

## Common ailments and healthy food

### [A2-B2] Infocard

What should we eat to avoid the common ailments caused by a wrong diet?

**Constipation:** what is it?

A malfunctioning of the bowels, which must never be underestimated. It may be responsible for a number of diseases from spots to bowel cancer.

To fight **hypercholesterolemia** but also spots and cellulitis:

- cut down on animal fats and proteins
- do away with crispy, crunchy bakery products
- do away with packed chips and snacks

To fight **metabolic disorders** as well as cellulitis and high blood pressure:

- avoid refined salt

**Foods to add to your daily diet:**

- water, also in the form of herb teas, juice and soups
- fruit and vegetables
- high-fibre food
- bran
- carrots, which are bowel-friendly because they help maintain regularity
- artichokes
- yoghurt

**1** Write any new words you have found in this infocard on your exercise book.

### Some useful vocabulary

<b>to avoid</b>	evitare	<b>ailment</b>	disturbo/ malanno	<b>spots</b>	brufoli
<b>bowels</b>	intestino	<b>to cut down on</b>	ridurre il con- sumo	<b>to do away with</b>	eliminare/ abolire
<b>crispy</b>	crocante	<b>crunchy</b>	crocante	<b>bakery</b>	panetteria/ pasticceria
<b>disorder</b>	disturbo	<b>bran</b>	crusca	<b>artichoke</b>	carciofo