

JudyGirl, _____

Have you thought about becoming a vegetarian?

I used to eat a lot of meat. Actually, I just ate a normal American diet, but I ate too much junk food. I loved fast-food hamburgers! I wasn't terribly overweight—maybe 25 to 30 pounds,¹ but I still felt too heavy. Then a friend told me about the health benefits of a vegetarian diet, and I decided to try it. I didn't lose a lot of weight right away, but I kept losing slowly, maybe a couple of pounds a month. Now I'm down to my ideal weight (about 145 pounds).

I have to say that it isn't always easy to be a vegetarian. Sometimes it's hard to get a good meal in restaurants, and you have to plan your meals more carefully. But, it's been worth it for me. I look better, and I feel great!

Minjoo, San Francisco

Hi everybody, _____

Many thanks to all of you for your great ideas. DrewT and QueenMother, I'm definitely going to try portion control and cut down on white foods. And a special appreciation to you, JimGym. You've reminded me that I really need to exercise more.

Well, everyone, thanks to you I'm ready to try again. Wish me luck!

Love,

JudyGirl

¹25 to 30 pounds 1 pound = 0.45 kilograms

Reading Comprehension:

Check Your Understanding

A Complete the sentences with information from the reading. Write no more than three words for each answer.

- JudyGirl is writing in order to get advice on dieting because, although she has been able to lose some weight, she hasn't been able to _____.
- Thanks to portion control, DrewT eats less food but _____.
- Although QueenMother doesn't eat white bread, she does eat _____ bread.
- JimGym points out that food is _____ of the problem.
- Minjoo thinks that sometimes it's difficult to get _____ in restaurants.

B Choose the best answer to complete each question or statement below.

- DrewT doesn't eat _____.
a. meat b. slowly c. between meals
- Which is not an example of a "white food"?
a. refined sugar b. oatmeal c. white bread
- What did a counselor at a weight-loss clinic recommend to JimGym?
a. start exercising b. eliminate desserts c. stop smoking
- What kind of fast food did Minjoo used to love?
a. French fries b. hamburgers c. chicken sandwiches
- Whose advice did JudyGirl not decide to follow?
a. QueenMother's b. JimGym's c. Minjoo's