

## Passage 4

A new study found that Americans who eat a diet low in potassium were about twice as likely to die from a heart attack, compared with those whose diets have high levels of the mineral. The study doesn't prove cause-and-effect, but it does suggest a role of potassium in health.

The same study also found that people who were deficient in potassium were about 50 percent more likely to die from any cause during the length of the study.

Now, how do we get enough potassium? Sodium and potassium perform many of the same functions in the body, but they do so in very different ways. It's important to maintain a balance between sodium and potassium in the diet, because sodium intake can affect potassium excretion, and vice versa. People who reduce their sodium consumption and increase their potassium intake benefit from improved blood pressure, and reduce their risk for developing other serious health problems.

Bananas have a reputation for their potassium content; yet, sweet potatoes actually have more potassium, with a whopping 694 milligrams per serving.

136. Having read the passage, we understand that a diet high in potassium .....
- causes heart attack
  - might be healthier
  - is low in other minerals
  - prevents myocardial infarction
137. We may infer that some Americans aren't getting enough .....
- to eat
  - sodium
  - minerals
  - potassium
138. When the body has a high sodium intake, its potassium intake might be .....
- low
  - higher
  - improved
  - maintained
139. What the text recommends to be consumed more is .....
- salt
  - bananas
  - a certain vegetable
  - fresh processed foods
140. The writer suggests we should more often .....
- eat out
  - have take-away
  - eat home-made food
  - enjoy restaurant meals

## Part Two: vocabulary

Directions: Complete the following sentences by choosing the best answer.

141. The girl had received horrific injuries in the attack, the most important of which being ..... both arms.
- adhesions to
  - remission of
  - lacerations to
  - resistance of
142. The patient's pain could not be completely ..... though it was temporarily relieved.
- suppressed
  - sustained
  - provoked
  - augmented