



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** /,ɪntər'mɪtənt 'fæstɪŋ/ (noun): A way of eating that includes periods of fasting and eating.
2. **Diabetes** /,daɪə'bi: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:sɜ:rtʃ/ (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?



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- 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.)

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| 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 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 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 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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Author

aimeeyoung99

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