🌸 外刊阅读第 11 篇

Is Green Tea Really 'Nature's Ozempic'?

The New York Times
By Dani Blum
Sept. 24, 2024
难度指数：★★★☆☆

🌸 原文阅读

P1: Green tea has been bandied about as a diet hack for centuries: In ancient China 2,000 years ago, people touted the beverage as a weight loss tool. In modern times, the drink has been a staple of diet books and meal plans.

P2: Now, green tea has followed the inevitable trajectory of any weight loss trick: It's getting big on TikTok. Viral videos claim the drink aids with shedding pounds, going so far as to call it "nature's Ozempic." Some posts suggest drinking as many as five cups a day.

P3: While there is some research into green tea and weight, the evidence on whether a mug (or several) can melt away pounds is unclear, said Dr. Jyotsna Ghosh, an obesity medicine doctor at Johns Hopkins University.

P4: Many of the claims about green tea and weight loss mention two components of the drink: caffeine and antioxidants.

P5: Caffeine might, in theory, slightly speed up someone's metabolism. But it is unlikely that effect would translate directly into substantial weight loss, Dr. Ghosh said.

P6: Green tea also contains compounds called polyphenols, antioxidants that can help protect cells from damage and reduce inflammation. Studies in animals and in human cells have suggested these compounds could improve metabolism and reduce fat absorption from the gut. But trials in humans have had mixed results.

P7: There have also been several small studies looking directly at whether green tea is linked to weight loss. One review paper, which looked at over a dozen such randomized controlled trials, found that people taking green tea extract often lost a tiny amount of weight that "is not likely to be clinically important." Other studies have also found that people who consumed green tea tended to lose a small amount of weight, typically under four pounds.

P8: People turning to green tea to lose weight "can't expect a big effect, and certainly nothing close to medications like Ozempic," said Rob van Dam, a professor of exercise and nutrition sciences at the Milken Institute School of Public Health at George Washington University.

P9: Julia Zumpano, a registered dietitian at the Cleveland Clinic in Ohio, added that focusing on a single food or drink ignored the many other factors that played a role in weight loss. Those include a person's broader diet, exercise habits, genetics, stress, metabolic health and even the quality of sleep an individual gets.

P10: "Look at how you can improve lifestyle, if weight loss is your goal," she said. "Not just specifically one food, drug, supplement, whatever it might be."

❀ 思考题

What is the main idea of this passage?

A. Green tea is a highly effective weight - loss beverage.

B. TikTok has made green tea a popular weight - loss option.

C. The claim that green tea can cause significant weight loss lacks solid evidence.

D. Caffeine and antioxidants in green tea have a great impact on weight loss.

❀ 外刊阅读第 11 篇

Is Green Tea Really 'Nature's Ozempic'?

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❀ 外刊笔记

P1: Green tea has been bandied about as a diet hack for centuries: In ancient China 2,000 years ago, people touted the beverage as a weight loss tool. In modern times, the drink has been a staple of diet books and meal plans.

绿茶作为一种"饮食妙招"的说法已被流传数百年之久：在 2000 年前的古代中国，人们就吹捧这种饮品为一种减肥工具。在现代，它已经成为减肥书籍和饮食计划中的主要内容。

P2: Now, green tea has followed the inevitable trajectory of any weight loss trick: It's getting big on TikTok. Viral videos claim the drink aids with shedding pounds, going so far as to call it "nature's Ozempic." Some posts suggest drinking as many as five cups a day.

如今，绿茶已经遵循了所有减肥技巧的必然轨迹——在 TikTok（国外的抖音）上爆红。大量视频声称这种饮料有助于减重，甚至将其称为"天然司美格鲁肽"。有些帖子建议每天饮用多达五杯。

--- 1 ---

【固】bandy about 随意讨论或提及
hack ①v.砍，劈；非法侵入（计算机）②n.写手；侵入（计算机）；砍，劈；
tout ①v.兜售；招徕 ②n.侦查者；兜售者
【固】(be) touted as... 被吹捧为...
beverage n.饮料
staple ①n.主要产品；主食；主要部份；订书钉 ②adj.主要的，常用的 ③v.用订书钉订住；把…分级

--- 2 ---

inevitable ①adj. 必然发生的，不可避免的；惯常的 ②n.必然发生的事
trajectory n.轨迹
viral ①adj.病毒性的 ②n.互联网上迅速传播的图片（或视频、广告等）
【固】viral video 网络爆红视频：指在互联网上迅速传播的视频，通常因其有趣、有趣或引人注目而受欢迎。
claim ①v.声称；索取；要求（拥有）；获得 ②n.声称；索要，索赔；所有权
shed ①v.去除；脱掉；掉落；防水；发出（光）②n.棚屋，小屋
【固】shed pounds 减肥

P3: While there is some research into green tea and weight, the evidence on whether a mug (or several) can melt away pounds is unclear, said Dr. Jyotsna Ghosh, an obesity medicine doctor at Johns Hopkins University.

约翰斯·霍普金斯大学的肥胖医学专家乔特什娜·戈什博士表示，虽然确实有一些关于绿茶与体重的研究，但一杯（或几杯）绿茶能否真正减掉体重，证据尚不明确。

---------- 3 ----------

evidence ①n.根据，证明；迹象 ②v.证明
mug ①n.大杯 ②v.打劫
【固】melt away 消失，减弱
obesity n.过度肥胖，肥胖症

P4: Many of the claims about green tea and weight loss mention two components of the drink: caffeine and antioxidants.

关于绿茶减肥功效的许多说法都提到了这种饮品的两个成分：咖啡因和抗氧化剂。

---------- 4 ----------

component ①n.组成部分，成分，部件 ②adj.组成的，构成的
caffeine n.咖啡因
antioxidant n.抗氧化剂

P5: Caffeine might, in theory, slightly speed up someone's metabolism. But it is unlikely that effect would translate directly into substantial weight loss, Dr. Ghosh said.

戈什博士说，从理论上讲，咖啡因可能会略微加快人的新陈代谢。这种作用不太可能直接转化为显著的减重效果。

---------- 5 ----------

【固】in theory 理论上
slightly adv.稍微，轻微地；（身材）瘦小地
【固】speed up 加速
metabolism n.新陈代谢
【固】translate into 转化为
substantial ①adj.大量的；牢固的；基本的；重要的 ②n.重要材料

P6: Green tea also contains compounds called polyphenols, antioxidants that can help protect cells from damage and reduce inflammation. Studies in animals and in human cells have suggested these compounds could improve metabolism and reduce fat absorption from the gut. But trials in humans have had mixed results.

---------- 6 ----------

compounds ①n.混合物，化合物；复合词；大院 ②adj.复合的 ③v.使加重，使恶化；合成，混合
polyphenol n.多酚；多酚类
inflammation n.发炎，炎症
absorption n.吸收；吸纳，

绿茶还含叫做多酚的化合物，这种抗氧化剂可保护细胞免受损伤并减轻炎症。对动物及人类细胞研究表明，这些化合物或能促进新陈代谢、减少肠道对脂肪吸收。但人体试验的结果喜忧参半。

同化；专注，着迷（～in）；吸收

gut ①n.肠，肠道；内脏；直觉，本能；核心，实质 ②v.取出…的内脏；毁坏（建筑物）的内部 ③adj.感情的，本能的

trial ①n.审判；试验；考验，磨练；预赛；（动物的）比赛，表演 ②v.测试，试验；（动物）参加比赛

【固】**mixed results** 结果喜忧参半

------------ 7 ------------

P7: There have also been several small studies looking directly at whether green tea is linked to weight loss. One review paper, which looked at over a dozen such randomized controlled trials, found that people taking green tea extract often lost a tiny amount of weight that "is not likely to be clinically important." Other studies have also found that people who consumed green tea tended to lose a small amount of weight, typically under four pounds.

也有多项小型研究直接探究绿茶是否与减肥有关联。一篇研究了十余项随机对照试验的综述论文，发现服用绿茶提取物者通常减重极微，"这不太可能具有临床意义"。其他研究也表明绿茶饮用者往往会体重略降，通常不足 4 磅（约 1.8 公斤）。

【固】**be linked to** 与…连接；与…有关联，与…有联系

【固】**review paper** 综述论文

【固】**randomized controlled trials** 随机对照试验（RCTs）

extract ①n. 选段，引文；提取物，汁 ②v.提取，提炼；取出，拔出；摘录；索取

tiny adj.极小的，微小的

clinically adv.临床地；门诊部地；不偏不倚

typically adv.典型地；一般，通常；一贯地

------------ 8 ------------

P8: People turning to green tea to lose weight "can't expect a big effect, and certainly nothing close to medications like Ozempic," said Rob van Dam, a professor of exercise and nutrition sciences at the Milken Institute School of Public Health at George Washington University.

乔治华盛顿大学米尔肯研究所公共卫生学院的

【固】**turn to** 求助于，转向，致力于

medication n.药物，药品；药物治疗

nutrition n.营养，滋养；营养学；食物，营养物

5

运动和营养科学教授罗博·范·达姆称，指望绿茶减重者"不能指望有很大的效果，肯定更不能媲美比如司美格鲁肽这样的药物"。

P9: Julia Zumpano, a registered dietitian at the Cleveland Clinic in Ohio, added that focusing on a single food or drink ignored the many other factors that played a role in weight loss. Those include a person's broader diet, exercise habits, genetics, stress, metabolic health and even the quality of sleep an individual gets. 俄亥俄州克利夫兰诊所注册营养师朱莉娅·祖帕诺补充道，专注于单一饮食，忽略了许多其他在减肥中起作用的因素。这些因素包括：一个人的整体膳食、运动习惯、遗传、压力、代谢的健康甚至个人的睡眠质量。

------------ 9 ------------

【固】**registered dietitian** 注册营养师

clinic n.诊所，门诊部；门诊时间；临床实习；讲习班

【固】**play a role in** 在…中起作用

genetics n.遗传学；（有机体、特征等的）遗传性，遗传特征

metabolic adj.新陈代谢的

P10: "Look at how you can improve lifestyle, if weight loss is your goal," she said. "Not just specifically one food, drug, supplement, whatever it might be."

她说："如果你的目标是减肥，那就着眼于如何改善生活方式。""不仅仅是（依赖）一种特定的食物、药物或补充剂，不管它是什么。"

------------ 10 ------------

supplement ①n.补充物；营养片剂；补助，补贴；额外服务费用；增刊；附录 ②v.增加，增补

❀ 长难句分析

1. While there is some research into green tea and weight, the evidence on whether a mug (or several) can melt away pounds is unclear, said Dr. Jyotsna Ghosh, an obesity medicine doctor at Johns Hopkins University.

（1）主干：..., said Dr. Jyotsna Ghosh（直接引语作宾语+谓+主，倒装结构）

（2）修饰：

• 直接引语：While there is some research ...is unclear

（其中的主句为 the evidence is unclear）

• 让步状语从句：While there is some research into green tea and weight

• whether 引导的宾语从句作介词 on 的宾语：whether a mug (or several) can melt

6

away pounds

· 同位语补充说明 Dr. Jyotsna Ghosh 的身份：an obesity medicine doctor at Johns Hopkins University

（3）译文：

约翰斯·霍普金斯大学的肥胖医学专家乔特什娜·戈什博士表示，虽然确实有一些关于绿茶与体重的研究，但一杯（或几杯）绿茶能否真正减掉体重，证据尚不明确。

2. One review paper, which looked at over a dozen such randomized controlled trials, found that people taking green tea extract often lost a tiny amount of weight that "is not likely to be clinically important."

（1）主干：One review paper,... , found...（主+谓）

（2）修饰：

· 非限制性定语从句，修饰 review paper：which looked at over a dozen such randomized controlled trials

· that 引导宾语从句：that people... often lost a tiny amount of weight

· 现在分词短语作后置定语，修饰 people：taking green tea extract

· 定语从句： that "is not likely to be clinically important."

（3）译文：

一篇研究了十余项随机对照试验的综述论文，发现服用绿茶提取物者通常减重极微，"这不太可能具有临床意义"。

3. Julia Zumpano, a registered dietitian at the Cleveland Clinic in Ohio, added that focusing on a single food or drink ignored the many other factors that played a role in weight loss.

（1） 主干：Julia Zumpano,... ,added...（主+谓）

（2） 修饰：

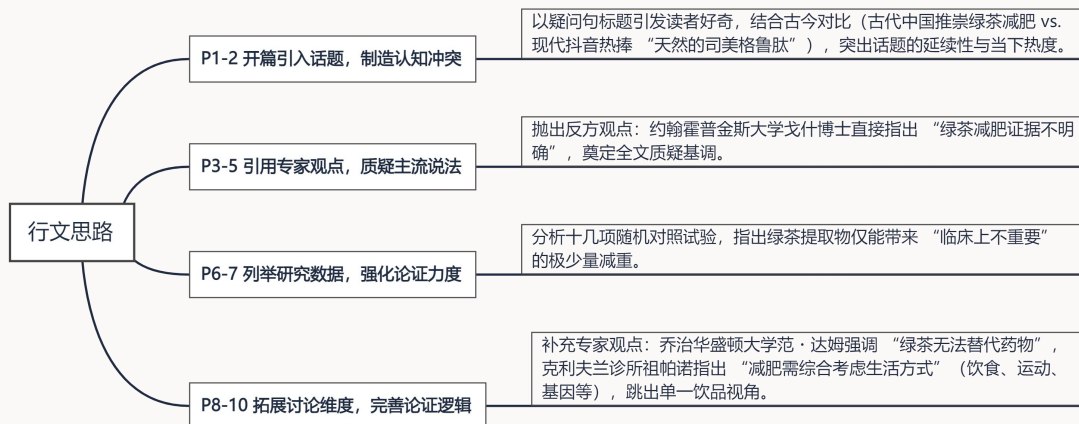· 同位语，补充说明 Julia Zumpano 的身份：a registered dietitian at the Cleveland Clinic in Ohio

· that 引导宾语从句：that focusing on a single food or drink ignored the many other factors（抽象概念的动名词短语作主语）

· that 引导定语从句，修饰 factors：that played a role in weight loss.

（3）译文：

俄亥俄州克利夫兰诊所注册营养师朱莉娅·佐帕诺补充道，专注于单一饮食，忽略了许多其他在减肥中起作用的因素。

❀ 行文思路

行文思路	P1-2 开篇引入话题，制造认知冲突	以疑问句标题引发读者好奇，结合古今对比（古代中国推崇绿茶减肥 vs. 现代抖音热捧 "天然的司美格鲁肽"），突出话题的延续性与当下热度。
	P3-5 引用专家观点，质疑主流说法	抛出反方观点：约翰霍普金斯大学戈什博士直接指出 "绿茶减肥证据不明确"，奠定全文质疑基调。
	P6-7 列举研究数据，强化论证力度	分析十几项随机对照试验，指出绿茶提取物仅能带来 "临床上不重要" 的极少量减重。
	P8-10 拓展讨论维度，完善论证逻辑	补充专家观点：乔治华盛顿大学范·达姆强调 "绿茶无法替代药物"，克利夫兰诊所帕诺诺指出 "减肥需综合考虑生活方式"（饮食、运动、基因等），跳出单一饮品视角。

❀ 类似真题速览

真题	内容
2003 年 T2	公众捍卫生物医学研究
2005 年 T3	人们可以有意识驾驭梦境
2007 年 T1	天才是后天培养的
英语一 2011 年 T4	传统中对生孩子的观点和社会中的观点
英语二 2021 年 T4	直觉有时候比深思更准确

❀ 思考题解析

What is the main idea of this passage?

A. Green tea is a highly effective weight - loss beverage.

B. TikTok has made green tea a popular weight - loss option.

C. The claim that green tea can cause significant weight loss lacks solid evidence.

D. Caffeine and antioxidants in green tea have a great impact on weight loss.

答案：C

解析：

文章主要讨论了绿茶被认为能减肥这一说法，指出虽然有相关研究，但证据并不明确，喝绿茶不太可能带来显著的减肥效果，所以 C 选项正确。

• 其他选项错误原因：

A 选项：与文章观点相悖；

B 选项：只是文章提到的一个现象，并非主旨；

D 选项：文中表明咖啡因和抗氧化剂对减肥的作用并不确定，所以该选项错误。