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Big breakfast 'aids weight loss'

<http://news.bbc.co.uk/go/pr/fr/-/1/hi/health/7460729.stm>

From BBC News 18.06.08 © BBC MMVIII

Breakfast really could be the most important meal of the day when it comes to losing weight, claims a researcher.

Over several months, obese women who ate half their daily calories first thing fared better than those eating a much smaller amount.

US researcher Dr Daniela Jakubowicz told a San Francisco conference having a small breakfast could actually boost food cravings.

A UK expert said a big breakfast diet might simply be less boring.

Dr Jakubowicz, from Virginia Commonwealth University, has been

recomending a hearty breakfast to her patients for 15 years. She tested it against a low carbohydrate diet in a study of 96 obese and physically inactive women. This diet involved 1,085 calories a day - the majority of these coming from protein and fat. Breakfast here was the smallest meal of the day - just 290 calories, with just seven grams of carbohydrates.

Her "big breakfast" diet involved more calories - 1,240 - with a lower proportion of fat and more carbohydrates and protein. Breakfast here was 610 calories, with 58 grams of carbohydrates, while lunch and dinner were 395 and 235 calories **respectively**.

Four months on, the low-carb dieters appeared to be doing better, losing an average of 28 pounds to the 23 shed on the "big breakfast" diet.

However, after eight months, the situation had reversed, with the low-carb dieters putting an average of 18 of those pounds back on, while the big breakfasters continued to lose weight, on average 16.5 pounds each. They lost a fifth of their total body weight on average, **comparrred** with less than 5% for the low-carb dieters.

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Slower metabolism

Dr Jakubowicz reported that the big breakfasters said they felt less hungry, **particularly** in the mornings.

She said: "Most weight loss studies have determined that a very low carbohydrate diet is not a good method to reduce weight.

"It **exacerbates** the craving for carbohydrates and slows metabolism - as a result, after a short period of weight loss, there is a quick return to obesity."

She said that the bigger breakfast helped by making people feel fuller during the day, and was healthier, because it **allowed** more fibre and fruit to be included.

Dr Alex Johnstone, from the Rowett Research Institute in Aberdeen, said that other studies had shown that while low-carb diets were a "good tool" to reduce weight quickly, they were not a "diet for life".

She said that the regaining of lost weight by these dieters could be more a sign of the relative **monotony** of the two diets, rather than their ability to necessarily reduce cravings.

"It could be that it is simply easier for people on a higher-carbohydrate diet to **comply with** it over a longer period."

A spokesman for the British Nutrition Foundation said there was **evidence** that a good-sized breakfast could help dieters.

She said: "Research shows that eating breakfast can actually help people **control** their weight.

"This is probably because when we don't have breakfast we're more likely to get hungry before lunch and snack on foods that are high in fat and sugar, such as biscuits, doughnuts or pastries."

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A.

Read the article and then circle the correct answer to each question.

1. How many calories were in the lunch of those on the 'big breakfast diet'?

- a. 1085
- b. 395
- c. 290
- d. 235

2. Which of the following statements is correct?

- a. Those who ate a small breakfast had little protein or fat in their diet.
- b. The big breakfast diet had less protein than the small breakfast diet, but more carbohydrate
- c. The big breakfast was lower in fat but had more protein and carbohydrates.
- d. Both diets had more than 1100 calories per day.

3. After eight months how much weight had those on the big breakfast diet lost?

- a. 18 pounds
- b. 23 pounds
- c. 5% of body weight
- d. a fifth of body weight

4. How many more pounds on average were lost after four months by those on the low carbohydrate diet?

- a. 18 pounds
- b. 16.5 pounds
- c. 5 pounds
- d. 23 pounds

5. Why does Dr. Jakubowicz believe a very low calorie diet is not a good way to lose weight?

- a. The food is monotonous.
- b. Dieters get hungry before lunch and eat biscuits
- c. The metabolism slows, weight is lost then obesity returns.
- d. The dieters could not reduce their cravings.

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The next 5 questions are about the words highlighted in **red** in the text.

6. What is the correct spelling of **recomending**

- | | |
|-----------------|------------------|
| a. recommending | b. reccommending |
| c. reccomending | d. recommendding |

7. What is the correct spelling of **comparred?**

- | | |
|--------------|--------------|
| a. commpared | b. comppared |
| c. comperred | d. compared |

8. What is the correct spelling of **respectevely?**

- | | |
|-----------------|----------------|
| a. respectively | b. respectivly |
| c. rispctively | d. rispctively |

9. What is the correct spelling of **particularley?**

- | | |
|------------------|------------------|
| a. particularly | b. particularly |
| c. partticularly | d. particularrly |

10. What is the correct spelling of **alowed?**

- | | |
|------------|-----------|
| a. allowed | b. alloud |
| c. alowwed | d. aloud |

The next 5 questions are about the words highlighted in **blue** in the text.

11. What word could be used instead of **exacerbates?**

- | | |
|-------------|---------------|
| a. improves | b. annoys |
| c. disturbs | d. aggravates |

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12. What word could be used instead of **monotony**?

- a. difficulty
- b. dullness
- c. variation
- d. simplicity

13. What words could be used instead of **comply with**?

- a. disobey
- b. complete
- c. abide by
- d. reach

14. What word could be used instead of **evidence**?

- a. proof
- b. truth
- c. permission
- d. sanction

15. What word could be used instead of **control**?

- a. lose
- b. gather
- c. gain
- d. manage

B. What are your views on dieting?

Are they a waste of time? Should we just eat sensibly and exercise? Are some diets invented to sell books?

Write an essay explaining your views.

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Answers

A.

- | | | |
|------|-------|-------|
| 1. b | 6. a | 11. d |
| 2. c | 7. d | 12. b |
| 3. d | 8. a | 13. c |
| 4. c | 9. b | 14. a |
| 5. c | 10. a | 15. d |