

Intermittent Fasting Shows Promise for Managing Type 2 Diabetes

Description

A new study shows that **intermittent fasting** can help people with Type 2 **diabetes**. The study, published in **JAMA Network Open**, found that fasting helped participants lose weight, lower **blood pressure**, and improve blood sugar levels better than **medications**. The 5:2 diet, where people eat normally for five days and fast for two days, was used. Over 330 adults in China took part in the study. Experts say the 5:2 diet with meal **replacements** could help early-stage diabetes. More research is needed to see how well it works long-term.

Vocabulary List

1. **Intermittent fasting** /??nt?r?m?t?nt ?fæst??/ (noun): A way of eating that includes periods of fasting and eating.
2. **Blood pressure** /?bl?d ?pr??r/ (noun): The force of blood against the walls of the arteries.
3. **Medications** /?m?d??ke??nz/ (noun): Medicines used to treat diseases.
4. **Replacement** /r??ple?sm?nt/ (noun): Something that takes the place of another.
5. **Diabetes** /?da??bi?ti?z/ (noun): A disease that affects how the body uses blood sugar

Vocabulary List:

1. **Intermittent fasting** /,intər'mitənt 'fæstɪŋ/ (noun): A way of eating that includes periods of fasting and eating.
2. **Diabetes** /,daɪə'bɪ:ti:z/ (noun): A disease that affects how the body uses blood sugar.
3. **Blood pressure** /blʌd 'prɛʃər/ (noun): The force of blood against the walls of the arteries.
4. **Medications** /,mɛdɪ'keɪʃənz/ (noun): Medicines used to treat diseases.
5. **Replacement** /rɪ'pleɪsmənt/ (noun): Something that takes the place of another.
6. **Research** /'ri:sə:srtʃ/ (noun/verb): The systematic investigation into and study of materials and sources to establish facts and reach new conclusions.

Comprehension Questions

Multiple Choice

1. What is intermittent fasting?

- Option: A way of eating with no restrictions
- Option: A way of eating that includes periods of fasting and eating
- Option: A diet that requires fasting for 7 days straight
- Option: Eating only during specific hours of the day

2. Which diet plan involves eating normally for five days and fasting for two days?

- Option: 3:4 diet
- Option: 8:16 diet
- Option: 5:2 diet
- Option: Weekend diet

3. How many adults participated in the study on intermittent fasting and diabetes?

- Option: 220
- Option: 330
- Option: 440
- Option: 550

4. What did the study find about blood pressure in relation to intermittent fasting?

- Option: It increases blood pressure
- Option: It has no effect on blood pressure
- Option: It lowers blood pressure
- Option: It depends on the fasting duration

5. What could help early-stage diabetes according to experts in the study?

- Option: Regular exercise
- Option: Skipping meals
- Option: Meal replacements in the 5:2 diet
- Option: Sugar-rich diet

6. What is the primary benefit of intermittent fasting according to the study?

- Option: Weight gain
- Option: Increased blood pressure
- Option: Improved blood sugar levels
- Option: No impact on diabetes

Answer

Multiple Choice: 1. A way of eating that includes periods of fasting and eating 2. 5:2 diet 3. 330 4. It lowers blood pressure 5. Meal replacements in the 5:2 diet 6. Improved blood sugar levels

Vocabulary quizzes

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

1. Which dietary practice involves alternating periods of eating with fasting?

- Option: Probiotics
- Option: Antioxidants
- Option: Intermittent fasting
- Option: Genetic predispositions

2. Which condition is associated with the formation of amyloid plaques in the brain?

- Option: Diabetes
- Option: Alzheimer's disease
- Option: Mitochondria
- Option: X chromosome

3. Which medical procedure is commonly used to treat severe obesity?

- Option: Medications
- Option: Replacement
- Option: Bariatric surgery
- Option: Research

4. Which type of medication is known to improve blood sugar control and reduce weight?

- Option: Lifestyle changes
- Option: GLP-1s
- Option: Metabolic
- Option: Gastric bypass

5. What term refers to inherited traits that may increase the likelihood of certain diseases?

- Option: Genetic predispositions
- Option: Diagnosed
- Option: Alzheimer's disease
- Option: Amyloid plaques

6. Which concept focuses on providing the best possible nutrients for overall health?

- Option: Probiotics
- Option: Optimal nutrition
- Option: Endorsing
- Option: Caution

7. Which health indicator is commonly affected by lifestyle changes?

- Option: Mitochondria
- Option: X chromosome
- Option: Blood pressure
- Option: Intermittent fasting

8. Which term is often used when advising clients on potential risks of certain diets?

- Option: Diagnosis
- Option: Caution
- Option: Disordered
- Option: Boosting

9. Which compounds are known for their ability to reduce oxidative stress in the body?

- Option: Nutrition
- Option: Antioxidants
- Option: Diagnosis
- Option: Lifestyle changes

10. Which organelles are often referred to as the powerhouse of the cell?

- Option: Mitochondria
- Option: Blood pressure
- Option: X chromosome
- Option: Genetic predispositions

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

11. When a medical professional determines an illness or condition it is known as being _____.

12. In some cases hormone _____ therapy may be necessary to address deficiencies.

13. Scientific studies and investigations are essential components of advancing medical _____.

14. Severe _____ is a leading risk factor for various chronic diseases.

15. Prescription _____ can help manage certain health conditions when used appropriately.

16. Adopting healthy habits such as regular exercise and balanced nutrition is key to making positive _____.

17. Biological females typically have two _____ while males have one.

18. Issues related to the body's _____ processes can have significant impacts on overall health.

19. Some dietary supplements claim to aid in energy _____ but their effectiveness is debated.

20. Eating behaviors that are irregular or harmful may indicate an _____ relationship with food.

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

21. Many people consume yogurt and other fermented foods to introduce beneficial bacteria into their digestive system.

22. The science of food and its relationship to health encompasses various aspects of a balanced diet.

23. Prominent athletes and celebrities are often seen using specific products to promote a healthy lifestyle.

24. For individuals with extreme obesity may be a life-changing intervention to aid in weight loss.

25. Maintaining stable blood sugar levels is crucial for individuals with diabetes to manage their condition effectively.

26. One common type of bariatric surgery that involves altering the digestive system to support weight loss is known as .

27. Continued research is essential to uncovering new treatments and preventive measures for complex health issues like Alzheimer's.

28. In cases of hormone dysfunction hormone therapy can help restore balance within the body.

29. Health professionals often advocate for a balanced approach to dieting and exercise emphasizing the importance of .

30. These cellular structures play a critical role in energy production and are vital for overall cellular function.

Answer

Multiple Choice: 1. Intermittent fasting 2. Alzheimer's disease 3. Bariatric surgery 4. GLP-1s 5. Genetic predispositions 6. Optimal nutrition 7. Blood pressure 8. Caution 9. Antioxidants 10. Mitochondria

Gap-Fill: 11. Diagnosed 12. Replacement 13. Research 14. Obesity 15. Medications 16. Lifestyle changes 17. X chromosome 18. Metabolic 19. Boosting 20. Disordered

Matching sentence: 1. Probiotics 2. Nutrition 3. Endorsing 4. Bariatric surgery 5. Diabetes 6. Gastric bypass 7. Research 8. Replacement 9. Caution 10. Mitochondria

CATEGORY

1. Health - LEVEL1

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