

Listen to the audio as many times as you need to, and then fill in the blanks.

Scientists have cast new light on the _____ our diet has on our _____ health. Researchers say what we eat _____ and alters our _____ chemistry up until the age of 30. They say this _____ why older adults are more _____ stable and resilient than under-30s. The research was _____ by a team led by Lina Begdache, a professor of health and wellness _____. Researchers said that while the _____ between our diet and diabetes, heart _____ and obesity is well established, there is a paucity of research on the _____ our dietary intake has on mental health. The researchers also _____ that mental well-being stimulated healthy eating, healthy _____, and exercising.

The research was carried out _____ an _____ internet-based survey. It was sent through social media _____ to different professional and social group _____. Professor Begdache found that _____ under 30 who ate _____ food more than three times a week _____ higher on levels of mental distress, _____ and depression. She said that for adults over 30, the study found that eating _____ carbohydrates and more fruit _____ anxiety and depression. Begdache pointed to research showing how a Mediterranean diet was as good for our brain as for our body. She said: "It has all the components that are _____ for the healthy structure of the brain."