3 Match the two halves of the sentences.

1. It's important not to eat a lot of chocolate
2. Eating with your family is good for your health
3. The diet in the Mediterranean area was called a 'poor' diet
4. Olive oil is better than butter
5. You don't just lose weight on the Mediterranean Diet

a. as it didn't have much meat in it.
b. since it has less fat in it.
c. as it contains too much sugar.
d. as it's a complete lifestyle change.
e. since you eat more slowly and enjoy your food more.

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