

Gezond leven. Hoe doe je dat?

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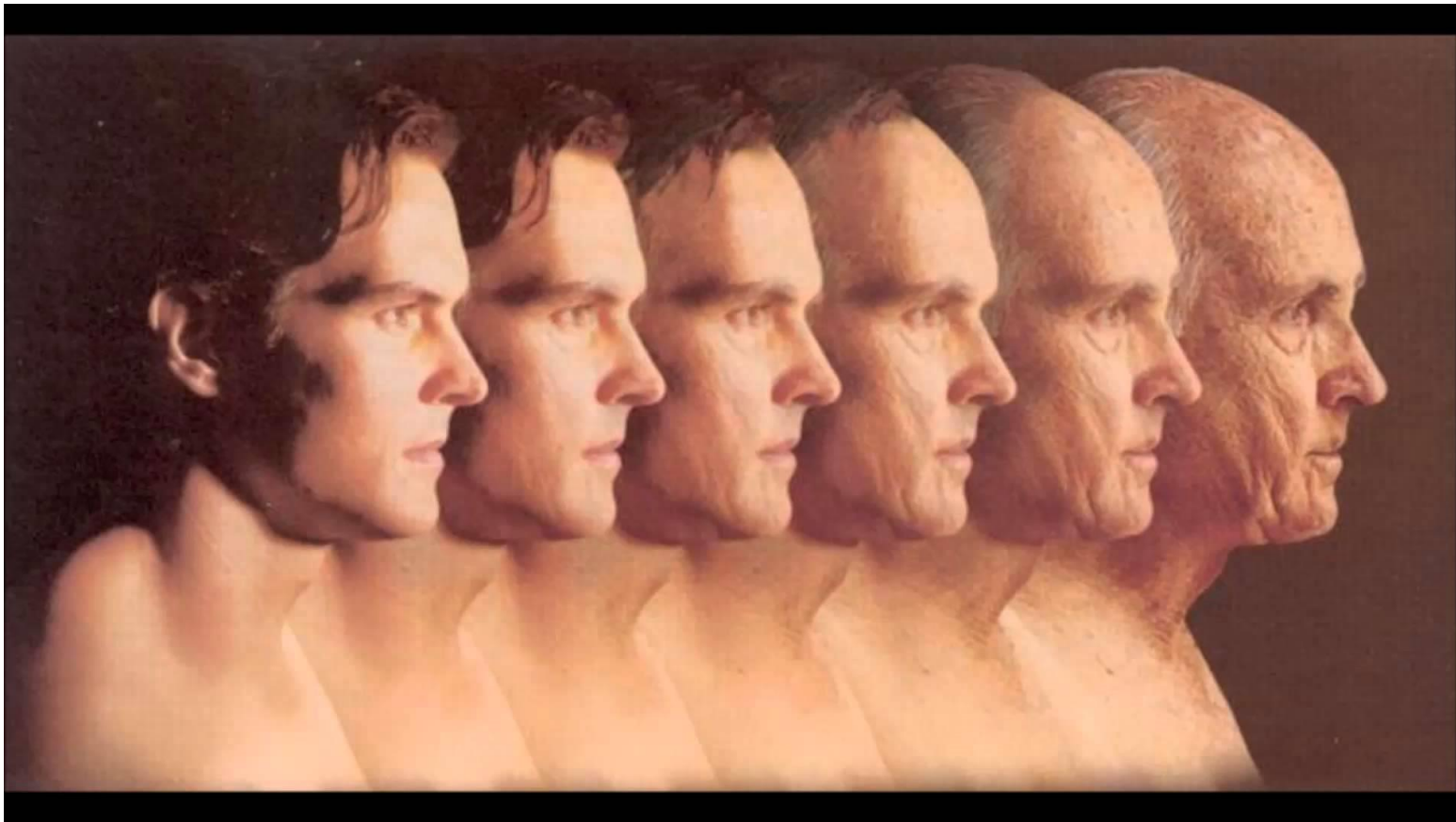




**“What conflict of interest?!
I work here in my spare time.”**



VEROUDERING



Celschade

BLUE ZONES

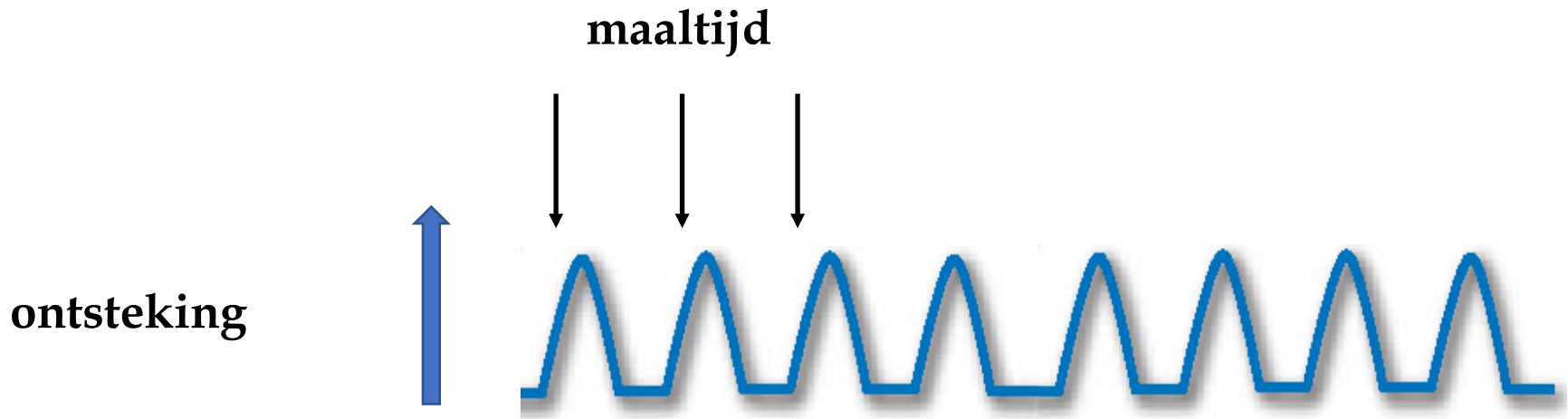


Pacific Islanders	Nauru (1952)	0
	Nauru (2002)	41
New Guineans	Rural	0
	Urban	37
Aboriginal Australians	Traditional	0
	Westernized	23

ETIOLOGIE VAN NCD



VOEDING EN ONTSTEKING





BEWERKTE VOEDING

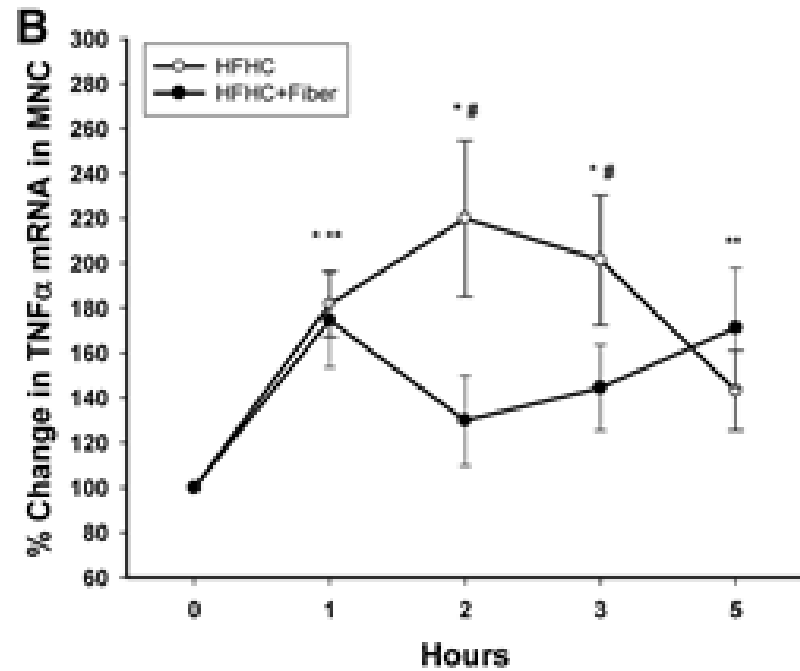
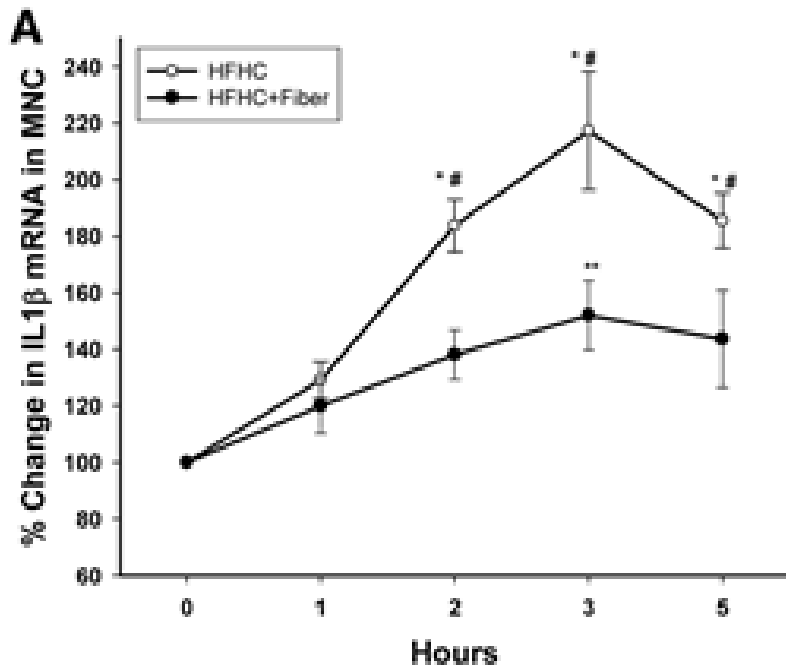
- Verzadigd vet (palmitinezuur)
- Suiker/zetmeel
- Emulgatoren
- AGEs

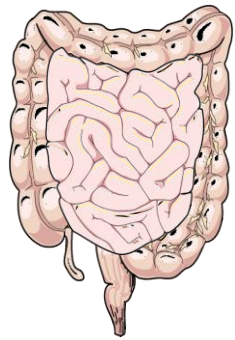
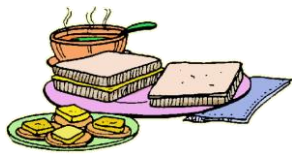


+/-



VOEDING EN ONTSTEKING





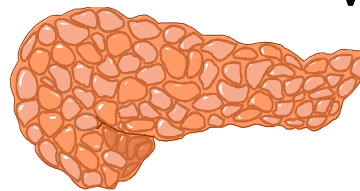
gut hormones

Glucose
in blood



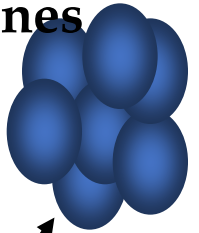
glucose

insulin

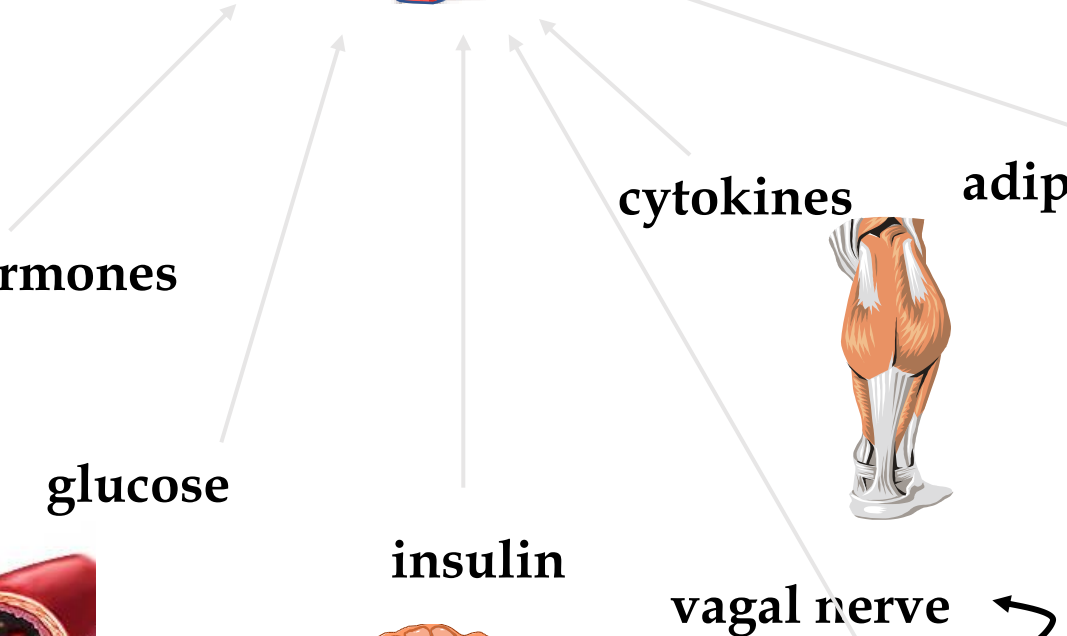
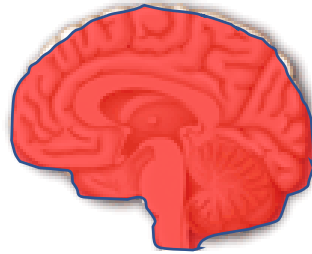
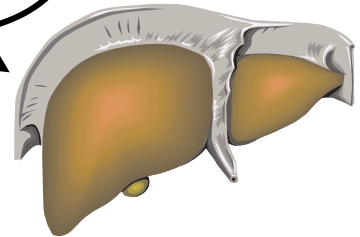


cytokines

adipokines



vagal nerve



LEPTINE ONTBREEKT

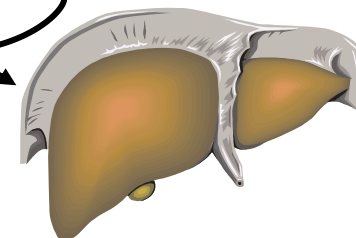
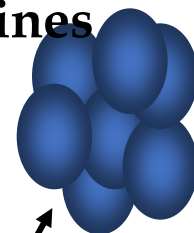
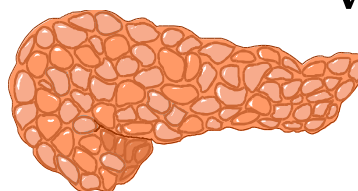
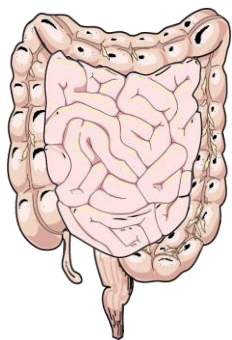
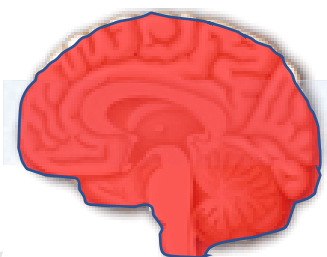




NA BEHANDELING MET LEPTINE



IS Farooqi et al, JCI 110:1093, 2002



gut hormones

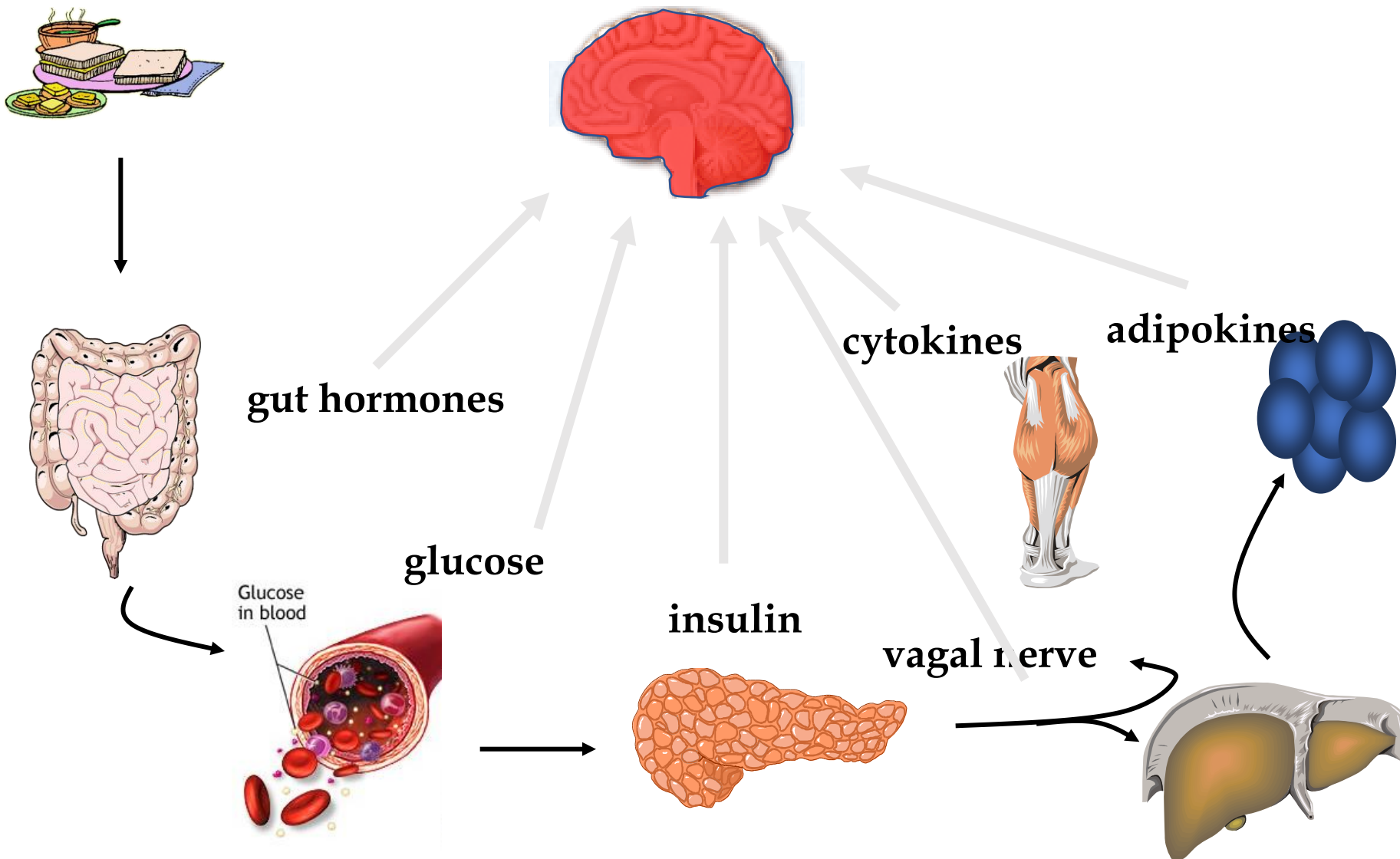
glucose

insulin

cytokines

adipokines

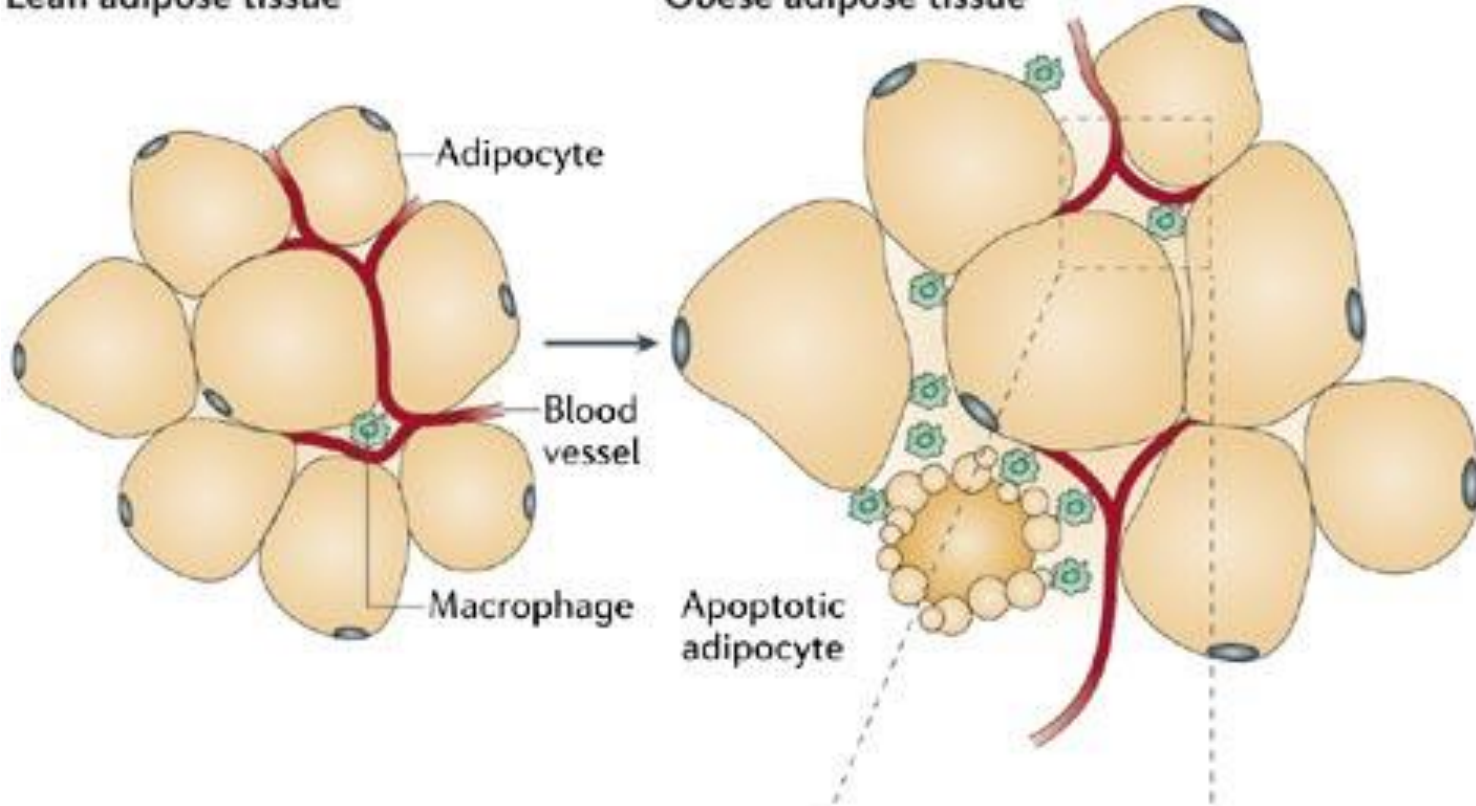
vagal nerve



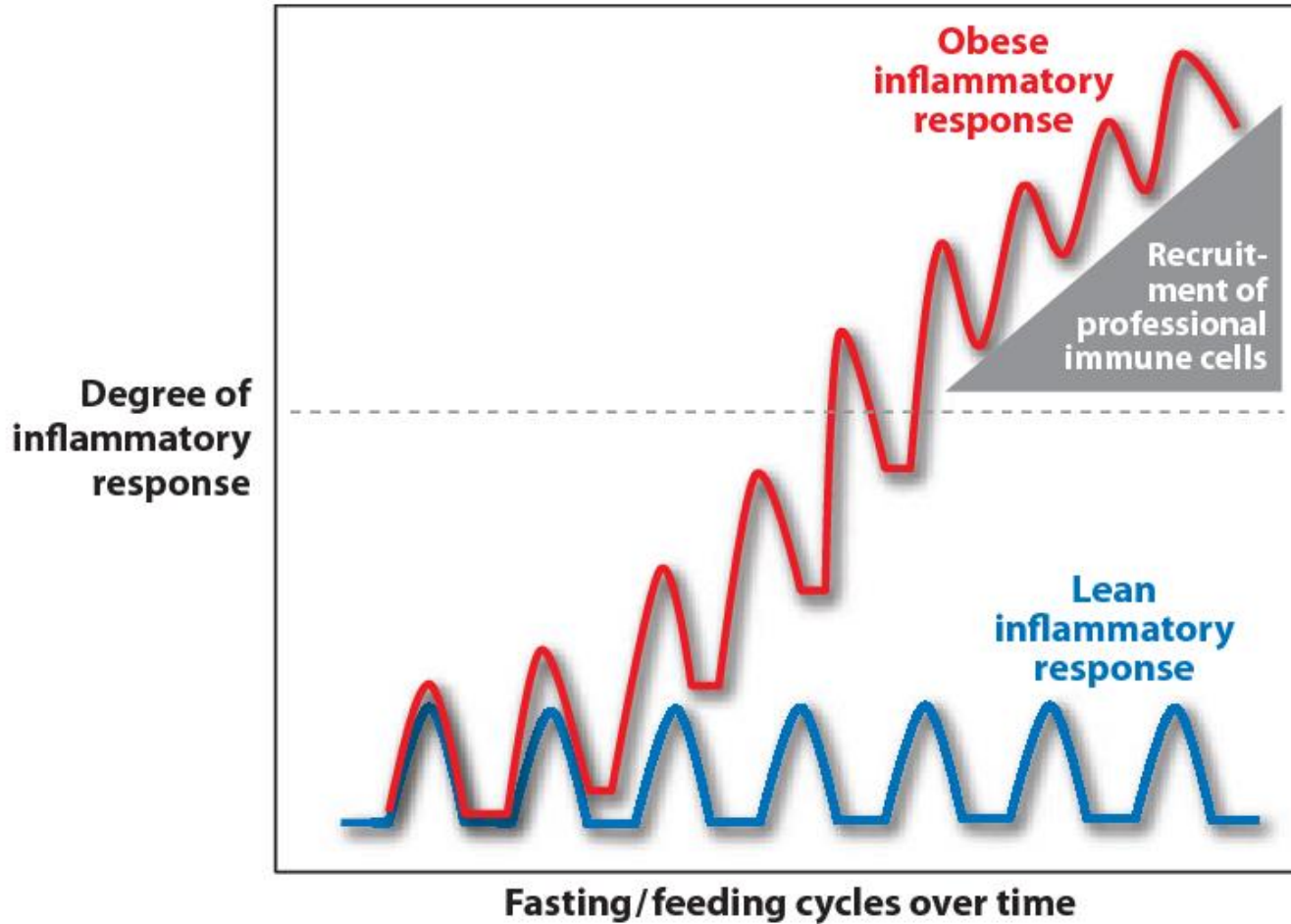
Weight gain

Lean adipose tissue

Obese adipose tissue

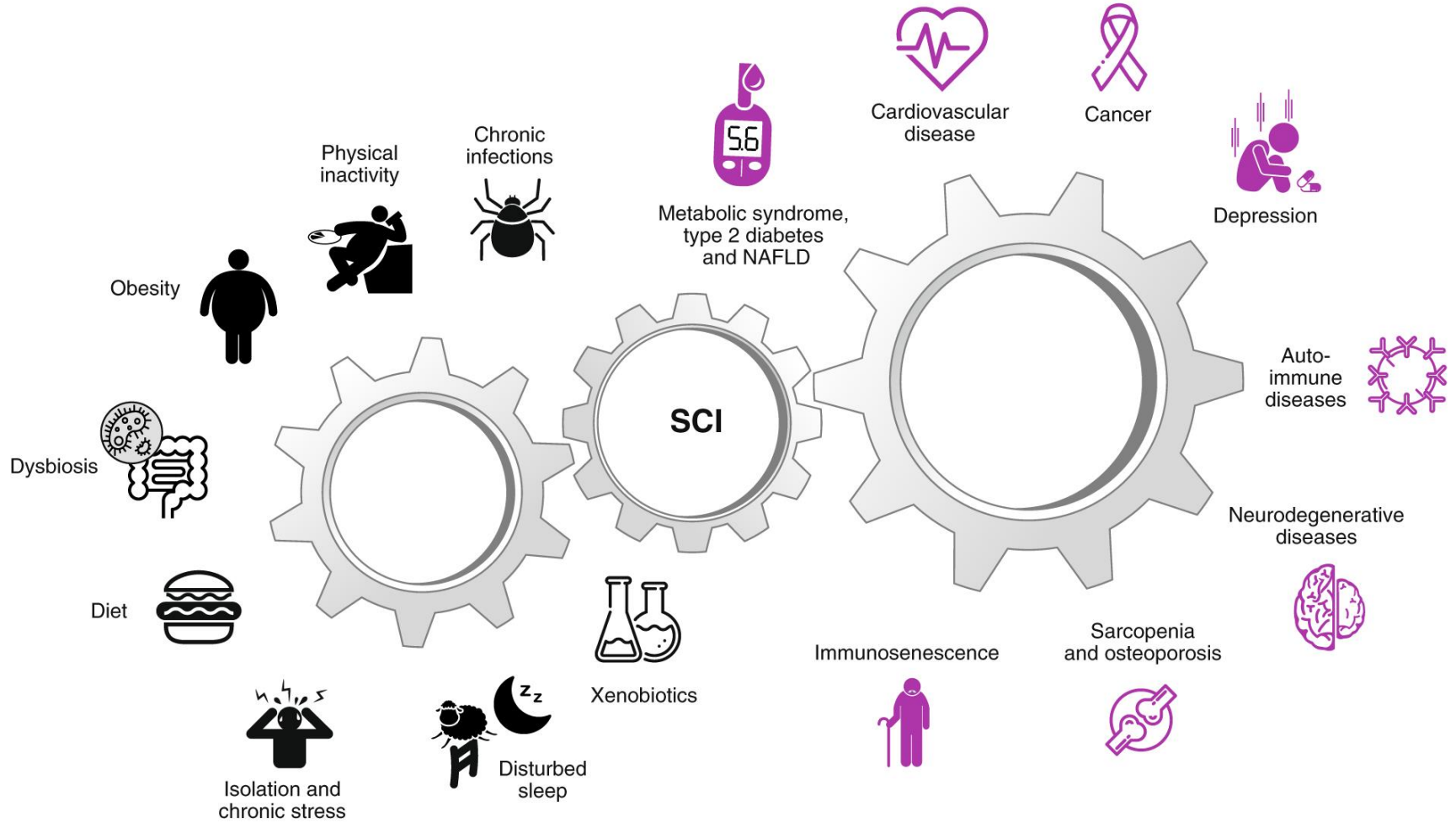


Laag-gradige systemische ontsteking ("metaflammatie")



ETIOLOGIE VAN NCD





GEZONDE VOEDING



- Vermijd industrieel geproduceerde voedingsmiddelen
- Groente en fruit zijn de basis van dagelijkse voeding
- Wees zuinig met (geraffineerd) zetmeel (brood, pasta, rijst)
- Gebruik altijd volkoren graanproducten (met mate)
- Gebruik volvette melkproducten, vooral yoghurt, kwark en kaas
- Eet af en toe een handje ongezouten noten
- Eet 2x per week vette vis
- Eet matig vlees
- Gebruik olijfolie als dressing en om te braden
- Drink water/koffie/thee in plaats van fris- of fruitdrink









WIM & SAÏDA

2007



2016





Voedingsadvies

- **Leer (genieten van) koken! Neem er de tijd voor**
- **Eet met anderen in alle rust**



Eet smakelijk!