

3.14 蛋学长精读 | 博闻广识：间歇性禁食有用吗？



February 15th 2025 【Science & technology】

Well **informed**: Does **intermittent fasting** work?

博闻广识：间歇性禁食有用吗？

It does for weight loss. Its other **supposed benefits** are **debatable**

对减肥来说确实有效，但其他所谓的好处却有待商榷。

【1】 **diets** COME and **diets** go. One of the most popular today is “**intermittent fasting**” in which, as the name suggests, the idea is to limit one’s food **intake** to **certain** time windows. One popular **variant**, the “5-2 diet”, requires people to eat either very small amounts, or nothing at all, on two days a week, but imposes no **restrictions** on the other five. Panda Foreign Magazine Intensive Reading: Respect for Originality, Piracy Must Be Punished

饮食潮流此起彼伏。如今最流行的一种节食就是“间歇性禁食”。顾名思义，就是将进食限制在特定的时间段内。其中“5：2饮食法”广受青睐，它规定人们一周中有两天只摄取极少的食物，或完全禁食，而剩余五天则没有饮食限制。

【2】 **intermittent fasting** is popular. And as a weight-loss **strategy**, it has several things going for it. One is that it is uncomplicated. There is no need to

中文导读

对减肥来说确实有效，但其他所谓的好处却有待商榷。

informed /ɪn'fɔ:md/ adj. 见多识广的, 有学问的, 有见识的, 知情的 v. 通知, 了解, 知会, 通告, 熟悉, 对...有影响 inform 的过去分词和过去式 They **informed** him that they wished reconciliation. 他们告诉他, 他们愿意和解。

intermittent /ɪntə'mɪt(ə)nt/ adj. 断断续续的, 间歇的 Did you hear the **intermittent** sound outside? 你听见外面时断时续的声音了吗?

fasting /'fɑ:stɪŋ/ v. 禁食; 斋戒; 节 n. 禁食 adj. 禁食的 fast 的现在分词 Some people say eating every 2 to 3 hours is the way to go. Others say **intermittent fasting** works for them. Others eat like the kids – consistent eating routine. Whatever works for your body. 有人说应该每餐相隔2至3小时, 还有人说偶尔禁食对他们有好处, 还有人像孩子一样定时吃饭, 只要适合你就可以。

supposed /sə'pəʊzd/ adj. 误以为的, 误信的, 所谓的 v. (根据所知) 认为, 推断, 料想, 假定, 假设, 设想, (婉转表达) 我看, 要我说, 要不 suppose 的过去分词和过去式 Colorfast garments are not **supposed** to run. 不掉色的衣服应该不渗色的

benefits /'benəfɪt/ n. 优势, 益处, 成效, 福利费 (政府对失业者、病人等提供的补助金), (公司提供的) 福利, 奖金, (保险公司支付的) 给付, 保险金 v. 对(某人) 有用, 使受益, 得益于, 得利于 benefit 的第三人称单数和复数

debatable /dɪ'beɪtəb(ə)l/ adj. 可争辩的, 有争议的 It is highly **debatable** whether conditions have improved for low-income families. 低收入家庭的生活状况是否已得到改善是一个颇有争议的问题。

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diets /'daɪəts/ n. 日常饮食, 日常食物, 规定饮食 (为健康或减肥等目的), 规定饮食的时期, 大量单调的活动, 大量单一的东西 v. 节食, 进规定饮食 diet 的第三人称单数和复数

intake /'ɪnteɪk/ n. 摄入, (食物、饮料等的) 摄取量, 吸入量, (一定时期内) 纳入的人数, (机器上的液体、空气等的) 进口, 吸收 The Tornado jet fighter-bomber has two air **intakes**. 旋风式喷气轰炸机有两个空气入口。

certain /'sɜ:t(ə)n/ pron. 某个, 某种, (不提及人或事物的名称时用) 某些 adj. 肯定, 确定, 确实, 确信, 无疑, (不提及细节时用) 某事, 某人, 某某, 某位, 一位叫...的, 轻微的 She felt a **certain** ambivalence towards him. 她对他态度有些矛盾。

variant /'veəriənt/ n. 变种, 变体, 变形 adj. 变异的, 不同的, 相异的, 不一致的, 多样的, 易变的, 不定的 An allomorph is one of the **variants** of the same morpheme. 语素/形位变体是同一个语素的不同形式。

weigh the **ingredients** of every meal, as some **diets** demand, nor to change what you eat

drastically. Limiting the **restrictions** to a couple of days a week, or several hours a day (most of which are spent asleep) also requires less **willpower**, which might make it easier to **stick** with.

间歇性禁食很受欢迎。作为一种减肥方法，它有诸多优点。其一便是简单易行。你既不需要像某些饮食法那样称量每餐食材的重量，也不需要大幅度改变饮食，只需要将禁食时间减少到每周几天或每天几个小时（大部分时间还是在睡觉期间）。这样对意志力的消耗更少，也更容易坚持下去。

【3】Working out whether that actually **translates** into greater weight loss than other **diets** is difficult. Most studies find **limited** data and mixed results. The general **consensus**, says Nichola Ludlam-Raine, a dietitian and spokeswoman for the British Dietetic Association, is that **intermittent fasting** seems to work roughly as well for weight loss as traditional **calorie-counting** does. Panda Foreign Magazine Intensive Reading: Respect for Originality, Piracy Must Be Punished

但我们很难判断这种方法是否比其他饮食法更有效。大多数研究搜集到的数据有限且结果不一。英国营养学会的营养师兼发言人尼科拉·拉德拉姆·雷恩表示，当前的普遍共识是，间歇性禁食的减肥效果似乎和传统的热量计算法效果差不多。

【4】Other health **benefits** might also **beckon**. Forcing lab animals to fast (albeit not **intermittently**) can increase their **lifespans** by up to 40%. It also appears to **mitigate** the physical decline that comes with old age, boost various markers of **metabolic** health and even reduce **susceptibility** to cancer.

restrictions /rɪ'strɪkʃən/ n. 限制规定, 限制法规, 限制, 约束, 制约因素 restriction 的复数 The government has agreed to lift restrictions on press freedom. 政府已经同意撤销对新闻自由的限制。

2

strategy /'strætɪdʒi/ n. 策略, 计策, 行动计划, 策划, 规划, 部署, 统筹安排, 战略, 战略部署 The nation's geopolitical strategy is yet uncharted. 该国的地缘政治的策略还不被人所知

ingredients /m'grɪ:diənts/ n. 成分, (尤指烹饪) 原料, (成功的) 因素, 要素 ingredient 的复数 Our skin cream contains only natural ingredients. 我们的护肤霜只含天然成分。

drastically /'dræstɪkəli/ adv. 彻底地; 激烈地 The store has drastically reduced winter coats. 商店对冬装大减价

willpower /'wɪlpəʊə/ n. 意志力 The German attempt to cow the British nation, or shatter their warmaking capacity and willpower by bombing, had been foiled. 德国想用轰炸来恐吓不列颠民族或粉碎其作战能力和作战意志的企图，已经破灭。

stick /stɪk/ v. 粘贴, 将...刺入(或插入), 戳, 粘住, (尤指迅速或随手) 放置, 对...不感兴趣, (在某物中) 卡住, 陷住, 动不了, 容忍, 被接受, 不再耍牌 n. 枝条, 枯枝, 柴火棍儿, 球棍, 条状物, 棍状物, 棍, 条, 签, 一管, 一支(胶棒等), (飞机的) 操纵杆, 驾驶杆, (车辆的) 变速杆, 换挡杆, 指挥棒, 批评 Just stick it down anywhere you like. 把它随便放在什么地方都行。

3

translates /trænz'leɪts/ v. 翻译, 译, 被翻译, 被译成, (使) 转变, 变为 translate 的第三人称单数

limited /'lɪmɪtɪd/ adj. 有限的, 受(...的) 限制 v. 限制, 限定, 限量, 减量 limit 的过去式 n. 高级快车 Human beings have limited tolerance of noise. 人类对噪音的忍耐力有限。

consensus /kən'sensəs/ n. 一致的意见, 共识 Can we reach a consensus on this issue? 我们能在这个问题上取得一致意见吗?

calorie /'kæləri/ n. 卡路里, 大卡, 千卡(测量食物含热量的单位), 卡(热量单位, 或一克水升高1摄氏度时所需要的热量) One can eat only 1500 calories a day on this diet. 按这个节食法, 我们每天只能吃一千五百路里。

4

beckon /'bekən/ v. (招手) 示意, 召唤; 吸引, 引诱, 诱惑; 很可能发生(或出) n. (表示召唤、赞许等意思的) 点头, 手势 The pedlar beckoned me to follow him. 小贩意要我跟他走。

intermittently /ɪntə'mɪtəntli/ adv. 间歇地 Did you hear the intermittent sound outside? 你听见外面时断时续的声音了吗?

lifespans /'laɪfspænz/ n. 寿命, 可持续年限, 有效期 lifespan 的复数

mitigate /'mɪtɪgeɪt/ vt. 减轻, 缓和

metabolic /,metə'bɒlɪk/ adj. 代谢的, 新陈代谢的 Hematologic studies revealed severe hyperphosphatemia,

间歇性禁食对身体还有其他好处。强制实验室动物禁食（尽管不是间歇性禁食），寿命可以延长多达40%。该方法似乎还可以减缓衰老带来的身体衰退，帮助提升各种代谢健康的指标，甚至降低患癌的风险。

【5】 Exactly how it does all that is not entirely clear. One important factor seems to be **autophagy**, the process by which cells break down and recycle parts of themselves. Cells become much **keener** on **autophagy** when **nutrients** are **scarce**. At the same time, **autophagy** seems to have a **preference** for **attacking damaged** and **degraded** parts of cells—and the **accumulation** of such **cellular detritus** is one of several **mechanisms** thought to **underlie** the **decrepitude** that comes with ageing.

我们尚不清楚禁食到底是如何达到这些效果的。一个重要因素似乎是自噬作用，即细胞通过自噬分解和回收自身部分的机制。

当营养物质不足时，细胞会更频繁地进行

自噬。同时，自噬似乎更倾向于清除受损和退化的细胞组分，而目前认为这种细胞残骸的积累是导致衰老的一种机制。

【6】 The hope is that **intermittent fasting** might **provoke** a similar response in humans. There are **theoretical** reasons to think it might: the **cellular mechanisms triggered** by food shortages seem to have been **conserved** by **evolution** in all sorts of different animals. But running **definitive** human **trials** of the sort done on lab animals is impossible. “When we say ‘**calorie restriction**’ we mean nearly **starving** [the animals],” says Adam Collins, a **nutrition** researcher at the University of Surrey.

人们希望间歇性禁食能够在人体中引发类似的反应。理论上来说，这是有可能的：食物短缺引发的细胞机制似乎都在各

hypocalcemia and metabolic acidosis. 血液学研究显示有严重高磷血症、低钙血症和代谢性酸中毒。

susceptibility /səˌseptɪˈbɪlɪti/ n. 敏感性, 易受影响(或伤害等)的特性, 过敏性, 感情脆弱处 **I was so careful not to offend their susceptibilities**. 我小心翼翼地不冒犯他们的敏感之处。

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autophagy /ɔːˈtɒfədʒɪ/ n. 自噬; 自我吞噬; 自食症; 自体吞噬 **Objective: autophagy plays an important role in cancer therapy**. 目的: 自噬 (Autophagy) 在肿瘤治疗中发挥重要作用。

keener /ˈkiːnə/ adj. 渴望, 热切, 热衷于, 热情的, 热心的, 喜爱, (对...) 着迷, 有兴趣 n. 〈英〉号哭; (号哭着唱出的) 挽歌; 恸哭 **keen** 的比较级 **He observes keenly but says very little**. 他观察敏锐, 却很少发言。

nutrients /ˈnjuːtriənts/ n. 营养素, 营养物质 **nutrient** 的复数 **Nutrients are absorbed into the bloodstream**. 营养素被吸收进血液。

scarce /skeəs/ adj. 缺乏的, 稀少的, 不足的 adv. 勉强, 刚, 几乎不, 简直不 **Eggs are scarce and expensive this month**. 这个月鸡蛋又少又贵。

preference /ˈpref(ə)r(ə)ns/ n. 偏爱, 爱好, 喜爱, 偏爱的事物, 最喜爱的东西 **We were offered our preference of wines**. 我们可以选择自己喜欢的葡萄酒。

attacking /əˈtækɪŋ/ v. 袭击, 攻击, (在战争等中使用武器) 进攻, 抨击, 非难 **attack** 的现在分词

damaged /ˈdæmɪdʒd/ v. 损坏, 破坏, 损害, 毁坏, 伤害 **damage** 的过去分词和过去式 **The damaged ship limped back to port**. 那艘受损的船困难地驶回港口。

degraded /dɪˈɡreɪdɪd/ v. 降低... 身份, 侮辱... 的人格, 使受屈辱, (使) 退化, 降解, 分解, 降低, 削弱 (尤指质量) adj. 被降了级的; 被免了职的; 堕落了; 贬低了的 **degrade** 的过去分词和过去式 **A dishonest action like that will degrade you**. 像这样不诚实的行为会使你降低身份。

accumulation /əkjuːmjʊˈleɪʃ(ə)n/ n. 积累, 堆积物, 聚积物, 堆积, 积聚 **Her only interest was the accumulation of money**. 她唯一的兴趣是攒钱。

cellular /ˈseljʊlə/ adj. 细胞的, 由细胞组成的, (无线电话) 蜂窝状的, 网状的, 网眼的 **She has a cellular telephone in her car**. 她的汽车里有一部无线通讯电话机。

detritus /dɪˈtrɪtəs/ n. 碎石; 垃圾; 瓦砾; 废物; 残渣; 腐殖质; 风化物 **detritus usually consists of gravel, sand and clay**. 岩屑通常是由砂砾, 沙和粘土组成的。

mechanisms /ˈmekənɪzəmz/ n. 机械装置, 机件, 方法, 机制, (生物体内的) 机制, 构造 **mechanism** 的复数 **The body has natural defence mechanisms to protect it from disease**. 人体对疾病具有先天性防御机制。

underlie /ʌndəˈlaɪ/ vt. 构成... 的基础, 作为... 的原因 **Dividends for preferred stock underlie those of common stock**. 优先股比普通股享有优先分红权

decrepitude /dɪˈkreptɪtʃuːd/ n. 衰老; 破旧; 老朽 **The building had a general air of decrepitude and neglect**. 这座建筑看上去破旧失修, 无人照管

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种动物的进化中保留了下来，但是我们不可能在人类身上进行类似于实验动物的决定性实验。

萨里大学的营

养研究员亚当·柯林斯说：“我们所说的‘卡路里限制’，其实几乎是（让动物）饿死。”

【7】 That leaves scientists **reliant**, for now, on **smallish**, short-lived studies that use less **drastic diets** and which rely on **proxy** measures of health such as **insulin** response or **cholesterol** levels. Their results are mixed. Dr Collins's team, for instance, has **published** a randomised-control trial (the most **rigorous** sort) suggesting that **intermittent fasting** improves the **metabolism** of fats more than ordinary dieting does. A review paper **published** in April 2024 looked at 23 other studies and concluded that **intermittent fasting** was slightly better than ordinary dieting for **overweight** people when it came to improving levels of **cholesterol** and **insulin**. A similar article, **published** in January, found no **meaningful** difference for either weight loss or **cardiovascular** health.

因此，目前科学家们仍然依赖一些规模较小、持续时间较短的研究，这些研究往往采用较温和的饮食方式，并通过胰岛素反应或胆固醇水平等健康指标来间接评估效果。研究结果并不统一。例如，柯林斯博士的团队发表了一项随机对照试验（最严谨的实验类型），表明间歇性禁食比普通节食能够更好改善脂肪的代谢。2024年4月发表的一篇综述论文研究了23项其他研究，并得出结论：比起普通饮食，间歇性禁食能够更好改善超重人群的胆固醇和胰岛素水平。另一篇发表于1月的类似文章则发现，无论是在减重还是改善心血管健康方面，这两种方法没有显著差异。

【8】 There are also risks. A study in mice **published**

provoke /prə'vəʊk/ vt.激起,引起,引发,挑衅,激怒,刺激 My caress **provoked** a long, guttural **gnarl**.我的抚摸惹得它喉咙里长长的一声咆哮。

theoretical /θɪə'retɪk(ə)l/ adj.理论的,理论上的,理论上存在的,假设的 **Theoretically**, a line can extend into infinity.从理论上来说直线可以无限地延伸。

triggered /'trɪgə/ v.发动,引起,触发,开动,起动trigger的过去分词和过去式

conserved /kən'sɜ:rv/ v.节省,节约,保护,保存,保藏 conserve的过去分词和过去式

evolution /i:və'lʊ:ʃ(ə)n/ n.进化,演变,发展,渐进 Language's cultural **evolution** is auto-psychic, telic and initiative.语言的进化是自然的、无目的的、被动的；

definitive /dɪ'fɪnɪtɪv/ adj.最后的,决定性的,不可更改的,最佳的,最完整可靠的 Her book is the **definitive** works on Milton.她的书是论述密尔顿的定论性著作。

trials /'traɪəl/ n.(法院的)审讯,审理,审判,(对能力、质量、性能等的)试验,试用,预赛,选拔赛trial的复数 At the murder trial, he pleaded insanity.在凶杀案的审理过程中,他以精神失常为由进行抗辩。

restriction /rɪ'strɪkʃ(ə)n/ n.限制规定,限制法规,限制,约束,制约因素 The new parking **restrictions** have angered shopkeepers.新的停车限令激怒了店主们。

starving /'stɑ:vɪŋ/ adj.饿极了的;饿得慌的v.(使)挨饿,饿死,缺乏...的,急需...的starve的现在分词

nutrition /nju'trɪʃ(ə)n/ n.营养,滋养,营养的补给 On the day 1 postoperatively,the patients received tither enteral **nutrition** or parenteral **nutrition**.在术后第1日开始行肠内营养或肠外营养支持。

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reliant /rɪ'laɪənt/ adj.依赖性的,依靠的 The charity is completely **reliant** on public donations.这一慈善团体完全依靠公众捐款。

smallish /'smɔ:lɪʃ/ adj.相当小的,颇小的

drastic /'dræstɪk/ adj.激烈的,严厉的,急剧的,极端的,猛烈的 People are not ready for such **drastic** actions."对于这种激烈措施,人尚无准备。"

proxy /'prɒksi/ n.代理,代理人,代表,代理权,代表权,受托人,(测算用的)代替物,指标 Britons overseas may register to vote by **proxy**.海外的英国人可以通过代理注册投票。

insulin /'ɪnsjʊlɪn/ n.胰岛素 Conclusion: There is **insulin** resistance in patients with cerebral lacunal infarction.Cerebral **insulin** resistance may be one of its risk factors for cerebral lacunal infarction.结论:腔隙性脑梗塞患者存在胰岛素抵抗,胰岛素抵抗可能是腔隙性脑梗塞的危险因素之一。

cholesterol /kə'lestərol/ n.胆固醇 They are determining the serum-protein and **cholesterol** levels.他们正在测定血清蛋白和胆固醇的浓度。

published /'pʌblɪʃt/ v.出版,发行,(在报刊)发表,刊登,登载,(在互联网上)发表,公布publish的过去分词和过去式 The book was **published** in association with British Heritage.这本书是与英国传统出版社联合出版的。

in Nature in October 2024 found that **severe fasting** (where calories were cut by 40%) had downsides, including **muscle** mass loss and, possibly, **weakened** immune systems. **moderation**, too, should be taken in **moderation**.

但间歇性禁食也存在健康风险。2024年10月发表在《自然》杂志上一项针对小鼠的研究发现，严格禁食（减少40%卡路里）会带来一些负面影响，比如肌肉质量下降，还有可能会削弱免疫系统。就算是适度的禁食也应谨慎对待。

①短语：

1. 原文：One popular variant, the “5-2 diet”, requires people to eat either very small amounts, or nothing at all, on two days a week, but imposes no restrictions on the other five.

词典：impose...on: force (something unwelcome or unfamiliar) to be accepted or put in place.

将（不受欢迎或不熟悉的事物）强加于人

例句：The government imposed a curfew on the city after the riots.

政府在骚乱后对该市实施了宵禁。

It's not fair to impose your beliefs on others.

将你的信仰强加于他人是不公平的。

The new tax law imposes additional burdens on small businesses.

新税法对小型企业施加了额外的负担。

2. 原文：Limiting the restrictions to a couple of days a week,

词典：a couple of: two or a few things; several.

两个或几个；一些

例句：I need a couple of minutes to finish this task.

我需要几分钟来完成这项任务。

She invited a couple of friends over for dinner.

她邀请了几个朋友来家里吃晚饭。

There are a couple of issues we need to address.

我们需要解决几个问题。

3. 原文：which might make it easier to stick with.

词典：stick with: continue or confine oneself to doing or using (a particular thing).

坚持做或使用（某事物）

例句：I'll stick with my decision despite the challenges.

尽管有挑战，我会坚持我的决定。

She decided to stick with her current job rather than look for a new one.

她决定坚持目前的工作，而不是寻找新工作。

Let's stick with the original plan and see how it goes.

让我们坚持原计划，看看效果如何。

rigorous /ˈrɪɡ(ə)rəs/ adj.严格缜密的,严格的,谨慎的,细致的,彻底的,严厉的 The ship is still in rigorous quarantine.该船仍在接受严格的隔离检疫。

metabolism /mɪˈtæbəlaɪz(ə)m/ n.新陈代谢 Their rate of metabolism may slow down.他们的新陈代谢率可能会降低。

overweight /əʊvəˈweɪt/ vt.超重,使...装载过重,使...负担过重,在重量上超过adj.超重的,过重的,太胖的,超过限制重量的n.超重,偏重,优势 This parcel is overweight by two kilos.这包裹超重两公斤。

meaningful /ˈmiːnɪŋfʊl/ adj.严肃的,重要的,重大的,意味深长的,意在言外的,意义明显的,易于理解的 The crickets stridulated their everlasting monotonous meaningful note.蟋蟀发出了它们持久的,单调而有意思的调子。

cardiovascular /ˌkɑːdɪəʊˈvæskjələ/ adj.心血管的 cardiovascular disease.心血管疾病

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severe /sɪˈvɪə/ adj.严峻的,严厉的,极为恶劣的,十分严重的,重的,苛刻的,艰难的,过于简朴的 Competition for the job is very severe.这份工作的竞争是很激烈的。

muscle /ˈmʌs(ə)l/ n.肌肉,肌,体力,权力,威信,影响力v.强取 A muscle in his jaw pulsed angrily.他下巴的肌肉愤怒地抽动着。

weakened /ˈwiːkən/ v.(使)虚弱,衰弱,减弱,削弱,使(肯定程度)减弱,动摇,犹豫weaken的过去分词和过去式 His grip weakened as he was tired.因为累了,他紧握的手放松了。

moderation /mɒdəˈreɪʃ(ə)n/ n.适度,适中,合理,评分审核制 Moderation is the key to good health.有节制的生活是健康的关键。

今日词汇

perform [pəˈfɔːm]

v. 做、履行、执行（复杂的任务）；

表现；表演、演出、演奏

考研出现次数：10

考频：★★

考点回顾

阅读真题例句：

[例] The likelihood of being named in a federal class-action lawsuit also increases, and the stock is likely to perform worse. (2011年英语二23题)

[译] 被联邦集体诉讼列为被告的可能性也有所增加，而且股票的状况可能更糟糕。

②长难句

1、原文：Limiting the restrictions to a couple of days a week, or several hours a day (most of which are spent asleep) also requires less willpower, which might make it easier to stick with.

2、分析：Limiting the restrictions to a couple of days a week, or several hours a day为本句主语，其中Limiting为动名词，the restrictions为名词短语，to a couple of days a week, or several hours a day为补充说明限制的内容。括号内为定语从句，which指代前文的several hours, are spent为谓语，asleep为状语。also requires为主句谓语，

4. 原文: Working out whether that actually translates into greater weight loss than other diets is difficult.
词典: **work out: find a solution to a problem or calculate something.**
找到问题的解决方案或计算某事
例句: We need to work out how to reduce costs without sacrificing quality.
我们需要想办法在不牺牲质量的前提下降低成本。
She worked out the answer after a few minutes of thinking.
她思考了几分钟后得出了答案。
They managed to work out their differences and reach an agreement.
他们设法解决了分歧, 达成了一致。

5. 原文: It also appears to mitigate the physical decline that comes with old age, boost various markers of metabolic health and even reduce susceptibility to cancer.
词典: **come with: be sold or produced together with something.**
与某物一起出售或生产
例句: The new phone comes with a charger and earphones.
新手机附带充电器和耳机。
Does the software come with a user manual?
该软件附带用户手册吗?
The meal comes with a complimentary drink.
这顿饭附赠一杯饮料。

6. 原文: the process by which cells break down and recycle parts of themselves.
词典: **break down: separate or cause to separate into components; analyze in detail.**
分解或使分解为各个部分; 详细分析
例句: The substance breaks down into harmless chemicals.
这种物质分解成无害的化学物质。
Let's break down the project into smaller tasks.
让我们把项目分解成更小的任务。
She broke down the complex theory into simple concepts.
她将复杂的理论分解为简单的概念。

7. 原文: Cells become much keener on autophagy when nutrients are scarce.
词典: **keen on: interested in or attracted by (someone or something).**
对(某人或某物)感兴趣或被吸引
例句: He's keen on playing tennis every weekend.
他热衷于每个周末打网球。
She's not too keen on the idea of moving abroad.
她对搬到国外的想法不太热衷。
They're keen on trying out the new restaurant in town.
他们很想尝试镇上的新餐厅。

8. 原文: At the same time, autophagy seems to have a preference for attacking damaged and degraded parts of cells
词典: **have a preference for: to like one thing more than another.**
比起另一件事更喜欢一件事
例句: I have a preference for tea over coffee.
我比起咖啡更喜欢茶。
She has a preference for classical music.
她偏爱古典音乐。
They have a preference for staying in small, boutique hotels.

less willpower为主句宾语。后为which引导的定语从句, 从句谓语为**make, it**为形式宾语, **to stick with**为真正的宾语。
3、译文: 只需要将禁食时间减少到每周几天或每天几个小时(大部分时间还是在睡觉期间)。这样对意志力的消耗更少, 也更容易坚持下去。

1、 原文: **The general consensus**, says Nichola Ludlam-Raine, a dietitian and spokeswoman for the British Dietetic Association, **is that intermittent fasting seems to work** roughly as well for weight loss as traditional calorie-counting does.
2、分析: **The general consensus**为主语, **is**为系动词, **that**后为表语从句。表语从句中**intermittent fasting**为主语, **seems**为系动词, 后为表语。其中**to work**为不定式动词作表语, **roughly as well**为副词短语, **for weight loss**为介词短语表目的。says Nichola Ludlam-Raine, a dietitian and spokeswoman for the British Dietetic Association为插入语, a dietitian and spokeswoman for the British Dietetic Association为人名的同位语。
3、译文: 英国营养学会的营养师兼发言人尼科拉·拉德拉姆·雷恩表示, 当前的普遍共识是, 间歇性禁食的减肥效果似乎和传统的热量计算法效果差不多。

③写作技巧:

DIETS **come and go**.
表达: “come and go”是一个常见的固定搭配, 表示事物的出现和消失, 通常用来描述某种现象的短暂性或流行趋势。它的意思是某些事物会定期或周期性地出现, 并且也会随时间过去而消失, 体现了一种不稳定或变化的状态。这句话意味着饮食方式会不断变化, 一些新的饮食方法会流行一段时间, 然后被新的饮食趋势取代, 像潮流一样来来去去, 反映了饮食流行趋势的周期性变化。
例句: Fads **come and go**, but true style lasts forever.
流行趋势来来去去, 但真正的风格永不过时。

④背景知识:

间歇性禁食(Intermittent Fasting, 简称IF):
间歇性禁食是一种饮食模式, 近年来在全球范围内变得非常流行。它并不关注食物的种类或摄入量, 而是强调何时进食。间歇性禁食通常是通过周期性地禁食和进食窗口的安排来控制总热量摄入, 从而实现体重管理或其他健康目标。最常见的间歇性禁食模式包括16/8法(每天禁食16小时, 8小时内进食)、5:2法(一周中选择两天限制热量摄入, 其他五天正常饮食)等。禁食期间, 通常允许摄入水、茶或黑咖啡等无热量饮品。
间歇性禁食的健康益处已被多个研究所证实, 包括体重控制、改善新陈代谢、增加胰岛素敏感性等。此外, 一些研究也指出, 间歇性禁食可能有助于延缓衰老、降低心脏病风险以及促进脑部健康。然而, 这种饮食方式并不适合每个人, 特别是有特殊健康问题的人群, 如孕妇、糖尿病患者等。在采取间歇性禁食之前, 最好咨询专业医生的意见。

他们更喜欢住在小型精品酒店。

9. 原文: Dr Collins' s team, for instance, has published a randomised-control trial (the most rigorous sort) suggesting that intermittent fasting improves the metabolism of fats more than ordinary dieting does.

词典: **for instance: as an example.**

例如

例句: Many countries, for instance, Canada and Australia, have diverse cultures.

许多国家, 例如加拿大和澳大利亚, 拥有多元文化。

You can use social media platforms, for instance, Twitter and Facebook, to promote your business.

你可以使用社交媒体平台, 例如推特和脸书, 来推广你的业务。

Some fruits, for instance, apples and oranges, are available year-round.

一些水果, 例如苹果和橙子, 全年都有供应。

⑤段落大意:

【1】间歇性禁食广受欢迎

【2】间歇性禁食并不复杂

【3】间歇性禁食的减肥效果似乎和传统饮食法效果相当

【4】间歇性禁食对身体还有其他好处

【5】细胞自噬能够延缓衰老

【6】间歇性禁食理论上能够引起细胞自噬

【7】但相关实验结果并不统一

【8】但禁食也会带来负面影响, 需谨慎对待

①短语:

10. 原文: Moderation, too, should be taken in moderation.

词典: **take...in moderation: consume (something) in reasonable amounts.**
适量地摄入 (某物)

例句: It' s important to take sugary foods in moderation to maintain a healthy diet.

为了保持健康的饮食, 适量摄入含糖食物很重要。

He believes in taking alcohol in moderation.

他相信适度饮酒。

Even healthy foods should be taken in moderation.

即使是健康的食物也应适量摄入。

