

ベーシックマスター 英文解釈

副詞句・節 (4)

演習

つぎの英文をよく読んで、下線部を和訳しなさい。

Recently, low-carbohydrate(or low-carb) diets have become very popular in the U.S. The theory behind the diet is that overweight people eat too many carbohydrates. Our bodies burn both fat and carbohydrates for energy, but carbs are used first. By radically reducing carbs and eating more protein and fat, our bodies naturally lose weight by burning stored body fat more efficiently.