

受験番号	
得点	

Fruits and Vegetables Can Lower Blood Pressure と題する次の英文を読み、右記の問題に答えなさい。

Researchers at the University of Southern California's Keck School of Medicine have found another great reason to eat more fruits and vegetables. They say that (1)potassium-rich foods like sweet potatoes, avocados, spinach and bananas could help to lower your blood pressure.

High blood pressure, or hypertension, is an international problem. Experts at the World Health Organization say (2)more than one billion people suffer from high blood pressure. (3)The condition causes 51 % of deaths from stroke and 45% of deaths due to heart disease.

Health officials in the U.S. say (4)heart disease and stroke together kill more Americans each year than any other case. Years of research have linked sodium, or salt, intake to increased blood pressure. So, officials advise people to use salt in moderation. Experts at the United States Centers for Disease Control and Prevention say (5)Americans get most of their sodium—about 75%—from processed foods and eating at restaurants. This is a good reason to eat fresh food prepared at home.

Alicia McDonough, who led this recent study, says that (6)eating less sodium is a well-known way to lower blood pressure. But she also says evidence suggests that (7)eating more potassium may have an equally important effect on hypertension.

For her research, she examined studies that looked at the link between potassium and sodium. She found that (8)people who ate more potassium generally had lower blood pressure unconnected to how much sodium they ate. Her research suggests that the body does create a balance, using sodium to control potassium levels in the blood.

“When dietary potassium is high,” she says, “kidneys excrete more salt and water, which increases potassium excretion.” This process cleans the kidneys. She explains that (9)as humans evolved, they ate a diet rich in potassium, but low in sodium. This has led us to crave sodium, not potassium. She says, (10)If you eat a typical Western diet, your sodium intake is high and your potassium intake is low. She adds that this greatly “increases your chances of developing high blood

pressure.”

—VOA Learning English: the Health & Lifestyle report (June 19, 2017)

注)

lower: (動) 下げる / (形) 「低い」の比較級 blood pressure: 血圧 researcher: 研究者
 potassium-rich food: カリウムを多く含む食品 spinach: ホウレンソウ
 hypertension: 高血圧 expert: 専門家 World Health Organization: 世界保健機関
 stroke: 脳卒中 link A to B: A を B に関連づける sodium: ナトリウム intake: 摂取
 United States Centers for Disease Control and Prevention: 米国疾病管理予防センター
 processed food: 加工食品 effect: 効果 unconnected to ~: ~ に関係なく
 kidney: 腎臓 evolve: 進化する diet: 食事

問題 下線部(1)~(10)を日本語に訳しなさい。

- (1) _____
- (2) _____
- (3) _____
- (4) _____
- (5) _____
- (6) _____
- (7) _____
- (8) _____
- (9) _____
- (10) _____