

You are going to read an article about the Zone diet. Seven sentences have been removed from the article. Choose from the sentences **A – H** the one which fits each gap (**9 – 15**). There is one extra sentence which you do not need to use.

The Zone diet

The Zone diet is a revolutionary diet plan popularized in the mega-seller diet book *Enter The Zone* by biochemist and former researcher in bio-technology at the MIT (Massachusetts Institute of Technology) Barry Sears. It advocates consuming calories from carbohydrates, protein, and fat in a balanced ratio.

According to Barry Sears, the Zone is a place where we find ourselves “feeling alert, refreshed, and full of energy”.

He maintains that the Zone diet is a way of life that helps you lose fat and increases wellness by reducing cellular inflammation.

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Like other popular diet books, *Enter The Zone* offers more than just claims about weight-loss. Through this diet that is 30% protein, 30% fat, and 40% carbohydrates, Barry Sears contends that too much carbohydrate (which converts to sugar) negatively influences our organism. **10** With the right balance between the three components, you can control three major hormones generated by the human

diet – insulin, glucagon and eicosanoids.

Eating more protein and fat, and eating in the Zone will help us not only burn fat but also avoid heart disease, diabetes, and more.

11 Those who strictly follow the Zone diet will be eating between 1200/1500 calories per day. **12** Each meal should contain 40% carbs, 30% protein, and 30% healthy fat.

“You don’t need special measuring tools, you just do it with your hand and your eye,” Sears says. When making dinner, for example, divide your plate into three equal sections.

13 Add to it a dash of a healthy fat-olive oil or almonds, for example.

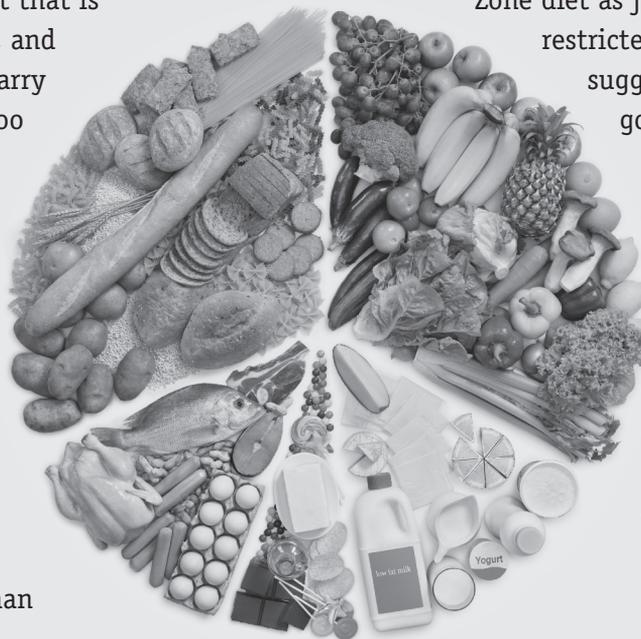
Health organizations have neither rejected nor endorsed the Zone diet. The ADA (American Dietetic Association) considers the

Zone diet as just another calorie

restricted diet. **14** Others

suggest that it can be a good starting point for controlling your food intake but it can be complicated and quite expensive.

Copies of Sears’s books *Enter The Zone* and *Mastering The Zone* have sold more than two million copies. **15**



- A** Some health experts claim there are safer diets such as the “5 A Day” program, which encourage people to consume more fruit and vegetables.
- B** Besides opposing traditional high-carbohydrate sports diets, it is indicated as the best diet for athletic performance.
- C** It's cellular inflammation that is the underlying cause not only of weight gain, but also of decreasing physical, emotional, and mental performance.
- D** Put a low-fat protein in one section (no more than can fit in the palm of your hand), then fill the other two sections with colourful carbs (fresh fruit or vegetables).
- E** Unfortunately, the full benefit of the Zone diet is largely limited to those who have, at least at first, weighed and measured their food.
- F** You'll eat five times a day: three meals and two snacks.
- G** The Zone diet is a way of life that helps you lose fat and increases wellness.
- H** It has been adopted by celebrities including Madonna, Bill and Hillary Clinton, Demi Moore, and more.

TIP

Focus on the title and instructions. This will help you automatically think about the topic. Then read the text quickly without concentrating on details. This will help you to grasp the general idea of the text.