

- Instrucciones:**
- a) Duración: 1 h.
 - b) Puntuación: hasta 10 puntos.
 - d) Traducir el siguiente texto (incluyendo el título). No se puede usar diccionario.

Sugar is a Public Enemy

One of the best things you can do for your health is to get rid of your sugar addiction. Chances are, you're probably eating too much. Too much sugar provokes disease, inflammation, and premature death. When you limit or avoid sugar, energy and life expectancy increases.

Of all the molecules that can damage your mind and body, sugar is one of the worst. Sugar encourages fat deposits around your vital organs, and causes inflammation, which increases insulin levels. This speeds up the aging process and increases the risks for obesity, diabetes, heart disease, and cancer. Are you ready to feel better and kick the sugar addiction?

If you do, start by eating fresh vegetables and fruits, and forget about added sugars, especially packaged foods and processed sugars. Aim to keep total sugar for the day under 10 percent of your total calories. So if you are consuming 1,800 calories daily, no more than 180 should be sugars.

It is challenging to keep your daily sugar under 10 percent, so you may want to write things down at first to keep track. Many sweetened yogurts, cereals, juices, and snack bars contain a lot of sugar, so if you aren't already reading nutritional labels, it's time to start! Sugar comes in many forms. There are literally dozens of names for sugar that you will commonly find on ingredient labels. Start reading labels and look for foods that you eat regularly that may contain hidden sources of sugar.