

**Daily Life - Going On A Diet** (C0187)

A: Oh man! I've been starving myself for days now and I haven't lost an ounce!

B: Are you trying to lose weight?

A: Yeah, my friend is getting married next month and I'm supposed to be a bridesmaid. I have to fit into my dress and look nice for her wedding, but I haven't lost any weight! Look at these love handles.

B: You don't have to starve yourself to lose weight. I think that's where you're going wrong.

A: Why? If I eat less, then my body will start eating away at my fat reserves right?

B: Not really. You should try to not eat foods high in calories, salts or saturated fats. Stay away from oily food and artificial flavors.

A: So you are saying that I should eat, but I should just watch what I eat?

B: Yes! You can also try to reduce your intake of carbohydrates and foods that are high in cholesterol. You can have steamed veggies or increase your protein intake found in chicken or fish.

A: If I do all this do you think I can lose twenty pounds in four weeks?

B: Don't count on it.

### Key Vocabulary

starve	<i>principle</i> <i>present</i> <i>progressive</i>	<i>verb,</i> <i>perfect</i>	to be very hungry
love handles	<i>phrase</i>		folds of excess fat on either side of the waist
calorie	<i>common</i> <i>plural</i>	<i>noun,</i>	a unit of heat
intake	<i>common</i> <i>singular</i>	<i>noun,</i>	a quantity take in
do not count on	<i>phrase</i>		do not rely on, depend on

### Supplementary Vocabulary

to diet

to change what you eat  
in order to lose weight

Atkins  
diet

a diet high in protein  
and low in carbohy-  
drates

anorexia

disease in which people  
starve themselves to be  
thin

obese

extremely fat

low-carb

not containing many  
carbohydrates