

# GOING ON A DIET

*Read the text and choose the correct word.*

A calorie is a (0)\_\_\_\_\_ for measuring the amount of energy food will produce. The average person needs about 1,800 calories per day to stay healthy. Without energy, the heart cannot (1)\_\_\_\_\_ block through blood vessels and the organs cannot function.

You (2)\_\_\_\_\_ weight because you consume more calories a day than your body requires. The only way to lose weight is to (3)\_\_\_\_\_ the number of calories you consume. This is the basic (4)\_\_\_\_\_ behind most diets.

(5)\_\_\_\_\_, diets don't work for most people. It's not that they don't lose weight: they do, but when they go off the diet, the kilos creep back. The (6)\_\_\_\_\_ to losing weight and maintaining weight loss is a sensible diet and exercise plan. You need to work out how to eat fewer calories than you (7)\_\_\_\_\_ consume. You should also exercise daily so you can use up calories. Burning 250 or 500 calories per day can (8)\_\_\_\_\_ a big difference.

