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不健康饮食 VS 抽烟：谁更致命？

华盛顿邮报

Bad diets kill more people around the world than smoking,
study says

~~refined~~ refined grains 精制谷物

Too much salt — and not enough whole grains, fruits and vegetables

全谷物

— may be shaving years off our lives, a new analysis suggests.

shave

刮胡子, 剃毛

shave off
(少量地) 削减, 调低

生命

shave sth. off sth. 把某样东西从另一样东西中减少

eg. She shaved four seconds off the world record.

她把世界纪录缩短了4秒。

In a study published Wednesday in the Lancet, researchers looked at

《柳叶刀》

仔细的研究

people's eating habits across 195 countries to estimate how much poor

词根

mortis 死亡

diets contribute to mortality. Their findings? That 11 million people die

/mɔ:rtæləti/

目的

mortal a. 致命的

不能永生的 / 死亡的 / 因 of that

thereof, according to the study.

a mortal wound

一个致命的伤口

adv. 在其中; (指代前文提到过的东西)

immortal a. 长生不死的

eg. Money, or the lack thereof, played a major role in their marital problems.

钱或者说没有钱

是造成他们婚姻问题的主要原因

epidemic 流行病

/epi:di:mi'a:lədʒist/

epidemiology n. 流行病学

first

Lead author Ashkan Afshin, an epidemiologist at the University of

第一作者

n. 流行病学家

dramatist

n. 剧作家

Washington, said the researchers estimated that overall, poor diets are

novelist

n. 小说家

responsible for more deaths around the world than any other risk factor,

总体而言

这里指致病因素

including cigarette smoking, known to be one of the greatest threats to

public health.

过去分词短语作定语

A is responsible for B

A 需要对 B 负责



由 扫描全能王 扫描创建

eg. Women tend to attribute their success to external causes such as luck.
女性倾向于把她们成功 归因于外部因素, 比如运气.

Atskin 在研究中
发现的问题

poor diets

↓
The problem, he said, is not only what people are eating; but it's also 强调

what they're not eating. The study estimated that globally, 3 million deaths were attributed to too much sodium — but another 3 million deaths were attributed to too little whole grains and another 2 million deaths to too little fruit.

并列句省略

重复部分

介词 (绝大多数时候 这样的介词不能省略) soda n. 苏打水; 碳酸钠
ium 构成金属元素名称.

↓ 指出新研究得出的结论: 上段第一句

Experts say it confirms what health professionals have been teaching for years — a balanced diet is important for a long, healthy life.

证实

n. 专业人员

But is a poor diet really responsible for more deaths than even cigarette smoking? Nestle, a professor at New York University, suggested that it makes sense (that dietary risks are higher) because everyone eats — but not everyone smokes. So, she said that "diet is a risk factor for everybody."

make no sense

说不通, 没道理

dietary habits

饮食习惯

