



The Risks of Intermittent Fasting: Health Expert's Warnings

Description

Intermittent fasting is a trendy diet that has gained popularity recently, with celebrities like Jennifer Aniston and Chris Pratt endorsing it. Although it is praised for aiding in weight loss, health experts caution that it may have risks. Registered dietitian Jamie Nadeau warns against restrictive diets, as they often lead to weight gain and disordered eating habits. Intermittent fasting involves setting specific eating and fasting periods, with variations like an eight-hour eating window or only eating one meal a day. However, a study found a potential 91% higher risk of cardiovascular disease-related death with this diet. Experts advise individuals under 18, pregnant or breastfeeding, with type 1 diabetes, or an eating disorder to avoid intermittent fasting. Instead, they recommend making small, sustainable changes like increasing physical activity and consuming more fruits, vegetables, fiber, and protein. Remember, a diet should be something you can maintain long-term for lasting health benefits.

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Vocabulary List:



1. **Intermittent** // (adjective): Occurring at irregular intervals not continuous or steady.
2. **Fasting** // (noun): The act of refraining from food or drink for a period of time.
3. **Trendy** // (adjective): Fashionable or in vogue.
4. **Endorsing** // (verb): Publicly supporting or recommending.
5. **Caution** // (noun): Care taken to avoid danger or risk a warning.
6. **Disordered** // (adjective): Characterized by an abnormal condition of the mind or body.

Comprehension Questions

Multiple Choice

1. Which celebrities have endorsed intermittent fasting?
Option: Jennifer Aniston
Option: Chris Pratt
Option: Both Jennifer Aniston and Chris Pratt
Option: Angelina Jolie
2. What is one of the risks associated with intermittent fasting as mentioned in the text?
Option: Decreased energy levels
Option: Weight gain
Option: Improved heart health
Option: Enhanced metabolism
3. Who warns against restrictive diets in the text?
Option: Jennifer Aniston
Option: Chris Pratt
Option: Jamie Nadeau
Option: Angelina Jolie
4. What did a study find in relation to cardiovascular disease and intermittent fasting?
Option: No impact on cardiovascular health
Option: Lower risk of cardiovascular diseases
Option: 91% higher risk of cardiovascular disease-related death
Option: Reduction in cholesterol levels
5. Who should avoid intermittent fasting according to experts?



- Option: Individuals over 18
- Option: Pregnant or breastfeeding individuals
- Option: People with type 2 diabetes
- Option: Those without eating disorders

6. What kind of changes do experts recommend instead of intermittent fasting?

- Option: Increasing processed food intake
- Option: Reducing physical activity
- Option: Making small sustainable changes
- Option: Skipping meals regularly

Answer

Multiple Choice: 1. Both Jennifer Aniston and Chris Pratt 2. Weight gain 3. Jamie Nadeau 4. 91% higher risk of cardiovascular disease-related death 5. Pregnant or breastfeeding individuals 6. Making small sustainable changes

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?



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- 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 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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