

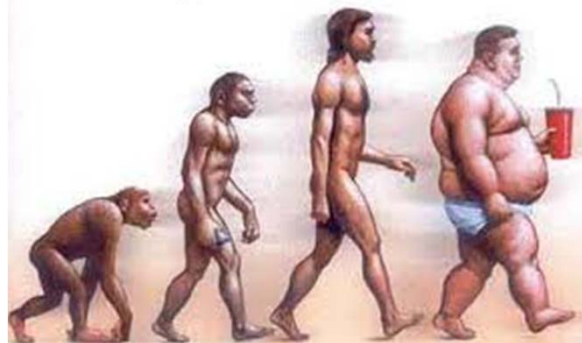


Diets for weight control and optimal health and role of probiotics

Professor Arne Astrup,
Department of Human Nutrition, Life Sciences, University of Copenhagen

Obesity together with inactivity accounts for almost 90% of all new cases of type 2 diabetes, that in combination with the metabolic syndrome represent the most important risk factors for development of cardiovascular disease. The principal causes for obesity are sedentary lifestyle with little physical activity, impaired or short sleep duration, and an inappropriate diet.

The dietary risk factors leading to obesity are large portion sizes, sugar-rich soft drinks, high intakes of energy-dense and fibre-poor foods, combined with low intakes of fruit and vegetables. The optimal diet to prevent weight gain provides 20-25% of energy from protein (low-fat meat, dairy, fish, shellfish, game and plants), 25-30% from polyunsaturated fat, and 45-55% from fibre-rich, whole-grain carbohydrates with low glycemic index. Moderate amounts of alcohol alleviate type 2 diabetes, but contribute to total energy intake.



Friday August 19th at 10.15

Room 013 (Fysiologisk auditorium A), building 1162