【4.9】

**4.9每日一篇 | 熊猫外刊精读**

Well **informed**：Is **butter** bad for you?  
   
It's not great. olive oil is a much healthier fat  
   
【1】**butter** IS HAVING a moment. In 2024 American **consumption** per person hit its highest in almost 60 years. Long-**standing** fears about fat’s impact on heart health seem to be dissipating: today, fat is in and it is carbohydrates, **sugars** and processed foods that are out. But a new scientific study reports that **butter**-eating is **associated** with an early death. So: is **butter** really bad for you?Panda Foreign Magazine Intensive Reading:Respect for Originality, Piracy Must Be Punished  
   
【2】Reaching an answer involves understanding that not all fats are alike. At a **chemical** level, fats can be thought of as chains of carbon atoms; some are **saturated**, meaning every carbon atom **clings** to two **hydrogen** atoms, and others are **unsaturated**, meaning some carbon atoms bond to only one of **hydrogen**. Those **structural** differences can **dramatically** affect how those fats **interact** with the body. **saturated** fats, for example, raise levels of **cholesterol**, a **fatty** **molecule** that **gathers** in **arteries** and can **contribute** to **cardiovascular** disease. They do this, in part, by **partially** disabling receptors in the liver which cause **excess** **cholesterol** to be **extracted** from the **bloodstream** and **dumped** into **bile**. **unsaturated** fats, by contrast, actively reduce the levels of **cholesterol** by **activating** these same liver receptors.  
   
【3】Most of the fat in **butter** is of the **saturated** **variety**. It, therefore, stands to reason that **butter** should have a negative effect on heart health. Indeed, randomised-controlled studies offer good evidence that replacing **butter** with plant-based oil can reduce **cholesterol**.  
   
【4】There is more bad news for **butter**-lovers. The new study, **published** on March 6th in JAMA Internal Medicine by authors in Massachusetts and Denmark, relied on data from three long-run **trials** of American medical **professionals**. For almost 33 years 220,000 nurses and doctors have been **regularly** surveyed about their lifestyle, diet and health. Many have died in this time. The authors found that, after **controlling** for such things as age,sex, diet and lifestyle, those people who ate the most **butter** (**averaging** around one **tablespoon** per day) were 15% more likely to have died during the course of the study than those who **avoided** the stuff. By contrast, people who consumed the most plant-based **oils**, such as **canola**, soyabean or olive oil—all of which have low levels of **saturated** fat—were 16% less likely to die than those who consumed the least.  
   
【5】And, though the study could not show that **butter** increased the risk of dying from **cardiovascular** **diseases**, **consuming** more plant-based **oils** did lower that **particular** risk. **butter**-eating was, instead, linked to more deaths from cancer. The authors found that replacing ten grams of **butter** daily with the same amount of plant-based oil appeared to reduce the cancer **mortality** risk by 17%.Panda Foreign Magazine Intensive Reading:Respect for Originality, Piracy Must Be Punished  
   
【6】Observational studies like this one are rarely cut and **dried**, however. George Davey Smith, an **epidemiologist** at the University of Bristol, points out that there exist other differences in health-related **behaviours** between the groups:the **voracious** **butter**-eaters contained twice as many smokers, for example,as the **butter**-avoiders. He argues it is not possible to fully control for such differences, which means some non-**dietary** factors could also be at play.  
   
【7】If you do bin your **butter**, choose your **alternatives** **wisely**. Margarine has less **saturated** fat than **butter** (and modern **varieties** tend to be free of hydrogenated or trans-fats, which also **negatively** affect **cholesterol** levels),but it has been linked to higher levels of type-2 **diabetes**. If you want a sure **swap**, though, olive oil is probably your best bet.  
   
   
   
**①短语**

1.原文：But a new scientific study reports that butter-eating is associated with an early death.

词典：be associated with 与某个事物或行为有关联，可能会导致问题或危险

例句：He no longer wished to be associated with the party's policy on education.

他不再愿意与该党的教育方针认同。

2.原文：meaning every carbon atom clings to two hydrogen atoms

词典：cling to 紧紧抓住或依附于某物，不放手；对某人有强烈的情感依赖；始终陪伴在某人身边，拒绝离开

例句：Instead, he appears determined to cling to power.

反而，他看来坚决要握紧权力不放。

3.原文：Unsaturated fats, by contrast, actively reduce the levels of cholesterol by activating these same liver receptors.

词典：by contrast 相比之下

例句：The private sector, by contrast, has plenty of money to spend.

私营部门相比之下有很多钱可花。

4.原文：It, therefore, stands to reason that butter should have a negative effect on heart health.

词典：stand to reason 合乎情理

例句：It stands to reason that they'll leave if you don't pay them enough.

这是明摆着的，你不给他们足够的报酬，他们就走人。

5.原文：Butter-eating was, instead, linked to more deaths from cancer.

词典：be linked to 与……有关联

例句：Benefits are linked to inflation, whereas they should be linked to the cost of living.

救济金与通货膨胀联系了起来，而它们应该与生活费用挂钩。

6.原文：Observational studies like this one are rarely cut and dried, however.

词典：cut and dried （问题）简单、直接、明确或确定的；（决定）不容改变的

例句：The inquiry is by no means cut and dried.

调查之事远未盖棺定论。

7.原文：He argues it is not possible to fully control for such differences, which means some non-dietary factors could also be at play.

词典：at play 作为某种帮助产生或影响结果的因素，如决定汽油价格的几个问题

例句：There are a number of factors at play.

有许多因素在发挥作用。

**②长难句**

原文：Saturated fats, for example, raise levels of cholesterol, a fatty molecule that gathers in arteries and can contribute to cardiovascular disease.

分析：在这个句子中，“Saturated fats”为主语，即动作的执行者；“for example”作为插入语补充说明；“raise”是谓语动词，表明主语对“levels of cholesterol”（宾语）施加的动作，其中“of cholesterol”是修饰“levels”的后置定语。“a fatty molecule that gathers in arteries and can contribute to cardiovascular disease”是“cholesterol”的同位语，用于进一步解释“cholesterol”，同位语中的“a fatty molecule”是核心，其后跟了一个由“that”引导的定语从句。

译文：例如，饱和脂肪会提高胆固醇水平，胆固醇这种脂肪分子爱在动脉里聚集，容易引发心血管疾病。

原文：The new study, published on March 6th in JAMA Internal Medicine by authors in Massachusetts and Denmark, relied on data from three long-run trials of American medical professionals.

分析：在这个句子中，“The new study”作为主语，是动作的执行者；“published on March 6th in JAMA Internal Medicine by authors in Massachusetts and Denmark”这一过去分词短语作后置定语，从发表时间、期刊、作者等方面对主语进行修饰；“relied on”充当谓语动词短语，展现主语所实施的动作；“data”作为宾语，成为“依赖”这一动作的对象；“from three long - run trials of American medical professionals” 这一介词短语作后置定语，清晰表明宾语“data”来源于对美国医学专业人员的三项长期试验。

译文：3月6日，马萨诸塞州和丹麦的作者在《美国医学会杂志·内科学》（JAMA Internal Medicine）上发表了一项新研究，该研究的数据基础是三项针对美国医疗专业人员的长期试验。

**③写作技巧**

Observational studies like this one are rarely cut and dried, however.

然而，像这样的观察性研究很少能有明确结论。

“cut and dried”是一个习语，在这个句子中表示“明确的；固定的；已成定局的”，通常用于否定句或疑问句中，用来强调某件事情不是简单明了、毫无争议的。从英语写作角度看，使用这个习语可以使表达更加生动形象，避免使用一些过于普通的形容词，如 “clear”“definite” 等，让文章更具表现力和感染力。

以下是三个类似的习语及其用法：1.black and white：字面意思是 “黑白的”，常用来表示 “绝对的；非黑即白的；明确的”，强调事情没有中间地带或模糊性。2.cut and paste：原意为“剪切和粘贴”，在写作中可表示“千篇一律的；抄袭拼凑的”，用于形容某物缺乏原创性或独特性。3.by the book：表示“按规定；照章办事；墨守成规”，描述严格按照规则、手册或传统方式做事。

例句：

There are no black and white answers to this question.

这个问题没有非黑即白的答案。

His essay seemed to be cut and paste from various sources.

他的文章似乎是从各种来源抄袭拼凑而来的。

He always does things by the book, never taking any risks.

他总是按章办事，从不冒险。

**④背景知识**

观察性研究（Observational studies）是一种在不干预研究对象的自然状态下，对研究对象进行观察、测量和分析，以了解其特征、行为、健康状况或其他相关变量之间关系的研究方法。在这种研究中，研究者不会主动施加任何处理因素，而是观察和记录实际发生的情况。例如，研究人员观察不同人群的饮食习惯与某种疾病的发生频率，以探索两者之间是否存在关联。观察性研究可以分为多种类型，如队列研究、病例对照研究和横断面研究等。它的优点是可以在自然环境中进行，能反映真实世界的情况，但也容易受到混杂因素的影响，研究结果一般不能直接确定因果关系。

**⑤段落大意**

【1】黄油受捧：黄油消费创新高，研究却称其与早逝有关，引发黄油是否有害疑问

【2】脂肪特性：脂肪分饱和与不饱和，对健康影响不同

【3】黄油危害：黄油多为饱和脂肪，对心脏健康不利，植物油可替代降胆固醇

【4】研究结论：研究表明吃黄油多者死亡风险高，吃植物油多者风险低

【5】关联癌症：研究显示黄油与癌症死亡相关，植物油可降低癌症死亡风险

【6】研究缺陷：专家指出此类观察性研究难定论，因群体健康行为有差异

【7】替代建议：选黄油替代品需谨慎，橄榄油是较好选择