



中心：_____

姓名：_____

1081007 大專院校生 中翻英短文翻譯 參考解答

英國營養基金會(British Nutrition Foundation)最近發表一份新報告稱，無論你年齡多大，如果能做出五種飲食改變，將有助於保護你的心臟免受心臟病和中風的威脅。

心臟病是健康頭號殺手，但大多數情況下其實都是可以避免的。

但如何從飲食方面打造一個健康的心臟呢？以下幾大飲食習慣有助你心臟健康：

一、多吃富含纖維食品。二、少吃飽和脂肪高的食物。三、少用鹽。四、增加維生素和礦物質。五、保持健康體重。

The British Nutrition Foundation recently published a new report saying that no matter how old you are, it will help keep your heart from heart disease and stroke if you make five changes in diet.

Heart disease is the number one killer of health, but it can be avoided in most cases.

But how to create a healthy heart in diet? The following major eating habits can help keep your heart healthy. First, eat more fiber-rich foods. Second, eat less saturated fat food. Third, use less salt. Fourth, increase vitamins and minerals. Lastly, maintain healthy weight.