convenience or shelf-life?

Option: Upbringing Option: Calorie-dense Option: Processed Option: Nutritional

4. What term refers to the way a disease spreads such as through direct contact or the air?



Option: Sanitization Option: Directive Option: Transmission Option: Isolation

5. Which word describes a sudden and significant increase as seen in cases of a contagious disease?

Option: Surge Option: Vigilant Option: Contagious Option: Precaution

6. What term means absolutely necessary or crucial?

Option: Isolating Option: Proactive Option: Essential Option: Nutritional

7. Which term refers to a variable that affects the strength of a relationship between other variables? NEWS.CC

Option: Impressive Option: Moderating Option: Exemption Option: Pediatrician

8. What is a firm instruction or official order given by an authority?

Option: Isolation Option: Guidelines Option: Directive Option: Transmission

9. Which term describes a reluctance or uncertainty to proceed with something?

Option: Additives Option: Processed Option: Hesitancy Option: Mindful

10. What term relates to the quality and value of nutrients in food that sustains life and growth?

Option: Surge

Option: Vaccination Option: Exemption Option: Nutritional



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

11. The research findings have significant	for future public health policies.
12. It is important to check food labels for artificial	that may not be beneficial to
health.	
13. Many fast foods are known to be high in	contributing to weight gain.
14. Practicing eating involves being fully p	present and aware of the food being
consumed.	
15. Individuals with confirmed cases of infectious diseases may need to undergo	
to prevent spread.	
16. Taking measures can help reduce the	likelihood of encountering potential
risks.	
17. Highly diseases can spread rapidly within communities.	
18. It is advisable to take necessary when	handling hazardous materials.
19. There was a sudden in the number of	cases reported this week.
20. Being about personal hygiene can hel	p prevent the spread of infections.
Matching Sentences (Match each definition to the correct word from the vocabulary list.)	
21. Understanding the differences in cultural practices is essential for effective communication.	
22. Qualified individuals may be eligible for a tax under certain conditions.	
23. A specializes in the medical care of infants children and adolescents.	
24. Regular of surfaces helps prevent the spread of germs and illnesses.	



- 25. Health authorities issue to assist healthcare providers in delivering optimal care.
- 26. The of the virus is a key factor in determining its spread within a population.
- 27. Quarantining and infected individuals are crucial steps in controlling outbreaks.
- 28. The progress in vaccine development has been truly in terms of speed and efficacy.
- 29. It is important to differentiate between and correlation in scientific studies.
- 30. Identifying potential factors can help refine predictive models.

Answer

Multiple Choice: 1. Correlation 2. Vaccination 3. Processed 4. Transmission 5. Surge 6. Essential 7.

Moderating 8. Directive 9. Hesitancy 10. Nutritional

Gap-Fill: 11. Implications 12. Additives 13. Calorie-dense 14. Mindful 15. Isolation 16. Proactive 17.

Contagious 18. Precaution 19. Surge 20. Vigilant

Matching sentence: 1. Nuanced 2. Exemption 3. Pediatrician 4. Sanitization 5. Guidelines 6. Transmissibility

7. Isolating 8. Impressive 9. Causation 10. Moderating

CATEGORY

1. Health - LEVEL4

Date Created 2024/08/22 Author aimeeyoung99