

Zuckerkonsum und Karieshäufigkeit an meiner Schule im Jahr 2011

VSK – 69,23%

1a - 58,33 %

1b - 45 %

2a – 47,62 %

2b - 52,17 %

3a - 47,62 %

3b – 68,18%

3c – 52,52%

4a – 56,52%

4b – **39,13**%

Ideenpool

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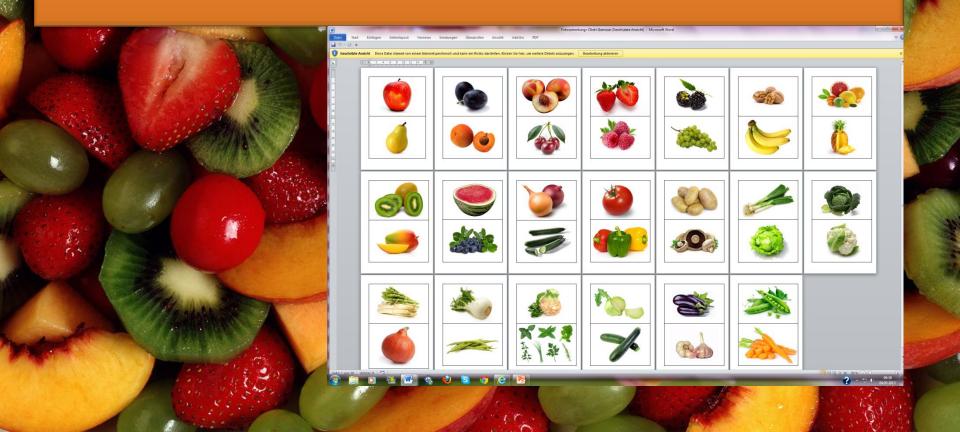




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Ernährung





Projekttag – 1b April 2013

Mission X - Das Astronautentraining

Fitness und Ernährung



Einige Folien aus dem Vortrag von Robert Lustig "The bitter truth"

Relative sweetness of various carbohydrates

Fructose		173	
invert sugar*		120	
HFCS (42-55% fructose) 120			
Sucrose	100		
Xylitol		100	
Tagatose		92	
Glucose	74		
high-DE corn syrup		70	
Sorbitol		55	
Mannitol	50		
Trehalose		45	
regular corn syrup		40	
Galactose		32	
Maltose		32	
Lactore		15	

Sugar: The Bitter Truth

Could this be the reason for obesity in 6-month olds?

Drücken Sie die Esc-Taste, um den Vollbildmodus zu beenden.

43.2% Corn syrup solids, 14.6% soy protein isolate, 11.5% high oleic safflower oil, 10.3% sugar (sucrose), 8.4% soy oil, 8.1% coconut oil



Courteey of M. Welker

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What's the difference?





Calories 150 150

Percent CHO 10.5% (sucrose) 3.6% (alcohol)

Calories from

0,

fructose 75 (4.1 kcal/gm)

other carbs 75 (glucose) 60 (maltose)

alcohol 90 (7 kcal/gm)

1st pass GI metabolism 0% 10% Calories reaching liver 90 92

	Chronic ethanol exposure	Chronic fructose exposure
	Hematologic disorders	omone nactora exposure
	Electrolyte abnormalities	
	Hypertension	Hypertension
100	Cardiac dilatation	
	Cardiomyopathy	Myocardial infarction
	Dyslipidemia	Dyslipidemia
	Pancreatitis	 Pancreatitis (2º dyslipidemia)
	Malnutrition	
	Obesity	Obesity
	 Hepatic dysfunction (ASH) 	Hepatic dysfunction (NASH)
-	 Fetal alcohol syndrome 	Fetal insulin resistance
	Addiction	 Habituation, if not addiction

0.

