

## Why eating healthy is so expensive in America

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today's issue: Do you think you eat a healthy diet?

->I think more healthy is more not delicious food, so I have not healthy diet.

### 1. **Fiber** 纖維

a. **fiber** [ˈfaɪbə] (n.) 纖維

-To improve my **digestion**(消化), I've eating more fiber.

b. **protein** [ˈproʊɪn] (n.) 蛋白質

-Before I go to the gym, I drink a protein shake.

### 2. vitamin 維他命

a. vitamin [ˈvaɪtəˌmɪn] (n.) 維他命

-You can get vitamin D from going out in the sun.

b. vitamin **deficiency** (phr.) 維生素缺乏

-The doctor says I have a vitamin **deficiency**.

-The doctor says I have a vitamin D **deficiency**.

c. **mineral** [ˈmɪnərəl] (n.) 礦物

\*like **calcium** and iron

-**Calcium** is a **mineral** that is find in foods like milk and **cheese**.

### 3. **saturated fat** 飽和脂肪

a. **saturated fat** (phr.) 飽和脂肪

**\*bad fat**, you can't eat too much beefs.

\*saturated fat are founded in foods like red meat and butter and cheese and certain oils.

-Saturated fat can contribute to heart disease.

b. **unsaturated fat** (phr.) 不飽和脂肪

**\*healthy fat.**

\*can found in things like nuts **avocado(梨)** maybe out of oil.

-Fish is a great sources of unsaturated fat.

#### 4. processed 經過特殊加工的

a. processed [**`**prəseɪst] (adj.) 經過特殊加工的

**\*processed foods** 加工食品

-We eat a lot of processed foods.

-There's a processed cheese on this burger.

b. **whole food** (phr.) 天然健康食品

-A whole diet should include **plenty(豐富)** of whole food.

#### 5. calorie 大卡

a. calorie [**`**kæləri] (n.) 大卡

-An average woman needs to eat around 2000 calories per day, and the average man needs about 2500 calories per day, but of course depends on your weight and other things like that.

b. burn off (phr.) 消耗

-After dinner, we went for a work to burn off some calories.

-We took kids to park to let them burn off some energy.

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Apples contain fiber and vitamins while donuts are full of saturated fats and chemically processed ingredients. Even though apples are healthier for you, you have to eat more of them to get to same number of calories as one donut.

蘋果含有纖維和維生素，甜甜圈則充滿了飽和脂肪和化學加工原料。儘管蘋果對你的健康更有幫助，但你必須多吃一些才能獲得與一個甜甜圈相同含量的卡路里。