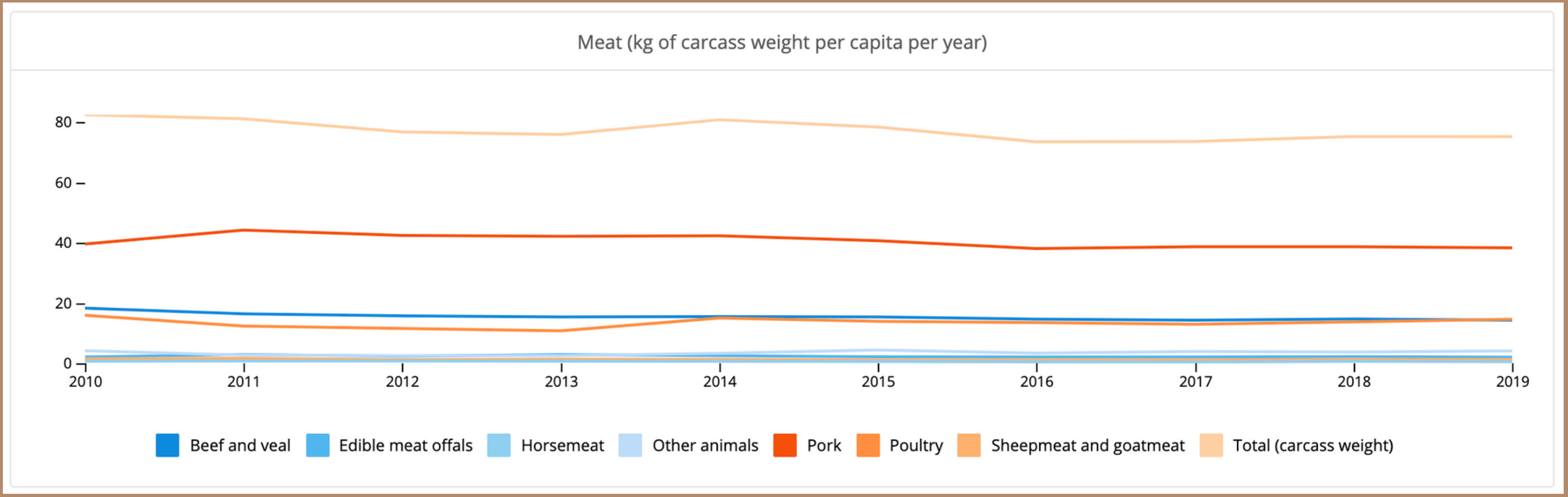
DIERLIJKE PRODUCTEN

Healthy Food

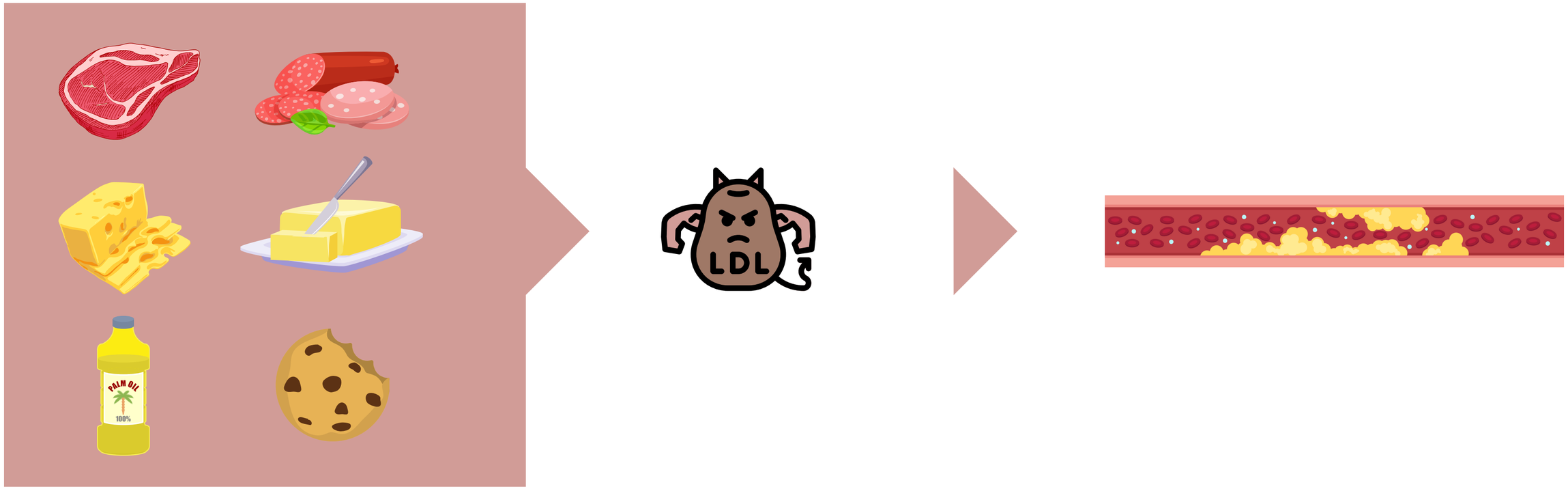


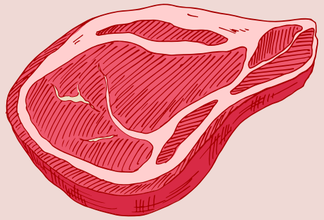
Belgen eten gemiddeld 220g vlees per dag



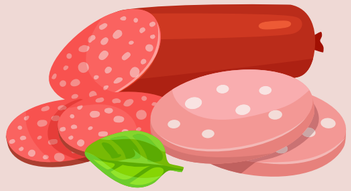
Bron:Statbel

02 VERZADIGDE VETTEN





19%



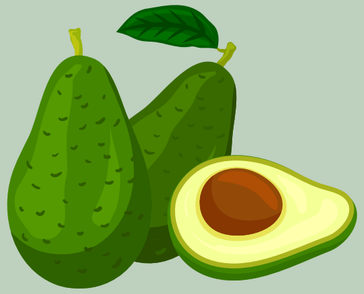
26%



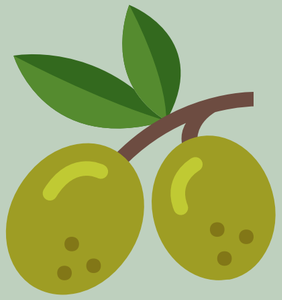
33%



3,5%

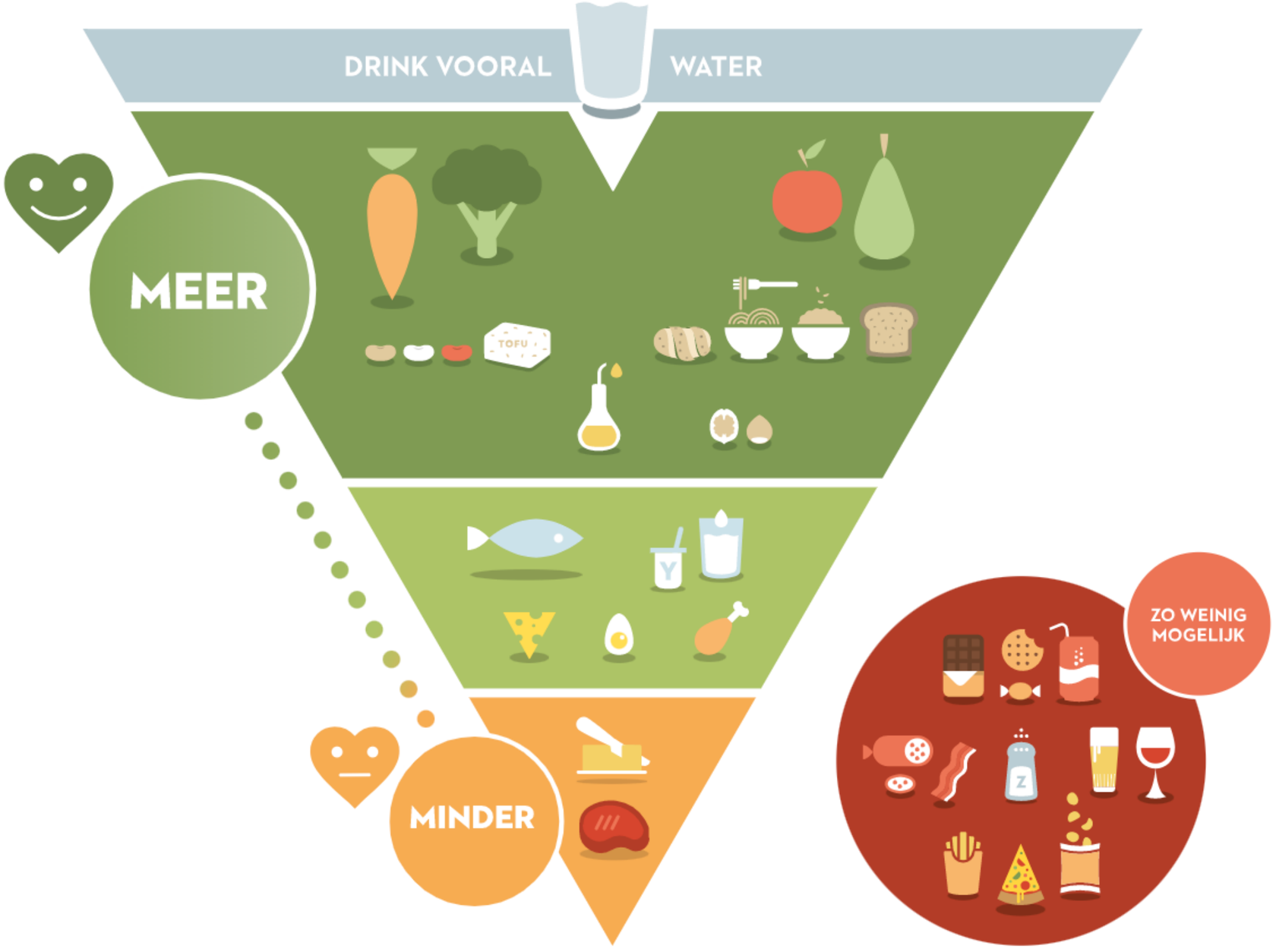


15%



11%

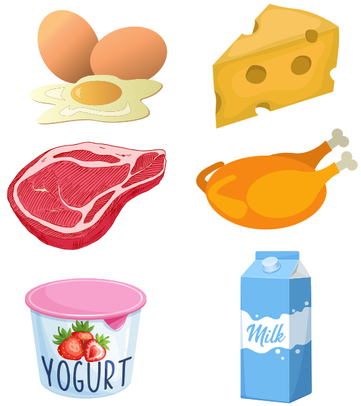
(ONVERZADIGD!)



© Vlaams Instituut Gezond Leven, 2017

TMAO

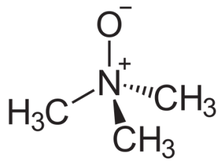
TRIMETHYLAMINE N-OXIDE



Carnitine, choline, lecithine



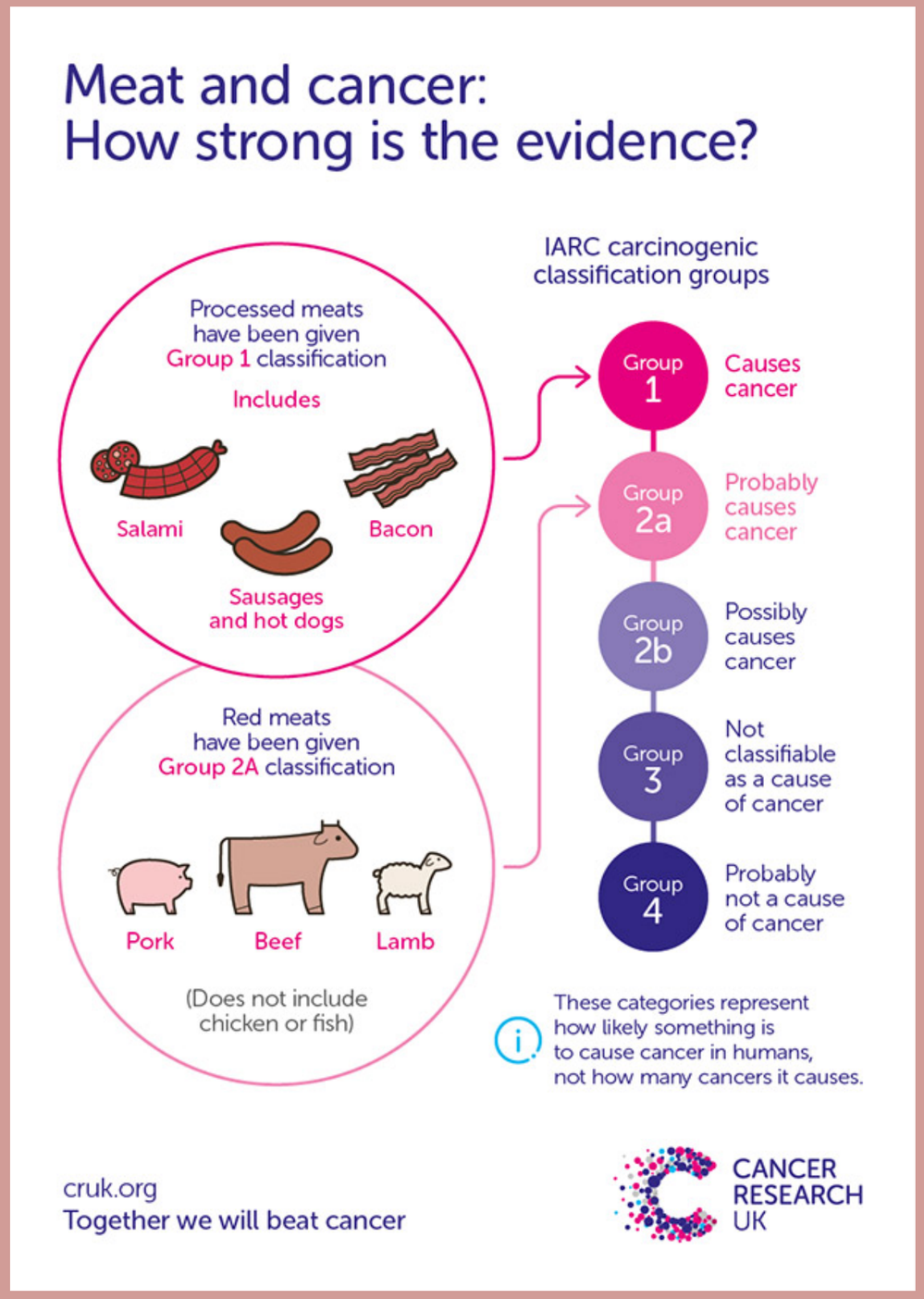








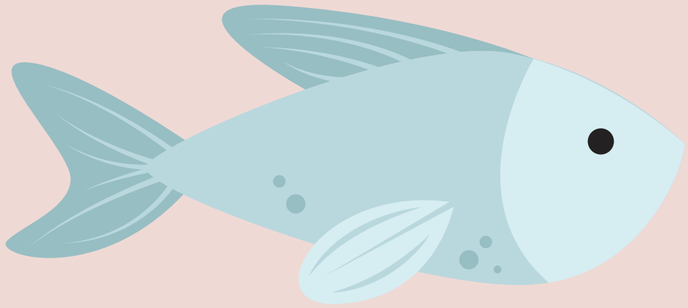
Cardiovasculaire en andere inflammatoire ziektes



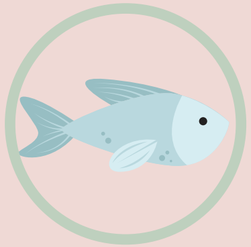
ROOD EN BEREID VLEES & RISICO OP KANKER

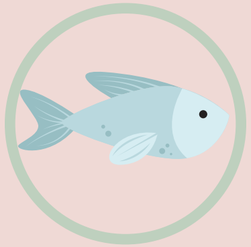


?



IN VERGELIJKING MET WAT?


VS



VS



VS


?

WHAT ABOUT VEGGIE BURGERS?

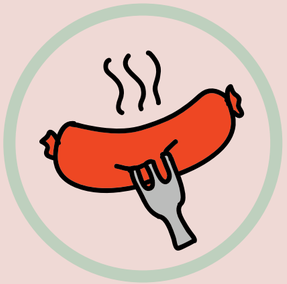


Randomized Controlled Trial > Am J Clin Nutr. 2020 Nov 11;112(5):1188-1199.
doi: 10.1093/ajcn/nqaa203.

A randomized crossover trial on the effect of plant-based compared with animal-based meat on trimethylamine-N-oxide and cardiovascular disease risk factors in generally healthy adults: Study With Appetizing Plantfood-Meat Eating Alternative Trial (SWAP-MEAT)

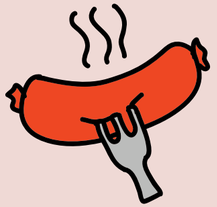
Conclusions: Among generally healthy adults, contrasting Plant with Animal intake, while keeping all other dietary components similar, the Plant products improved several cardiovascular disease risk factors, including TMAO; there were no adverse effects on risk factors from the Plant products.This trial was registered at clinicaltrials.gov as NCT03718988.

IN VERGELIJKING MET WAT?



VS





VS



Aangeraden voedingswaarden voor bewerkte vleesvervangers

Per 100 gram:
> 10 gram proteïnen
< 10 gram vet
< 5 gram verzadigd vet
< 1,6 gram zout





DE 5 KENMERKEN VAN EEN GEZOND VOEDINGSPATROON

laag in verzadigd vet

laag in snelle suikers

weinig/geen ultra-bewerkte voeding

hoog in plantaardig proteïne

hoog in vezels

80%

20%

MINDER DIERLIJKE PRODUCTEN: QUICK FIX

- 2/3 maaltijden plantaardig
- plantaardig broodbeleg als humus, baba ganoush, guacamole, avocado, pesto, ...
- Easy fix = plantaardig "vlees"
- Tofu/tempeh? Check aziatische keuken
- Bonen? Check mexicaanse keuken
- Vervang alle zuivel door soja
- Beperk kaas!





FAQ's

- Is soja ongezond?

IS SOJA ONGEZOND?



Soy and Isoflavone Consumption and Multiple Health Outcomes: Umbrella Review of Systematic Reviews and Meta-Analyses of Observational Studies and Randomized Trials in Humans

Ni Li [1], Xiaoting Wu [2], Wen Zhuang [2], Lin Xia [2], Yi Chen [2], Rui Zhao [2], Mengshi Yi [2], Qianyi Wan [2], Liang Du [3], Yong Zhou [2]

Affiliations + expand

PMID: 31584249 DOI: 10.1002/mnfr.201900751

Abstract

Scope: To assess the existing evidence of associations between consumption of soy and isoflavone and multiple health outcomes.

Methods and results: This is an umbrella review of meta-analyses and systematic reviews of randomized trials and observational studies in humans. 114 Meta-analyses and systematic reviews are identified with 43 unique outcomes. Soy and isoflavone consumption seems more beneficial than harmful for a series of health outcomes. Beneficial associations are identified for cancers, cardiovascular disease, gynecological, metabolic, musculoskeletal, endocrine, neurological, and renal outcomes, particularly in perimenopausal women. Harmful association is only found for gastric cancer (RR: 1.17, 95% CI: 1.02-1.36) for high intake of miso soup (1-5 cups per day) in male.

Conclusion: Generally, soy and isoflavone consumption is more beneficial than harmful. The results herein support promoting soy intake as part of a healthy diet. Randomized controlled trials are necessary to confirm this finding.



OEFENINGEN

Wat is voor jou de belangrijkste boodschap uit dit hoofdstuk en waarom?

Wat vind jij de belangrijkste reden om minder vlees en dierlijke producten te eten?

Wat is jouw grootste uitdaging om minder dierlijke producten te eten?

Hoe denk je dat je dit voor jezelf makkelijker kan maken?