

Read the text and think if you know these facts? Match the highlighted words to the pictures

## ARE THEY REALLY GOOD AND BAD?

How do we know what to believe when doctors give us advice about what to drink and what not to drink? Every week, it seems, a scientific study contradicts last week's research. **Jeremy Laurant** reviews the latest medical research into drinks.

### ALCOHOL

**GOOD:** For the **heart**, in small amounts, according to some studies. Two small glasses of red wine a day can cut the risk of heart attack by 30%, especially for middle-aged men.

**BAD:** For the **liver**. Liver disease is increasing. Some studies also say that one drink a day increases a woman's risk of all types of cancer by 6%. Other recent studies suggest that no alcohol at all is the ideal for both men and women.

### COFFEE

**GOOD:** Coffee contains caffeine, which is a stimulant drug, and millions of people drink coffee every day. It improves short-term memory, makes your **muscles** stronger, keeps you awake, and tastes delicious.

**BAD:** It's sometimes connected with heart disease, arthritis, and high **blood** pressure.

### JUICE

**GOOD:** For people who don't like fruit and prefer to have it as juice.

**BAD:** For **teeth**, especially orange juice which contains a lot of acid. Juice also has a lot of natural sugar, so drinking a lot can add to weight problems.

### MILK

**GOOD:** For very young children, who need the calcium for their **bones**.

**BAD:** For adults and older children. They don't need the extra calcium, and high fat foods like full-fat milk, butter, and cheese can cause heart disease.

### TEA

**GOOD:** Black tea cuts the risk of heart disease. It also reduces stress, makes you more alert, and may help the immune system and prevent diabetes.

**BAD:** If you add milk, the good effects of tea disappear. Sugar makes it worse.

### WATER

**GOOD:** We can't live without it, but how much is enough? Typical advice is that you need 2.5 litres a day, but that includes liquid you get from other drinks and from food.

**BAD:** Too much water can cause problems, e.g. low salt levels. A few people have actually died from drinking too much water.

*Adapted from the British press*

