【3.14】

**3.14每日一篇 | 外刊精读**

Well **informed**：Does **intermittent** **fasting** work?  
   
It does for weight loss. Its other **supposed** **benefits** are **debatable**  
   
【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  
   
【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 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.  
   
【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  
   
【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.  
   
【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.  
   
【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.  
   
【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.  
   
【8】There are also risks. A study in mice **published** 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**.

**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。

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。

1. 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.

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。

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。

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.

1. 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，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。
2. 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。
3. 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 diets 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。

**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