New information about food and health products seems to materialize every day. Newspapers **regularly** have articles that discuss how certain foods or drinks are good or bad for you. Some television shows often dwell on new stories about how **consuming** certain substances can affect your body. With such a steady stream of information, it's understandable that a few popular myths about food and health are floating around out there.

One popular myth about food and health is that eggs are bad for your heart. Although they are indeed high in cholesterol and fat, it's not true that eating eggs every day will damage your heart. This is because the body can **deal** with the extra cholesterol by reducing the amount ***it*** produces. As far as fat goes, it's the egg yolk that contains all the fat. So if you're worried about the fat content of eggs go ahead and just eat the whites. You might also choose to buy certain kinds of eggs that have less fat content depending on the diet of the animal. Check your local supermarket for more information.

Another popular idea about diet and health is that drinking red wine is especially good for your heart. Although ***it*** was once thought to have unique **properties**, other types of alcohol can have the same benefits. A study conducted at the University of Texas revealed that people who drank red wine did not live any longer than those who drank other kinds of spirits, such as beer or white wine. It seems that the alcohol itself improves an individual's health by raising the levels of good cholesterol and decreasing bad cholesterol. The alcohol also serves to increase blood flow and assist in blood clotting.

There are many other myths about food and health that are common in our society. Consumers who are especially **concerned** about their health should think carefully about new information they read about or see on television.

1. According to the article, how often does new information about food and health appear?
   a) on an hourly basis
   b) on a daily basis
   c) on a weekly basis
   d) on a monthly basis
2. The word "regularly" in paragraph 1 could be replaced by:
   a) helpfully
   b) hopefully
   c) frequently
   d) unusually
3. The word "consuming" in paragraph 1 is closest in meaning to:
   a) reading
   b) watching
   c) listening
   d) eating
4. The word "deal" in paragraph 2 can be replaced with:
   a) cope
   b) solve
   c) deliver
   d) bargain

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5. The word "it" in paragraph 2 refers to:
   a) fat
   b) your body
   c) cholesterol
   d) the amount
6. The main idea of paragraph 2 is:
   a) eating eggs is really bad for your heart
   b) you should always buy special eggs
   c) eggs are not as unhealthy as people think
   d) supermarkets have information about eggs
7. The word "it" in paragraph 3 refers to:
   a) diet
   b) health
   c) red wine
   d) your heart
8. The word "properties" in paragraph 3 could be replaced with:
   a) titles
   b) lands
   c) possessions
   d) characteristics
9. According to the article, how can alcohol make someone healthier?
   a) it helps reduce weight
   b) it helps with blood clotting
   c) it helps people quit smoking
   d) it prevents headaches

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