

Dieting advice

PDF worksheet

What's in
our food?

Lets
find
out.

Nutrition Facts

Serving Size 1 bar (2 lbs)

Servings Per Package 1

Amount	% Daily Value
--------	---------------

Calories 4600	
----------------------	--

Fat 260 g	400 %
------------------	--------------

Saturated 160 g	800 %
+ Trans 0 g	

Cholesterol 200 mg	120 %
---------------------------	--------------

Sodium 1400 mg	40 %
-----------------------	-------------

Carbohydrate 960 g	320 %
---------------------------	--------------

Dietary Fiber 40 g	
--------------------	--

Sugars 840 g	
--------------	--

Protein 120 g	
----------------------	--

Vitamin A 0 %	Vitamin C 0 %
---------------	---------------

Calcium 320 %	Iron 80 %
---------------	-----------



How to use this PDF



This PDF contains all the text from the blog post. After you download this document you can view this content any time.

Take your time to read the story and understand what the story is about.



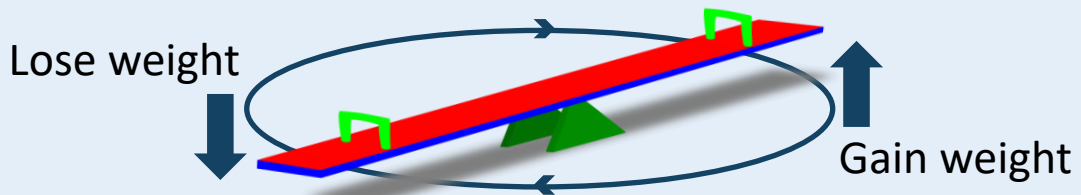
Next, use the vocabulary guide on page 7 to learn any new words from the story.



Then, listen to the audio as many times as you can. Listening helps your pronunciation too.

Dieting: Old Advice, New Again March 9, 2018

Diets usually fail. That's how dieting has become a billion-dollar business. You lose weight, you stop dieting, you gain back the weight that you lost, and you start again on another diet.



Is there a better way? The answer is *yes*. And it's easy. What is it? Change the way you eat.

It's different for every person, but there are some general rules.



Nutrition Facts							
Amount/serving	%DV*	Amount/serving	%DV*				
Total Fat	16g	25%	Total Carb.	1g	0%		
Serv. Size	2 oz. (56g)	Sat. Fat	6g	30%	Fiber	0g	0%
Servings per Container	6	Cholest.	40mg	13%	Sugars	9g	
Calories	180	Sodium	790mg	33%	Protein	7g	
Fat Cal.	140	*Percent Daily Values (DV) are based on a diet of 2,000 calories a day. Vitamin A 0% • Vitamin C 0% • Calcium 0% • Iron 2%					

Read **nutrition labels** before you buy anything in a package.

Practice **portion control**. Exercise and weigh yourself every day.

If the number on the scale begins to **creep up**, you should walk, bike, or swim a little more. You should eat a little less for a few days.



[This Photo](#) by Unknown Author is licensed under [CC BY-ND](#)

Eat everything you want, but eat in **moderation**. Eat many homemade meals. **Load** the meals with vegetables



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

Choose calorie-controlled snacks like popcorn, graham crackers, and ice cream (really ice milk). No **seconds!**

Reduce calories over the **long-term**. You are most likely to be successful when you decide what changes in diet to make and when. Dietary change is a slow process. It's one that requires **ongoing** attention.

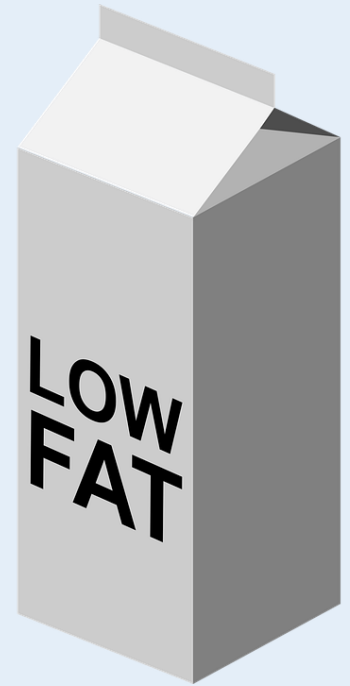


[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

An expert said “I do not believe in diets or any particular products. I believe in learning how to create a healthy lifestyle. The formula is simple.”

- Stop eating junk,
- Eat good food that is real, not **processed**,
- Avoid drinking your calories,
- Know what one serving is and do not eat more than that in a **sitting**,
- Move your butt every day — even just walking is better than being a couch potato, and
- Stop making excuses.

Watch out for package claims of “low fat” or “low **carbohydrate.**”
Read the facts on the nutrition label. Sugar often **compensates** for flavor. Fruit juice may be fat-free. But it is not low in calories. It contains large amounts of sugar.



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

This link will take you to the original story at
The Times In Plain English.

<http://www.thetimesinplainenglish.com/dieting-old-advice-new-again/>

New Vocabulary



moderation (*noun*)

the quality of being reasonable and not being extreme

You should only drink alcohol in moderation in small quantities.

long-term (*adverb*)

that will last or have an effect over a long period of time

relate to (*phrasal verb*)

to be able to understand and have sympathy with somebody/something

term



processed food



Processed food uses some sort of chemical or other treatment to make it last longer, or improve its taste or appearance.



hard to

ongoing (*adjective*)

continuing to exist or develop

portion (*noun*)

an amount of food that is large enough for one person

of our program.



She cut the pound cake into five small portions.



Nutrition label

the label on packaged food that tells you the amount of **calories** and nutrients like: **fat, fiber, sugar** etc.



Nutrition Facts

Serving Size 1 bar (2 lbs)
Servings Per Package 1

Amount	% Daily Value
Calories 4600	
Fat 260 g	400 %
Saturated 160 g + Trans 0 g	800 %
Cholesterol 200 mg	120 %
Sodium 1400 mg	40 %
Carbohydrate 960 g	320 %
Dietary Fiber 40 g	
Sugars 840 g	
Protein 120 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 320 %	Iron 80 %

Read **nutrition labels** before you buy anything in a package.

portion (*noun*)

an amount of food that is large enough for one person

She cut the pound cake into five small **portions**.



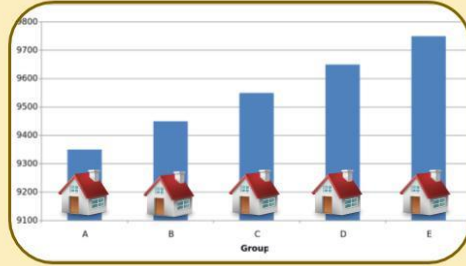
She cut the cake into 5 pieces, each piece is enough for 1 person.

Practice **portion** control.

creep up (*phrasal verb*)

to gradually increase in amount, price, etc.

The prices of new houses are **creeping up**.



The prices of houses are gradually increasing. If the number on the scale begins to **creep up**, you should walk, bike, or swim a little more.

moderation (*noun*)

the quality of being reasonable and not being extreme

You should only drink alcohol in **moderation**.
(= in small quantities)



It's not good to drink too much. You should only drink a reasonable amount.

Eat everything you want, but eat in **moderation**.

load (*verb*)

to put a large quantity of things or people onto or into something

This pizza is **loaded** with cheese!



There is a large quantity [amount] of cheese on this pizza. *Loaded is an adjective made from the past participle of the verb load.

Eat many homemade meals. **Load** the meals with vegetables.

seconds (*noun*)

A second helping of food

That Pumpkin pie was delicious.
May I have **seconds**?



This means - May I have a second piece of pie?

Choose calorie-controlled snacks... No **seconds**!

long-term (*adverb*)

that will last or have an effect over a long period of time

This is a **long-term** investment.



Long term investments hold your money for a long time, but you can [usually] make more money in the end.

Reduce calories over the **long-term**.

ongoing (*adjective*)

continuing to exist or develop

Training is part of our **ongoing** career development program.



This means - We will continue to train our staff.

Dietary change is a slow process. It's one that requires **ongoing** attention.

processed food



Processed food uses some sort of chemical or other treatment to cook it, make it last longer, or improve its taste or appearance.



Ingredients such as salt, sugar, and fat are sometimes added to processed foods to make them taste better.

sitting (*noun*)

a time when a meal is served

One hundred people can be served at one **sitting**. (= at the same time)



The hotel can serve a meal to 100 people in their hall.

Know what one serving is and do not eat more than that in a **sitting**.

carbohydrate *(noun)*

Carbohydrates in food give the body energy ~ informal carb(s)

Foods such as bread, potatoes and rice contain a lot of **carbohydrates**.



I'm cutting back on carbs. I need to lose some weight!

Watch out for package claims of "low fat" or "low **carbohydrate**."

compensate *(verb)*

to provide something good to balance something not good

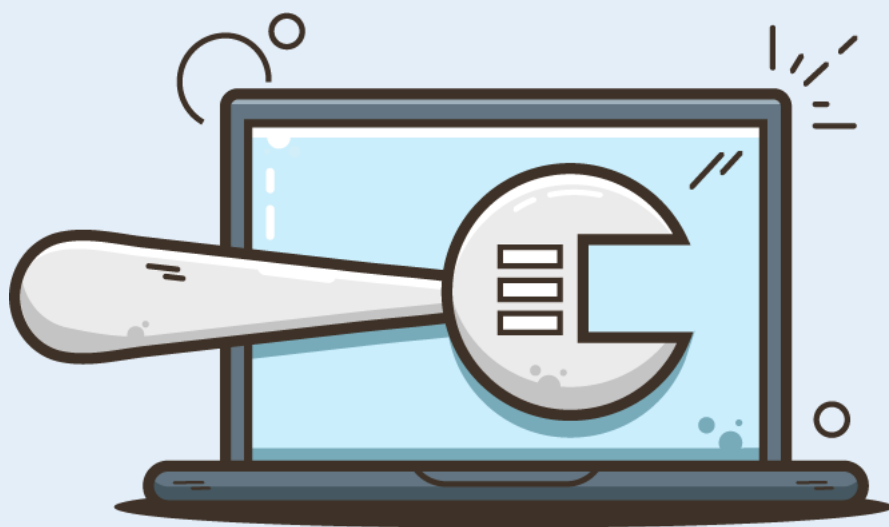
Sugar often **compensates** for flavor.



Some foods use a lot of sugar to reduce the negative effects of processing.

Sugar often **compensates** for flavor.

Thank you for reading this PDF.
I hope it was helpful for you!



Find even more great English
tools the next page!





MORE [Helpful English Resources](#)



YouTube [Videos](#) - [Subscribe](#)



FREE [English Newsletter](#)

WorldEnglishBlog.com

SOCIAL



[Facebook](#)



[Twitter](#)



[Pinterest](#)