

3 Match the two halves of the sentences.

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| 1 It's important not to eat a lot of chocolate | a as it didn't have much meat in it. |
| 2 Eating with your family is good for your health | b since it has less fat in it. |
| 3 The diet in the Mediterranean area was called a 'poor' diet | c as it contains too much sugar. |
| 4 Olive oil is better than butter | d as it's a complete lifestyle change. |
| 5 You don't just lose weight on the Mediterranean Diet | e since you eat more slowly and enjoy your food more. |