

**B** Complete using the verbs in the box.

affect • balance • benefit • contain • ignore • limit

- 1 If you ..... the doctor's advice, you won't get well.
- 2 Drinking a lot of coffee can ..... your mood and behaviour.
- 3 It's difficult to ..... a healthy diet with a busy lifestyle.
- 4 I'd definitely ..... from getting more exercise.
- 5 You should ..... the amount of chocolate you eat to one bar a day.  
You're eating too much at the moment!
- 6 Does this cookery book ..... any recipes for vegeta