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Take Away English 随身英语

Are sweeteners safe and healthy? 甜味剂是否真的安全又健康?

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Vocabulary: Sweetener 词汇: 甜味剂

For many of us, the relationship we have with sugar is love at first taste, and that love usually lasts a life time. But what price do we have to pay for this truly addictive, **sugary** love? **Rotten** teeth? Heavier bodies? Raised **blood sugar levels**? Or even **type 2 diabetes**?

Time to quit perhaps? Easier said than done. What's the alternative? Many would suggest using sweeteners as a **substitute**. But are sweeteners healthier than sugar?

Sweeteners are usually **low-calorie** or **calorie-free** substances that have a similar taste to sugar. It is estimated that more than a quarter of British households buy **artificial sweeteners** to help **cut their sugar intake**.

The European Food Safety Authority (EFSA) has approved some of the **health claims** food manufacturers have made about sweeteners such as **xylitol**, **sorbitol** and **sucralose**. These include preventing **tooth decay** and controlling blood sugar levels.

According to the National Health Service in the UK, sweeteners are safe to use and are especially helpful for those who are **diabetic**. Sioned Quirke, a spokesperson for the British Dietetic Association says, "As a dietician, I support and promote the use of sweeteners in cooking and diet." She also says that "There is no evidence to suggest that low-calorie sweeteners, such as **saccharin**, **aspartame** and sucralose, are harmful or bad for you."

But many have concerns over the long-term effects caused by using sweeteners. Dr Robert Lustig, author of 'Fat Chance: The Bitter Truth About Sugar' would not **endorse** sweeteners as an alternative to sugar because, "We have a **dearth** of data". According to Dr Lustig, organisations like EFSA only require studies which test if something will poison a person in a short period of time, otherwise known as **acute toxicity** studies. But we still don't know what the long-term effects are.

Dietician Emma Carder says on the NHS Choices website, "While more research is needed, sweeteners continue to have a useful role in offering a sweet taste without adding extra calories."



*What would you do?
Use sweeteners or give up sugar?*

词汇表

sugary	甜的
rotten	非常糟糕的、不好的
blood sugar levels	血糖水平
type 2 diabetes	2 型糖尿病
a substitute	替代物，代用品
low-calorie	低热量的，低卡路里的
calorie-free	无卡路里的
artificial sweeteners	人造甜味剂
cut one's sugar intake	减少糖的摄入量
health claim	健康声明
xylitol	木糖醇
sorbitol	山梨糖醇
sucralose	三氯蔗糖
tooth decay	蛀牙
diabetic	糖尿病的，糖尿病患者
saccharin	糖精
aspartame	天门冬氨酰苯丙氨酸甲酯（一种甜味剂）
endorse	支持，赞同
dearth	缺乏，不足
acute toxicity	急性毒性

测验与练习

1. 阅读课文并回答问题。

1. True or false? *Sweeteners can be used to treat type 2 diabetes.*
2. True or false? *According to dietician Sioned Quirke, studies have shown that low-calorie sweeteners are good for people.*
3. What health claims about sweeteners did the European Food Safety Authority (EFSA) approve according to this article?
4. What are the long-term effects caused by using sweeteners?
5. According to the author, why do British people use sweeteners?

2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. I just love cheese cakes! I have to eat at least one every day - I think I am _____!

addict	additive	addicting	addicted
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2. Some people believe using natural ingredients as a _____ to sugar helps maintain a healthy diet.

substitute	subtitle	alternate	alternated
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3. Food manufacturer have _____ that using sweeteners can help people lose weight.

say	arguing	claimed	reported
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4. Sweeteners are said to be useful for people who are _____.

diachronic	diabetic	diacritic	diabetes
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5. I have a _____ tooth.

sugary	sweet	sugar	candy
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答案

1. 阅读课文并回答问题。

1. True or false? *Sweeteners can be used to treat type 2 diabetes.*

False. Sweeteners can be used to help people with diabetes.

2. True or false? *According to dietician Sioned Quirke, studies have shown that low-calorie sweeteners are good for people.*

False. Dietician Sioned Quirke did not say sweeteners were good for people. She said there was no evidence to suggest that low-calorie sweeteners are harmful or bad for people.

3. What health claims about sweeteners did the European Food Safety Authority (EFSA) approve according to this article?

The European Food Safety Authority approved claims like preventing tooth decay and controlling blood sugar levels.

4. What are the long-term effects caused by using sweeteners?

We do not know what the long-term effects are.

5. According to the author, why do British people use sweeteners?

British people use sweeteners to help cut their sugar intake.

2. 请你在不参考课文的情况下完成下列练习。从每个表格中选择一个意思合适的单词填入句子的空格处。

1. I just love cheese cakes! I have to eat at least one every day - I think I am **addicted!**

2. Some people believe using natural ingredients as a **substitute** to sugar helps maintain a healthy diet.

3. Food manufacturer have **claimed** that using sweeteners can help people lose weight.

4. Sweeteners are said to be useful for people who are **diabetic.**

5. I have a **sweet** tooth.