Karbohydrater, fett og et sykt kosthold

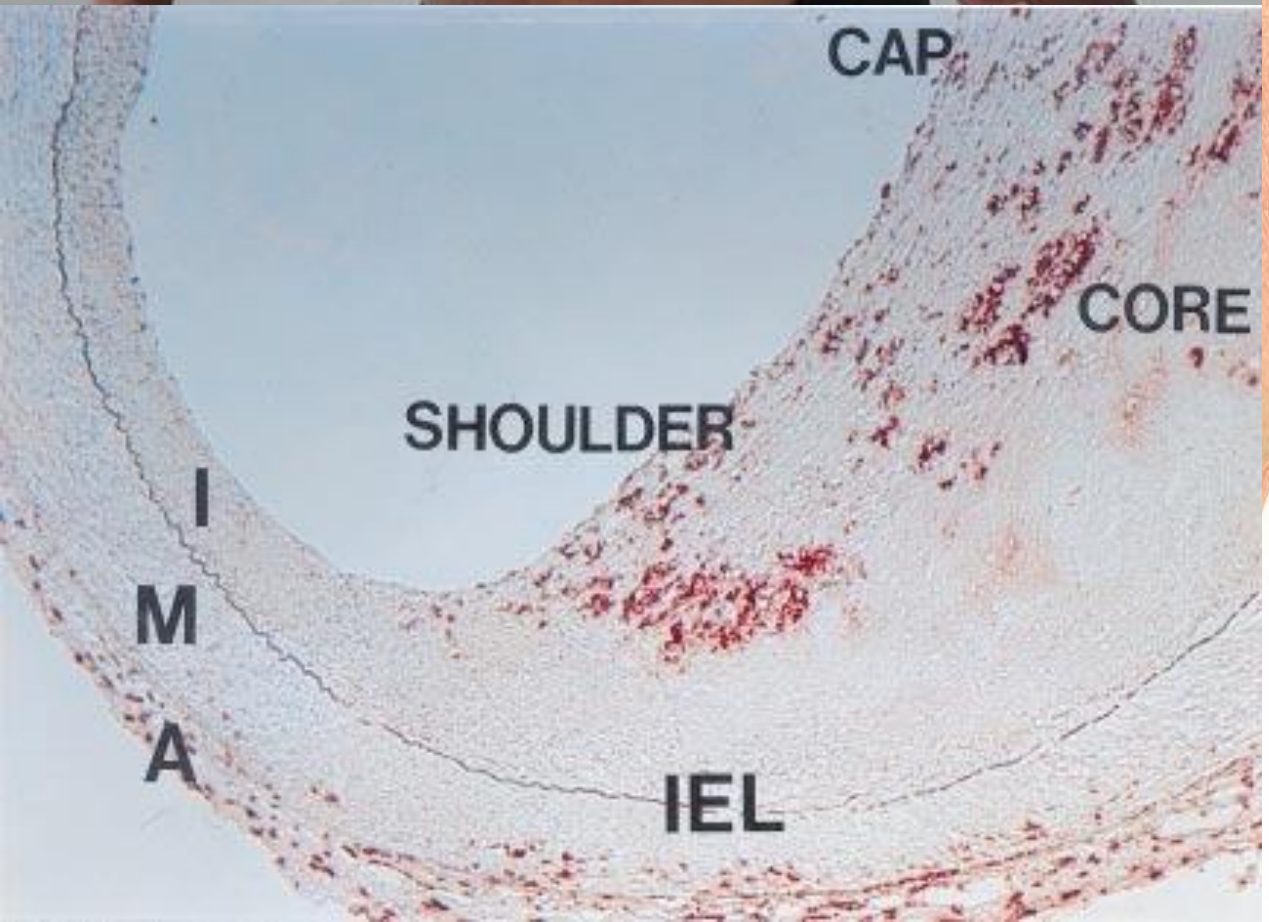
Birger Svihus, professor i ernæring

Daglig minimumsbehov for næringsstoff (unntatt energi)

Næringsstoff	Minimumsbehov
Vann, liter	*1,55*
Protein, gram	*50*
Linolsyre, gram	*10*
Linolensyre, gram	*1,6*
Stivelse og/eller sukker, gram	*50*
Kalsium, gram	*0,4*
Fosfor, gram	*0,3*
Magnesium, gram	*0,35*
Natrium pluss klor (salt), gram	*1*
Kalium, gram	*1,6*
Svovel	*Behov ikke fastsatt*
Jern, milligram	*7*
Sink, milligram	*5*
Mangan, milligram	*2*
Kopper, milligram	*0,4*
Jod, milligram	*0,07*
Selen, milligram	*0,02*
Krom, milligram	*0,02*
Molybden, milligram	*0,01*

Næringsstoff	Minimumsbehov
Vitamin A, milligram	*0,6*
Vitamin D, mikrogram	*0 - 2,5*
Vitamin E, milligram	*5*
Vitamin K	*Behov ikke fastsatt*
Vitamin C, milligram	*10*
Niacin, milligram	*11*
Pantotensyre, milligram	*5*
Pyridoksin, milligram	*1*
Riboflavin, milligram	*0,8*
Tiamin, milligram	*0,6*
Folat, milligram	*0,1*
Biotin, milligram	*0,03*
Kobalamin, mikrogram	*1*


Exp. Date 04/2007
Control: SP50679
Lot 369619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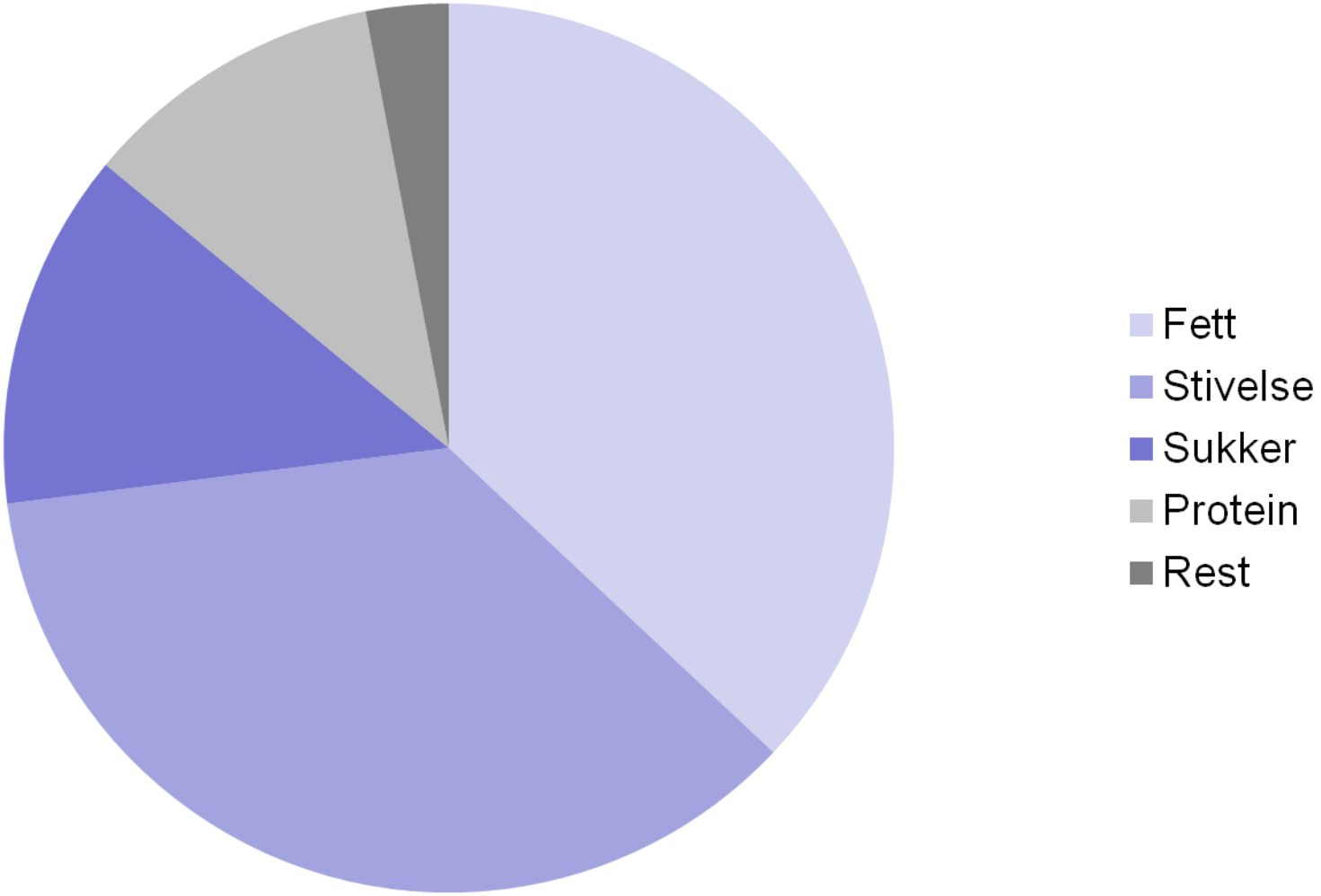
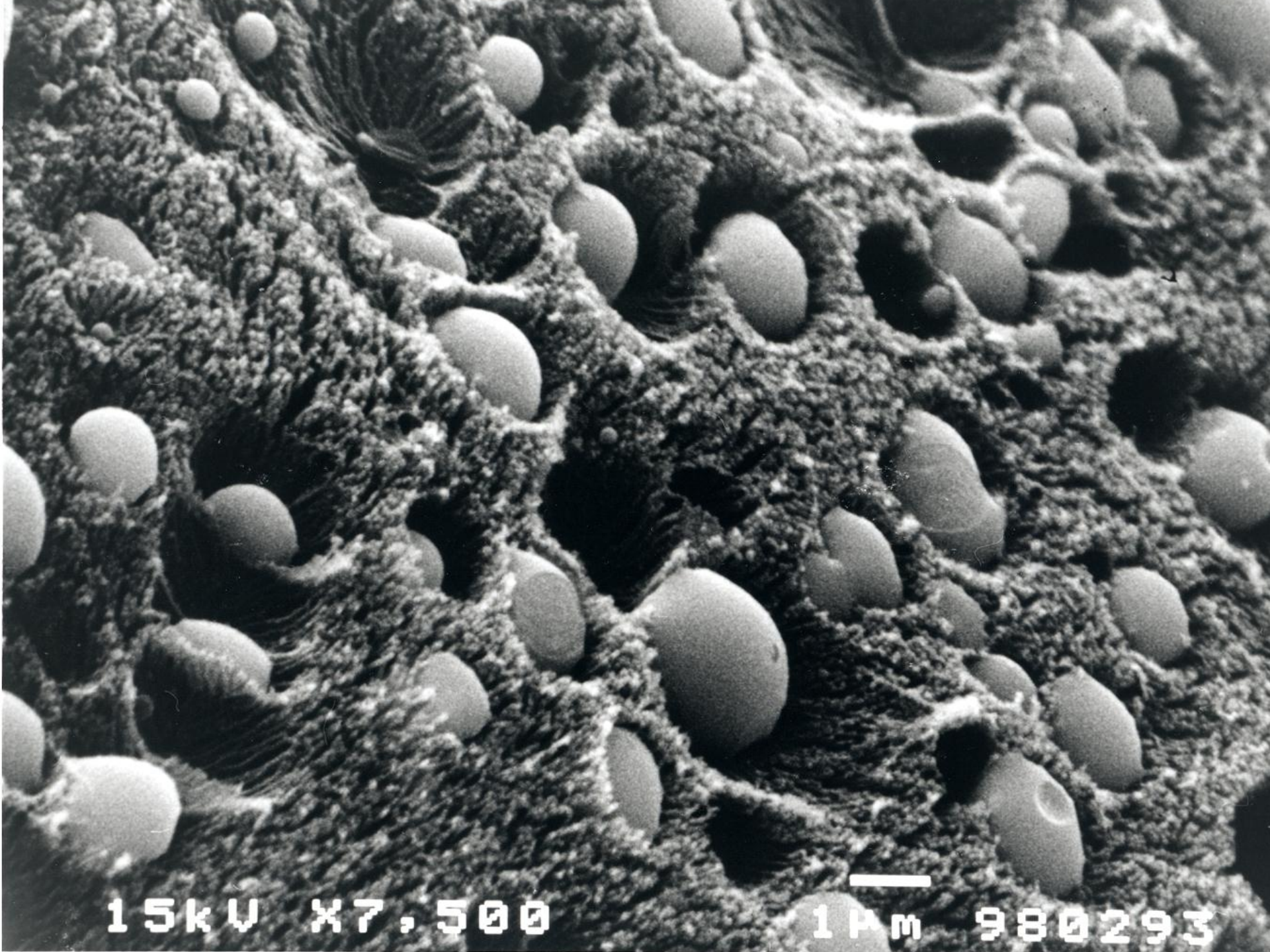
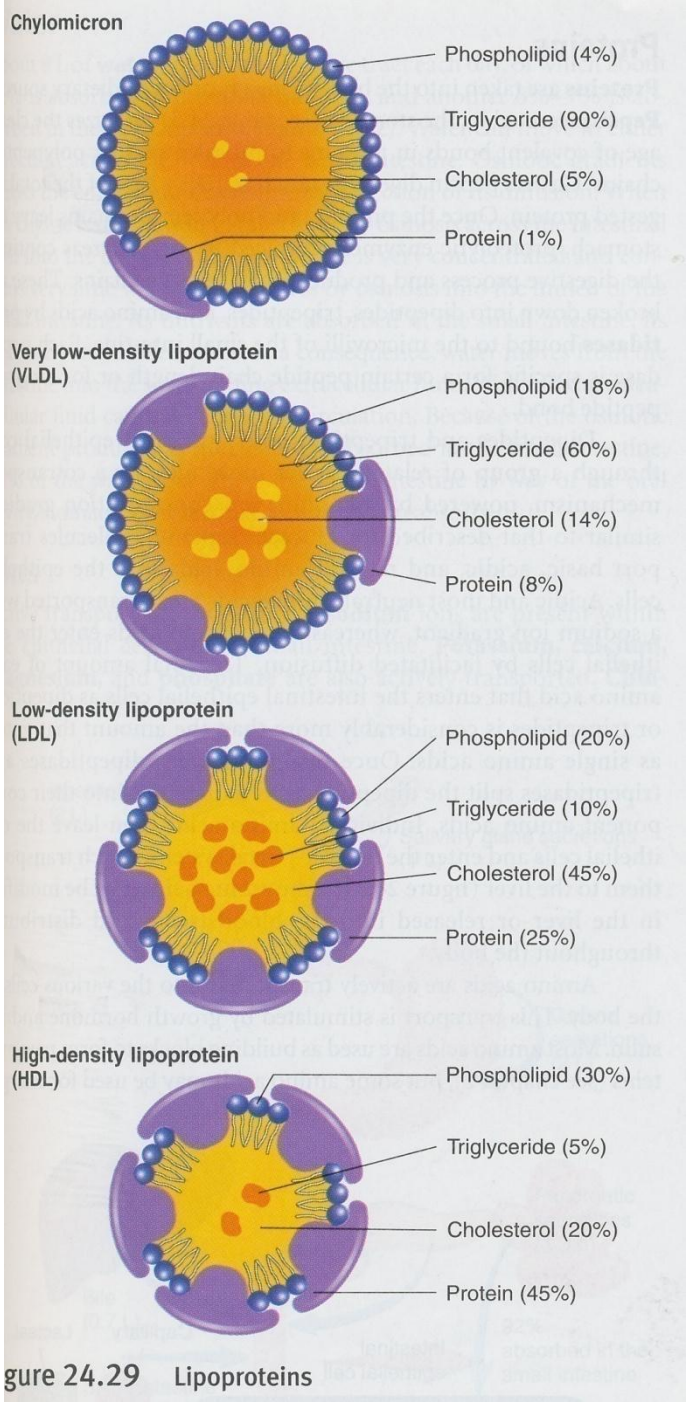
Prosentfordeling av nettoenergi i et norsk gjennomsnittskosthold (basert på forbruksundersøkelsene for 2007-2009)




15kV X7,500
1μm 980293



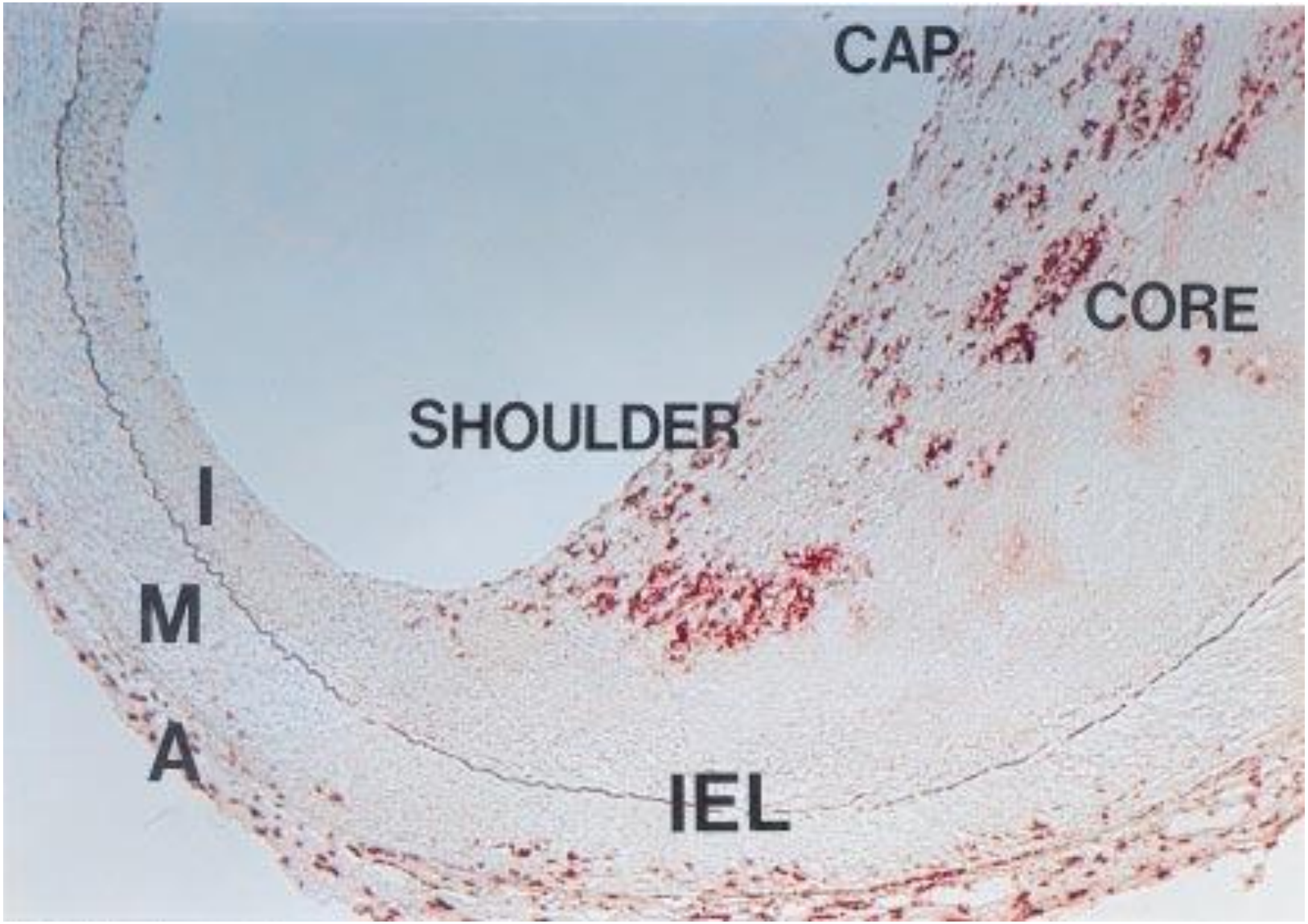
gure 24.29 Lipoproteins

Kylomikron

VLDL

LDL

HDL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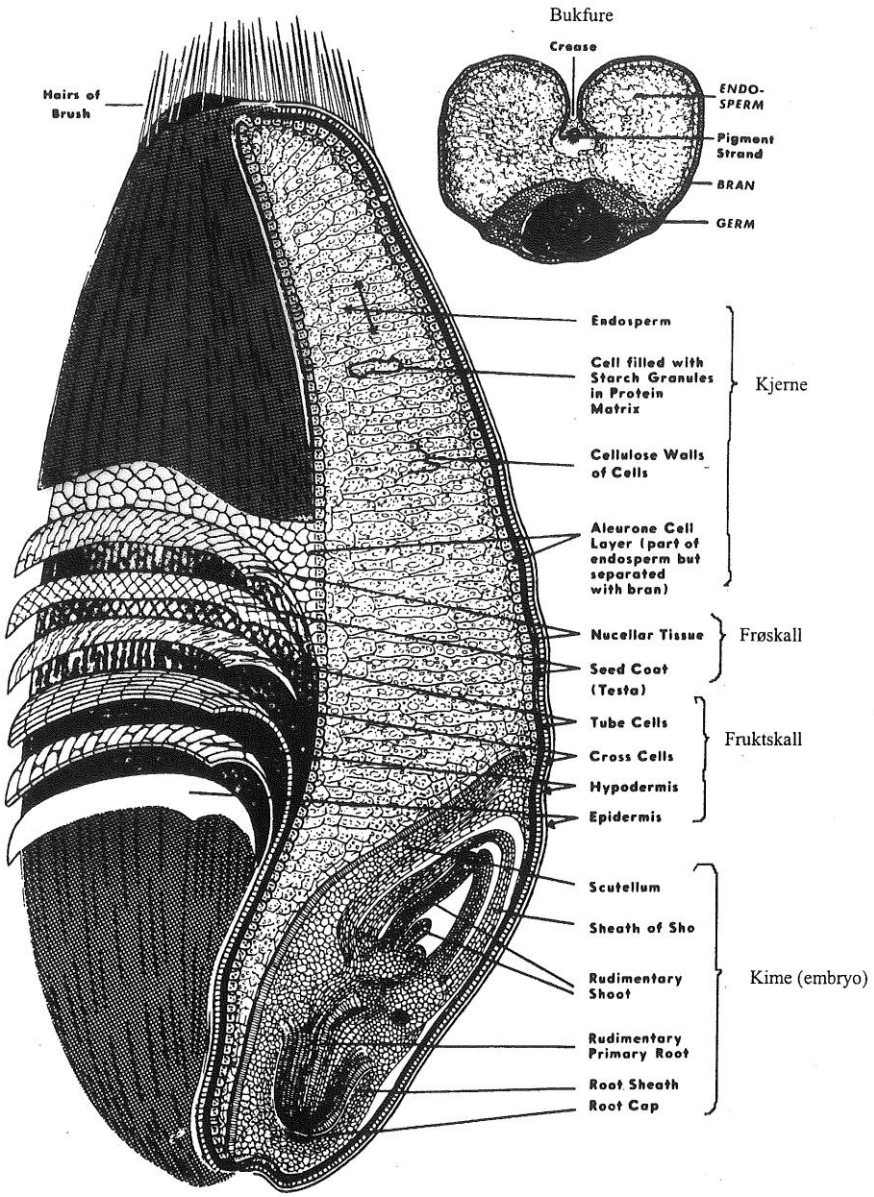
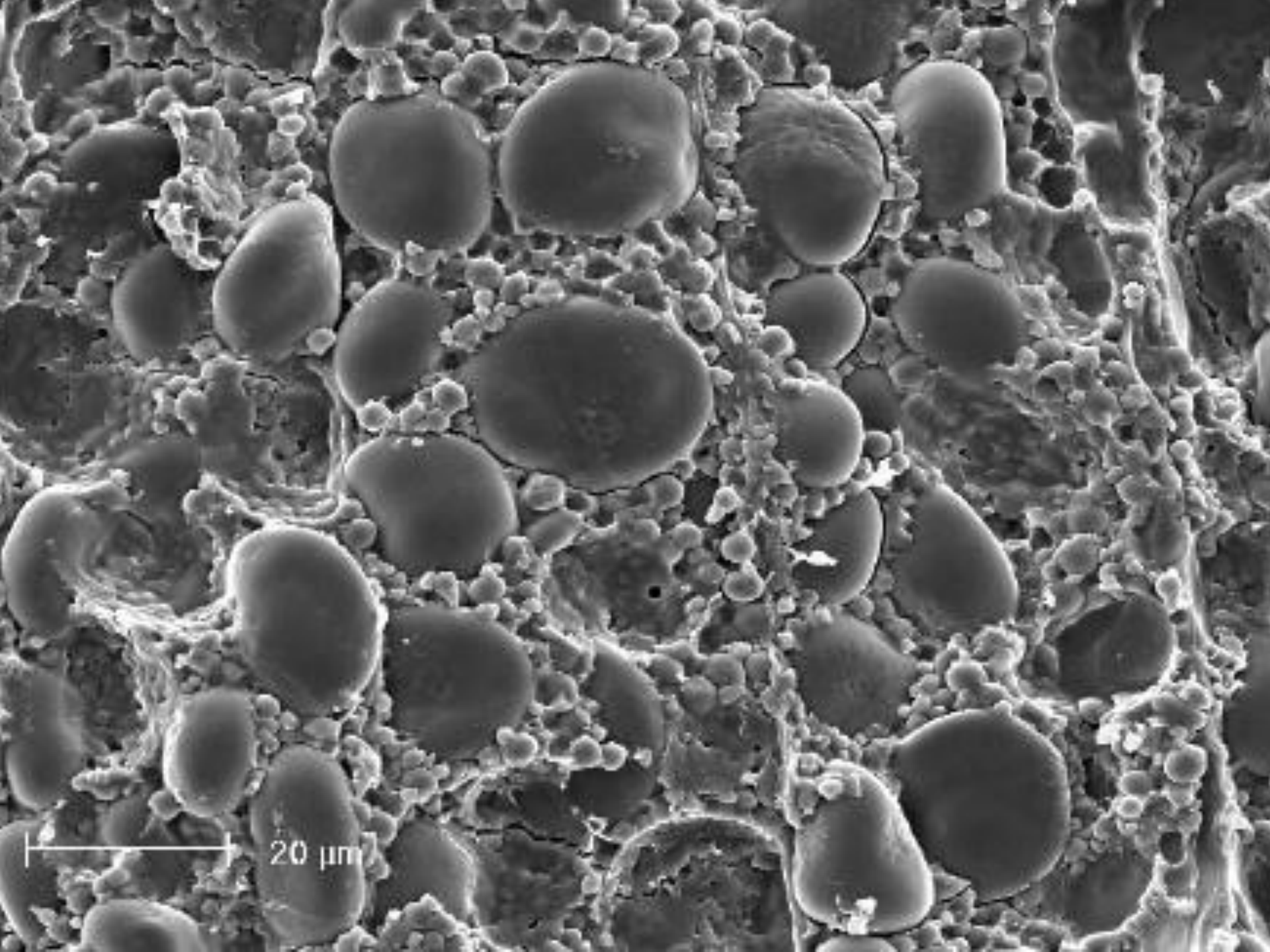
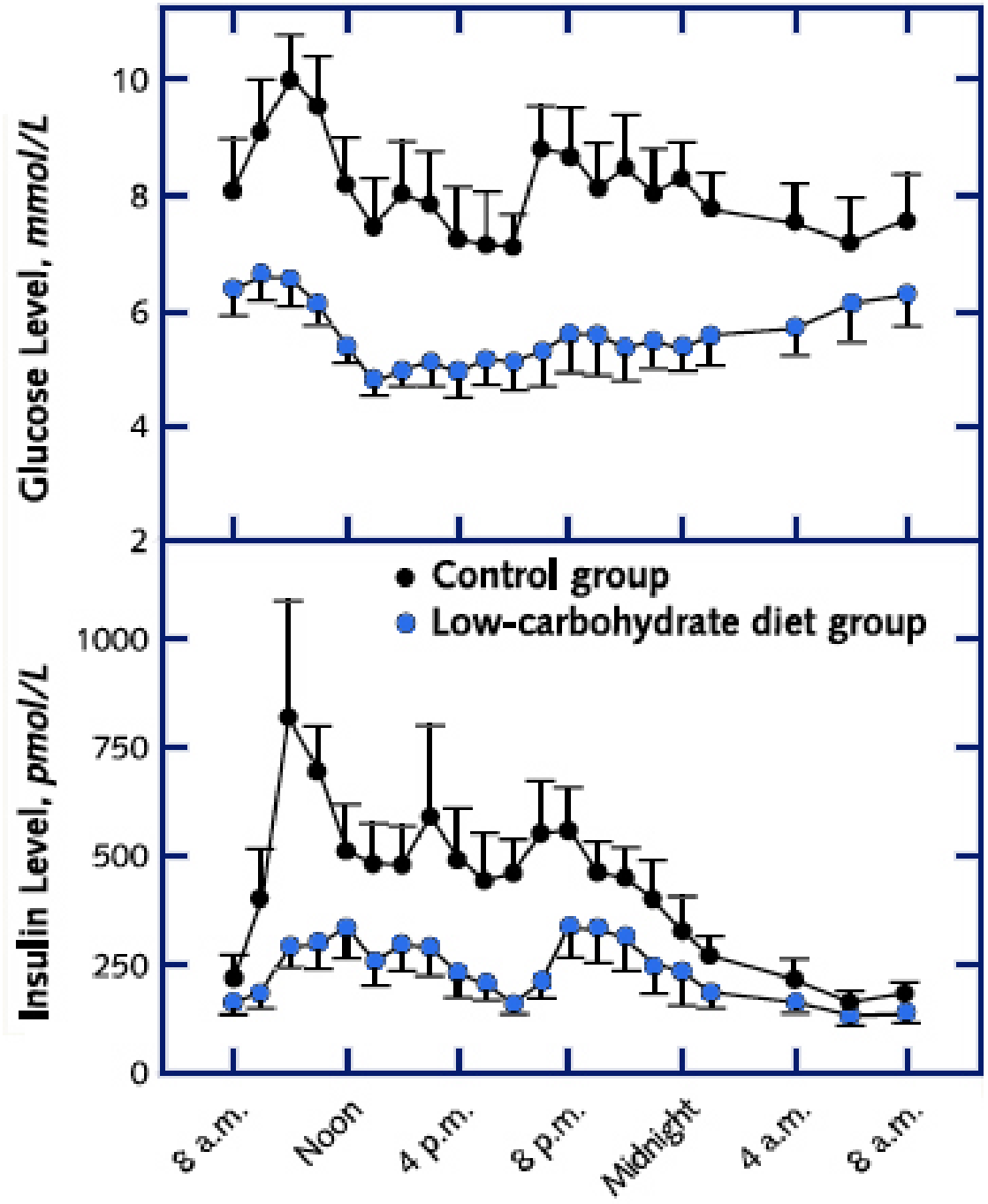


Figur 6. Lengdesnitt og tverrsnitt av hvetekorn. Gjengitt fra "Principles of cereal science and technology", 2. utg. av R.C. Hoseney, American Association of Cereal Chemists, 1994.


20 µm


Glucose Level, mmol/L
10
8
6
4
2
Insulin Level, pmol/L
1000
750
500
250
0
Control group
Low-carbohydrate diet group
8 a.m.
Noon
4 p.m.
8 p.m.
Midnight
4 a.m.
8 a.m.

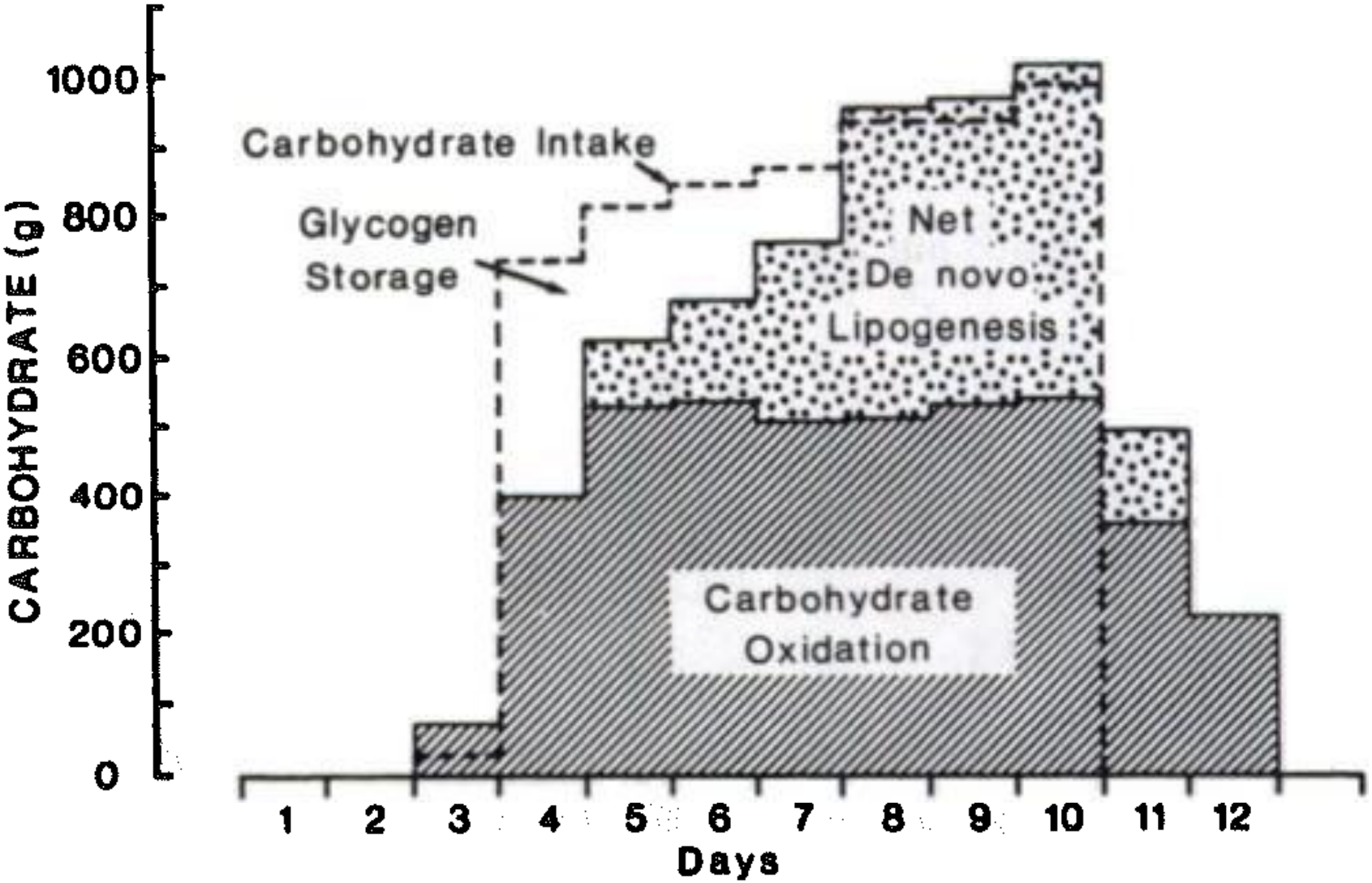
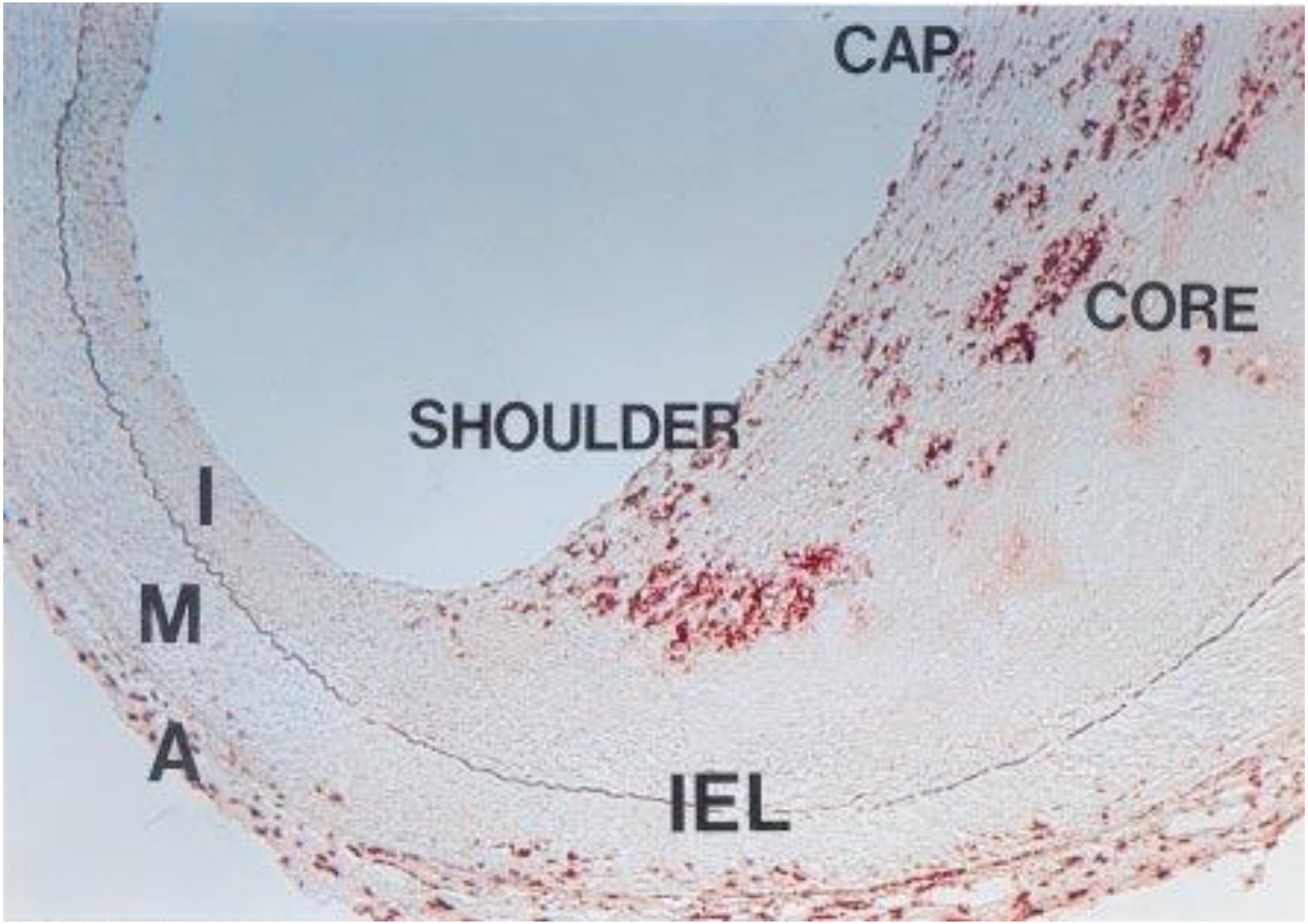


FIG 2. Daily carbohydrate intake (– – –) and its disposal (oxidation, glycogen storage, and conversion to lipid) during 7 d of progressive carbohydrate overfeeding ($n = 3$). Acheson et al. (1988) Am. J. Clin. Nutr. 48, 240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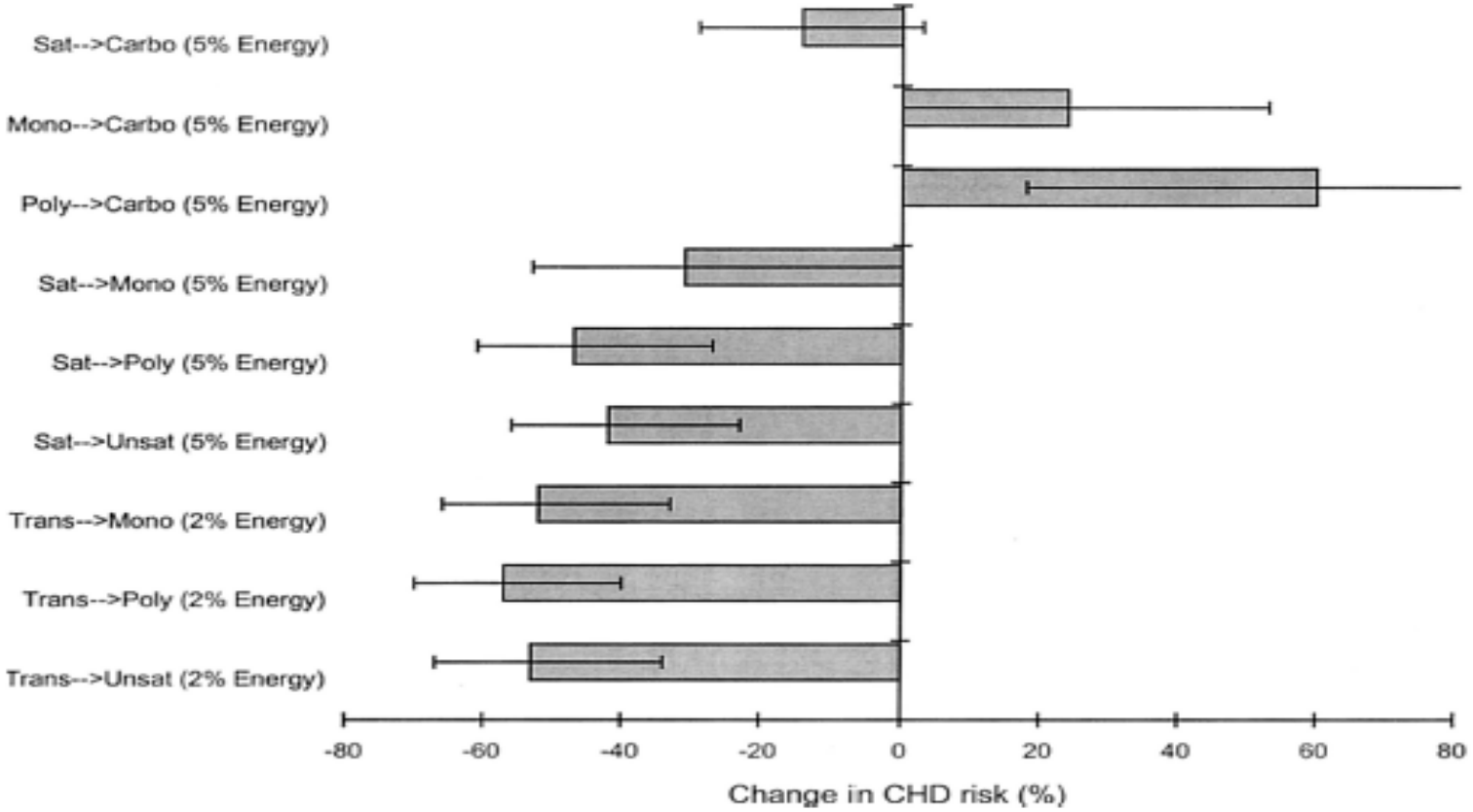

Fig. 1. Estimated changes (% with 95% confidence intervals) in risk of coronary heart disease (CHD) associated with isocaloric dietary substitutions. Adjusted for coronary risk factors and total energy intake. Sat = saturated fat, Carbo = carbohydrate, Mono = monounsaturated fat, Poly = polyunsaturated fat, Trans = *trans* fatty acids, Sat-Carbo = substitute carbohydrates for saturated fat. (Reproduced from [14] with permission of the Massachusetts Medical Society, Copyright © 1997 Massachusetts Medical Society.)

Hu et al., 2001

Konklusjon

- Et energioverskudd som følge av for mye fett, stivelse og sukker i kosten er hovedutfordringen i norsk kosthold
- Disse hovednæringsstoffene er årsak til fedme og hjerte- og karsykdommer, mens stivelse og sukker i tillegg er årsak til diabetes 2