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Caratteristiche nutrizionali della frutta in guscio: La nocciola e la dieta mediterranea.

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**QUEL PESCE HA
PASSATO IL TEST
DEL MERCURIO?**

**NON POSSO
MANGIARLO.
SONO
VEGANO.**

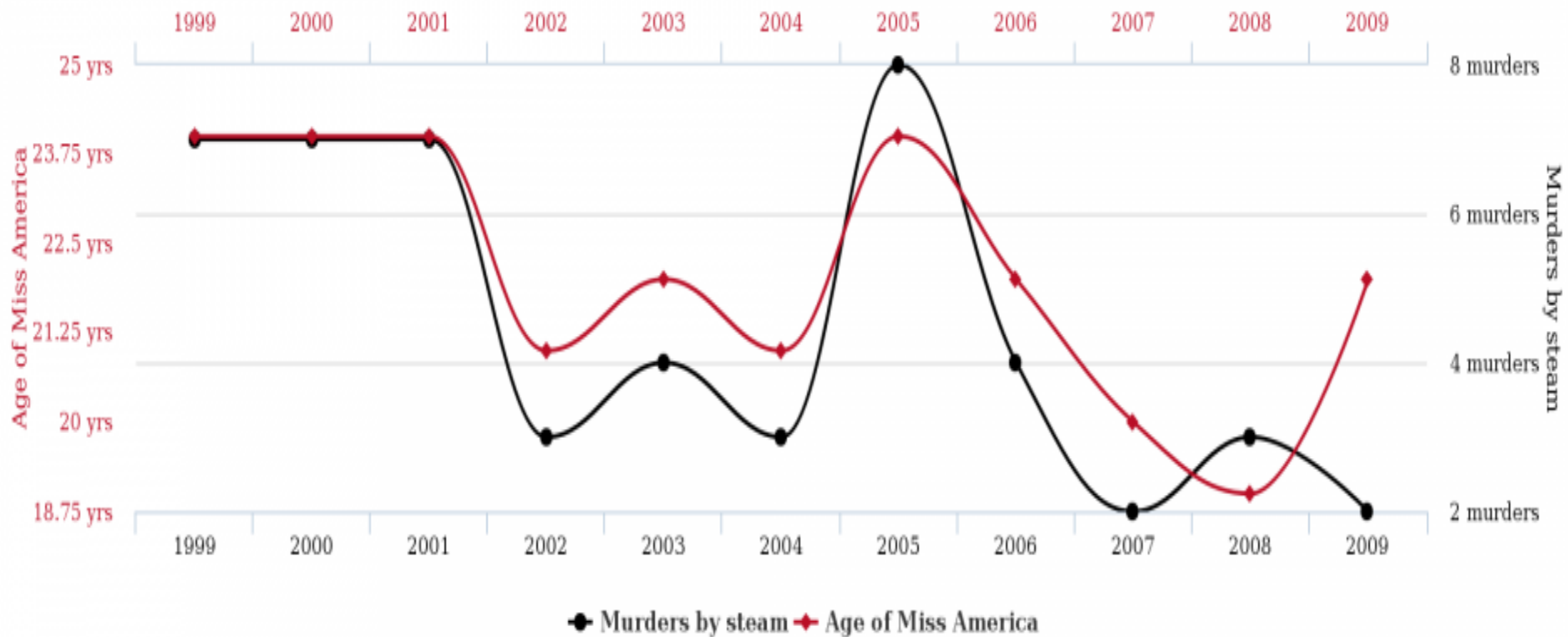
**IL PANE È
SENZA
GLUTINE?**



«Il problema dei bambini vegani è che non si ammalano mai»



Age of Miss America correlates with Murders by steam, hot vapours and hot objects



tylervigen.com

Vigen T. Spurious correlations 2015

Dieta = stile di vita

δίαιτα, diàita, «modo di vivere»

- Mantenimento dello stato di salute
- Prevenzione patologie
- Riduzione dei fattori di rischio (obesità e sedentarietà)
- Obiettivo a lungo termine (educazione)
- Deve tenere conto dell'ambiente
- Questione etica

Cibo, microbiota e barriera epiteliale

- Polifenoli
- Licopene
- Resveratrolo
- Omega 3
- Antociani
- Fitosteroli
- Fitoestrogeni
- Molecole bioattive
- Sostanze tossiche
(naturali, veicolate,
cottura)



**Sir Winston L.
Spencer-Churchill
(1874 - 1965)**



**James F. Fixx
(1932 - 1984)**

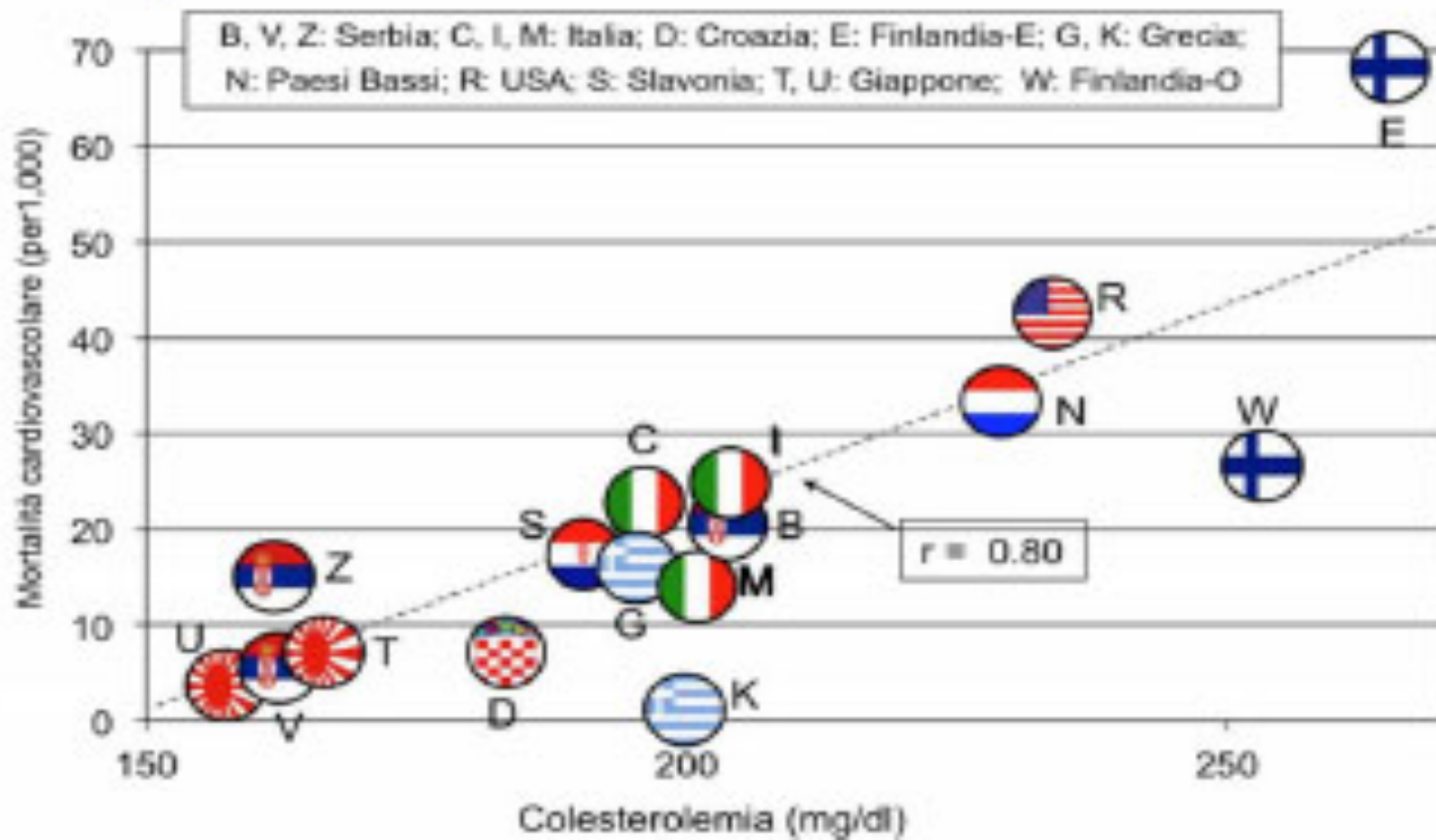


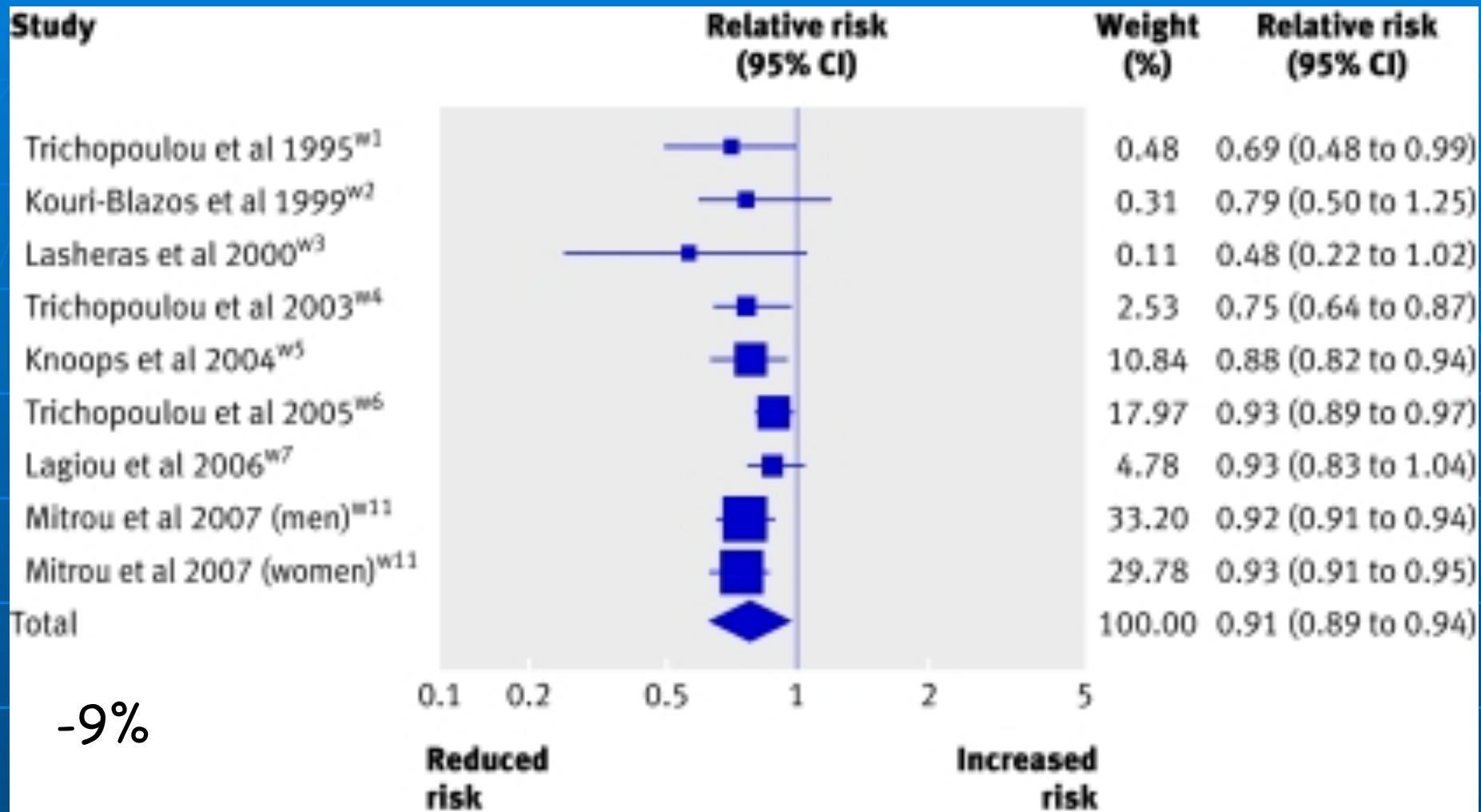
QUALE MODELLO ALIMENTARE ?

DIETA “MEDITERRANEA”?

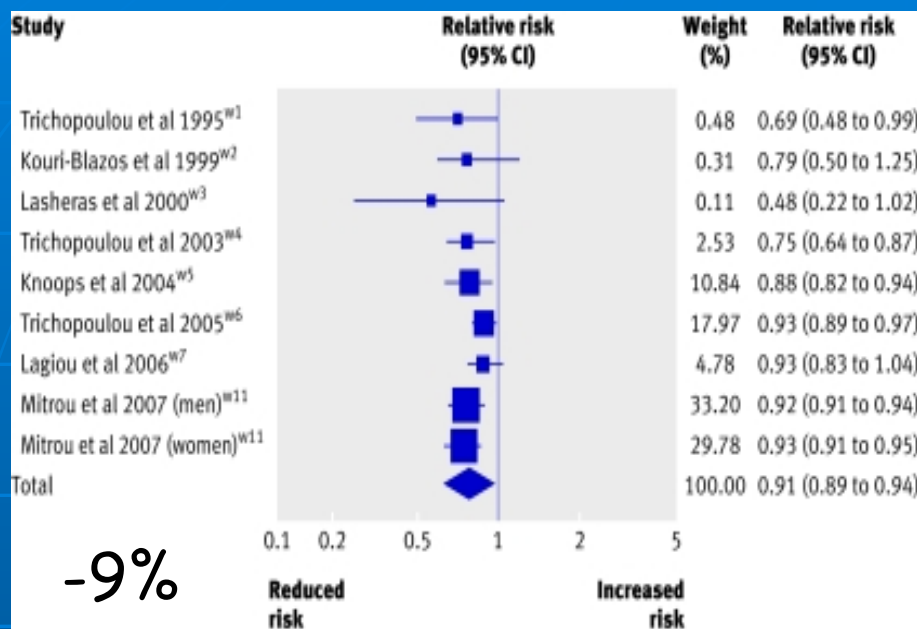
Regressione lineare tra livelli di colesterolemia e mortalità cardiovascolare nel Seven Countries Study

Keys, A., *Seven Countries: a multivariate analysis of death and coronary hearth diesase, 1980*

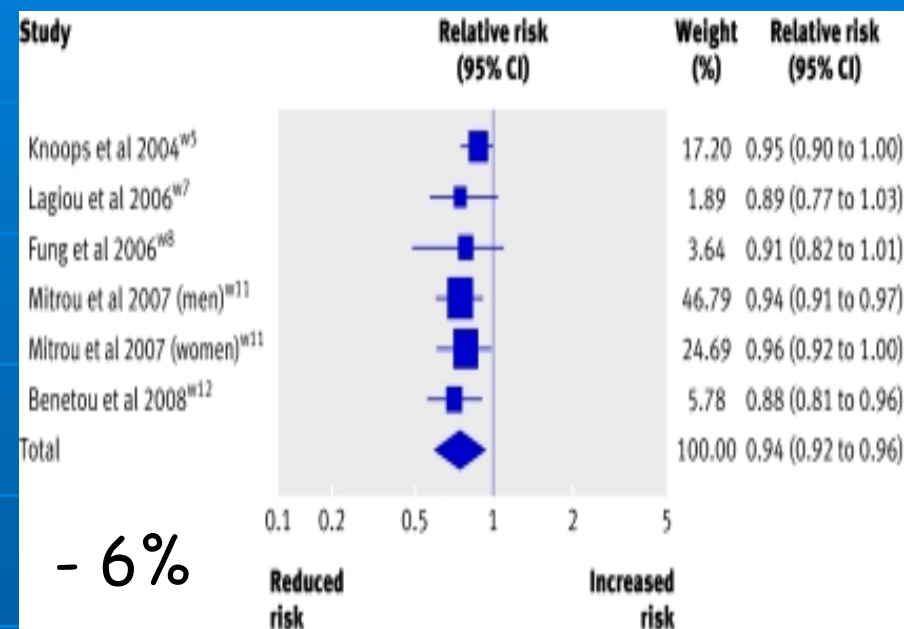




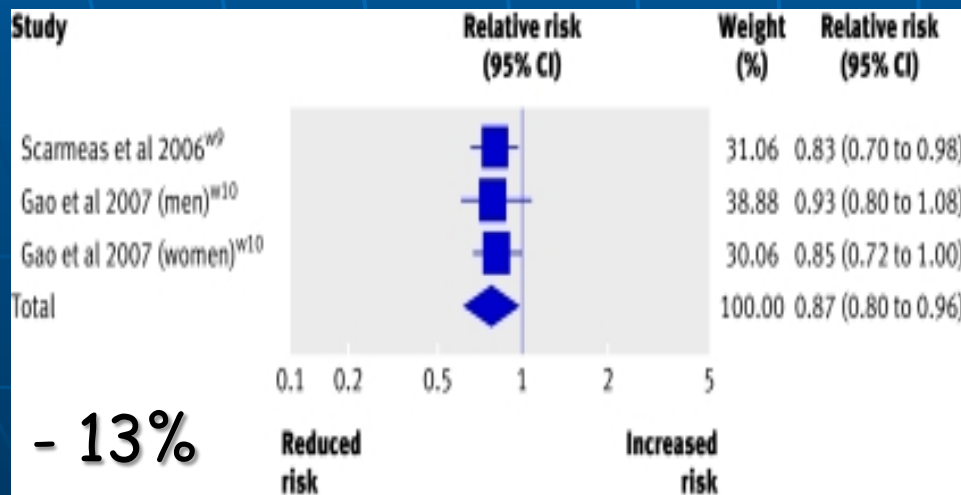
Risk of all cause mortality associated with two point increase in adherence score for Mediterranean diet. Squares represent effect size; extended lines show 95% confidence intervals; diamond represents total effect size. Sofi, BMJ 2008



Risk of mortality from cardiovascular diseases associated with two point increase in adherence score for Mediterranean diet. Squares represent effect size; extended lines show 95% confidence intervals; diamond represents total effect size



Risk of occurrence of or mortality from cancer associated with two point increase in adherence score for Mediterranean diet. Squares represent effect size; extended lines show 95% confidence intervals; diamond represents total effect size



Risk of Parkinson's disease and Alzheimer's disease associated with two point increase in adherence score for Mediterranean diet. Squares represent effect size; extended lines show 95% confidence intervals; diamond represents total effect size

Adherence to a Mediterranean diet is associated with a better health-related quality of life: a possible role of high dietary antioxidant content

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To cite: Bonaccio M, Di Castelnuovo A, Bonanni A, et al. Adherence to a Mediterranean diet is associated with a better health-related quality of life: a possible role of high dietary antioxidant content. *BMJ Open* 2013;3:e003003. doi:10.1136/bmjopen-2013-003003

► Prepublication history and additional material for this paper is available online. To view these files please visit the journal online (<http://dx.doi.org/10.1136/bmjopen-2013-003003>).

*The Moli-sani Project Investigators are listed in the online supplementary appendix.

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ABSTRACT

Objectives: Mediterranean diet (MD) is associated with a reduced risk of major chronic disease. Health-related quality of life (HRQL) is a valid predictor of mortality. The aim of this study is to investigate the association between MD and HRQL and to examine the possible role of dietary antioxidants, fibre content and/or fatty acid components.

Design: Cross-sectional study on a sample of Italian participants enrolled in the Moli-sani Project, a population-based cohort study. Food intake was recorded by the Italian European prospective investigation into cancer and nutrition study food frequency questionnaire. Adherence to MD was appraised by a Greek Mediterranean diet score (MDS), an Italian Mediterranean diet index (IMI) and by principal component analysis (PCA). HRQL was assessed by the 36-Item Short Form Health Survey.

Setting: Molise region, Italy.

Participants: 16 937 participants of 24 325 Italian citizens (age ≥ 35).

Main outcomes: Dietary patterns and HRQL.

Results: Mental health was associated consistently and positively with MDS, IMI and an 'Olive oil and vegetable' pattern (PCA1), but negatively with an 'Eggs and sweets' pattern (PCA3). Physical health was associated positively with MDS and PCA1, but negatively with a 'Meat and pasta' pattern. Subjects with the highest MD adherence had 42% (MDS), 34% (IMI) or 59% (PCA1) statistically significant multivariable odds of being in the uppermost level of mental health, as compared with subjects in the lowest category. The associations disappeared after further adjustment for either total food antioxidant content or dietary fibre, while they were not modified by the inclusion of either monounsaturated or polyunsaturated fatty acids. Individuals in the highest PCA1 or PCA3 had significantly higher odds of being in the top level of physical health.

Conclusions: Adherence to an MD pattern is associated with better HRQL. The association is stronger with mental health than with physical health. Dietary total antioxidant and fibre content independently explain this relationship.

ARTICLE SUMMARY

Article focus

- Investigating the association between adherence to the Mediterranean diet and health-related quality of life.
- Examining the possible role of dietary antioxidants, fibre intake and/or fatty acid components in explaining the association.

Key messages

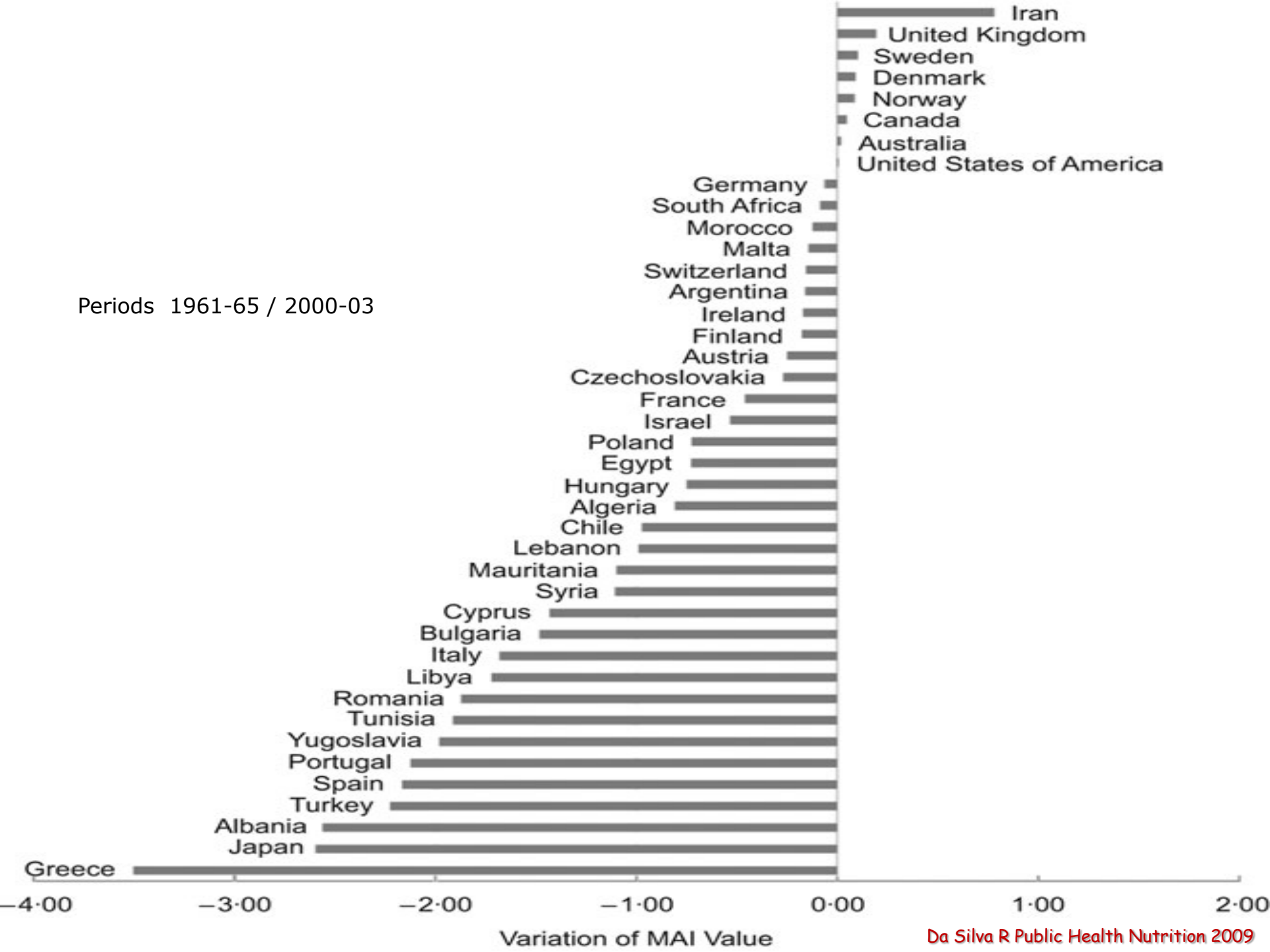
- Mental health is positively associated with a Mediterranean diet and inversely linked to 'Eggs and sweets' dietary pattern.
- The association is mainly accounted for not only by the total antioxidant content but also by the fibre dietary content.
- Fatty acid compounds do not explain the association between the Mediterranean diet and health-related quality of life.

Strengths and limitations of this study

- This study is apparently the first to provide a likely account of dietary antioxidants for the direct association between the Mediterranean diet and health-related quality of life.
- For the first time, this topic was addressed by using simultaneously two a priori Mediterranean scores and the a posteriori dietary patterns obtained by principal component analysis.
- The present study was cross-sectional and shares all the limitations of this study type; in particular, the inference of possible causality is unwarranted.

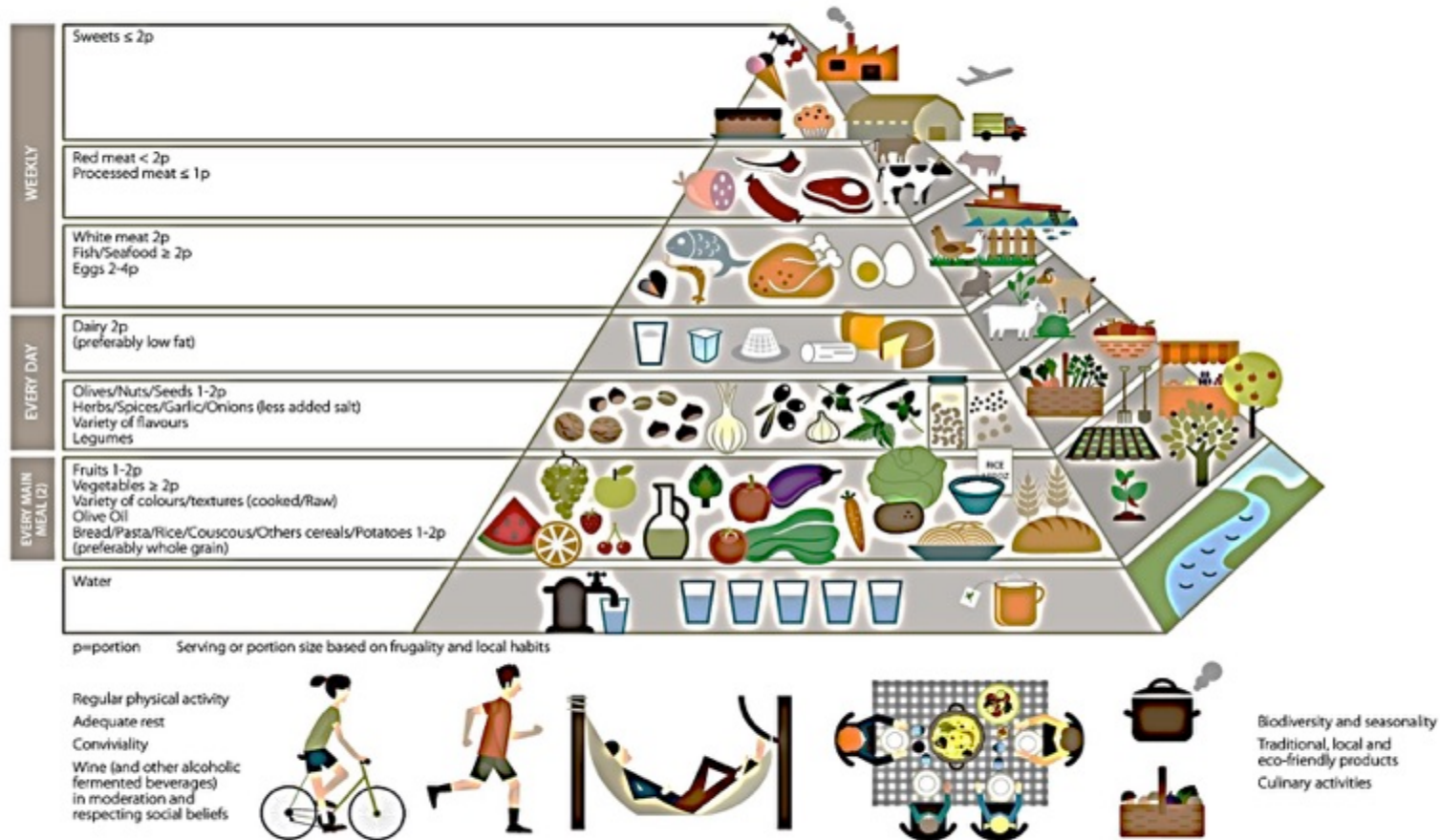
INTRODUCTION

Mediterranean diet (MD) is a healthy eating pattern associated with reduced risk for cardiovascular and neurodegenerative diseases and some types of cancer.^{1,2} This dietary pattern is characterised by the wide consumption of plant foods, cereals, legumes, fish and olive oil as the main source of fat



Dieta mediterranea e piramide

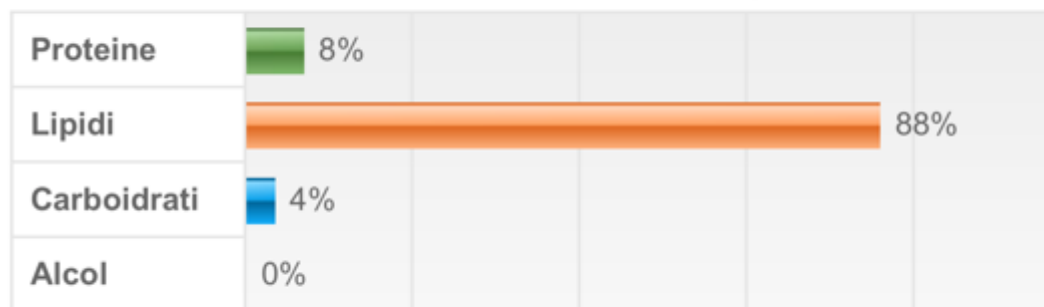
New Pictorial Proposal for an Environmental, Sustainable Mediterranean Diet



Frutta secca ed essicata

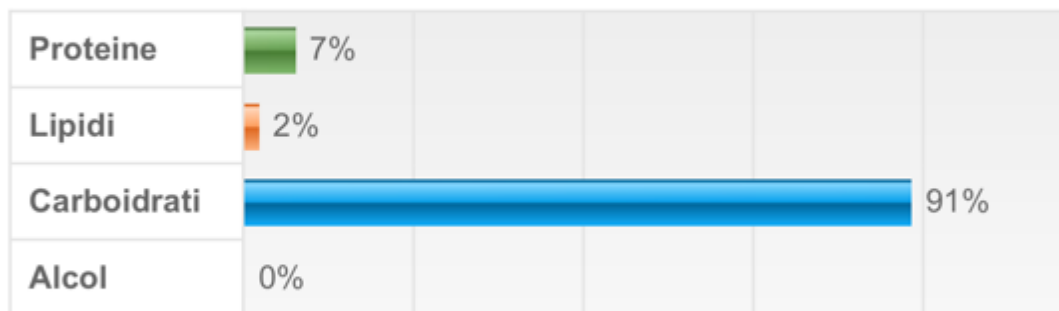
Frutta a guscio (nocciole)

Ripartizione percentuale dell'energia



Frutta secca (albicocche)

Ripartizione percentuale dell'energia



Frutta a guscio (principi nutritivi)

Acidi grassi polinsaturi omega 3 e omega 6

Acidi grassi monoinsaturi

Sali minerali (calcio, fosforo, magnesio, potassio)

Vitamine del gruppo B (eccetto la B12)

Vitamina E

Fibre

Proteine vegetali

Nocciole secche

componenti nutrizionali

Proteine 8,3 gr%

Lipidi 64,1 gr%

Colesterolo 0 mg%

Carboidrati 6,1 gr%

Fibra 8,1 gr%

Calorie 655 Kcal

Potassio 466 mg%

ferro 3,3 mg%

calcio 150 mg%

fosforo 322 mg%

magnesio 160 mg%

vitamina E 15 mg%

Frutta a guscio (principi nutritivi)

Lipidi totali 64,1 gr%

Ac grassi monoinsaturi 38,6 gr%

(riducono il colesterolo LDL, aumentano HDL, prevenzione patologie CV)

Ac grassi polinsaturi 5,2 gr%

(riducono colesterolo LDL, aumentano HDL, riducono TG, prevengono aritmie, patologie CV e tumore al colon (solo omega 3))

Ac grassi saturi 4,2 gr%

(aumentano il rischio CV, diabete, malattie infiammatorie e tumorale)

OMEGA 3

- Acido linolenico (semi vegetali, noci) e derivati EPA e DHA (pesce)
- Riduzione del colesterolo LDL (azione condivisa con gli ac. grassi omega 6)
- Azione antiaggregante, antiinfiammatoria, antiproliferativa e antiaritmica
- Migliorano la funzione delle membrane neuronali ritardando i deficit cognitivi nella demenza (quale ruolo sui neuroni del plesso mioenterico e nella sindrome dell'intestino irritabile?)

La frutta a guscio: caratteristiche comuni



		Anacardi	Mandorle	Noccioline	Noci	Pinoli	Pistacchi
energia	kcal	553	645	628	654	673	586
proteine	g	18,22	21,15	14,95	15,23	13,69	20,27
grassi	g	43,85	49,93	60,75	65,21	68,37	45,39
carboidrati	g	30,19	21,55	16,7	13,71	13,08	27,51
Fibre	g	3,3	12,5	9,7	6,7	3,7	10,3

fibre
grassi



energia
proteine
vegetali

Fibre



8,1 gr %

5,5 gr%



Vantaggi clinici della fibra

Fibre insolubili:

- malattia diverticolare
- stipsi

Fibre solubili

- stipsi
- dislipidemie
- diabete mellito
- prevenzione tumore del colon
- obesità (aumenta senso di sazietà)

calcio



150 mg %

119 mg%



ferro



3,3 mg%

Filetto di bovino



1,9 mg%

fosforo

322 mg%



Merluzzo



194 mg%



Nocciole: benefici clinici

Prevenzione cardiovascolare

Prevenzione tumorale

Funzionalità muscolare

Struttura osteo-articolare

Prevenzione anemia

Miglioramento assetto lipidico

Controllo glicemia

Integrazione calorico-nutrizionale in piccoli volumi (anziani, convalescenti, defedati)



Nocciole: rischi

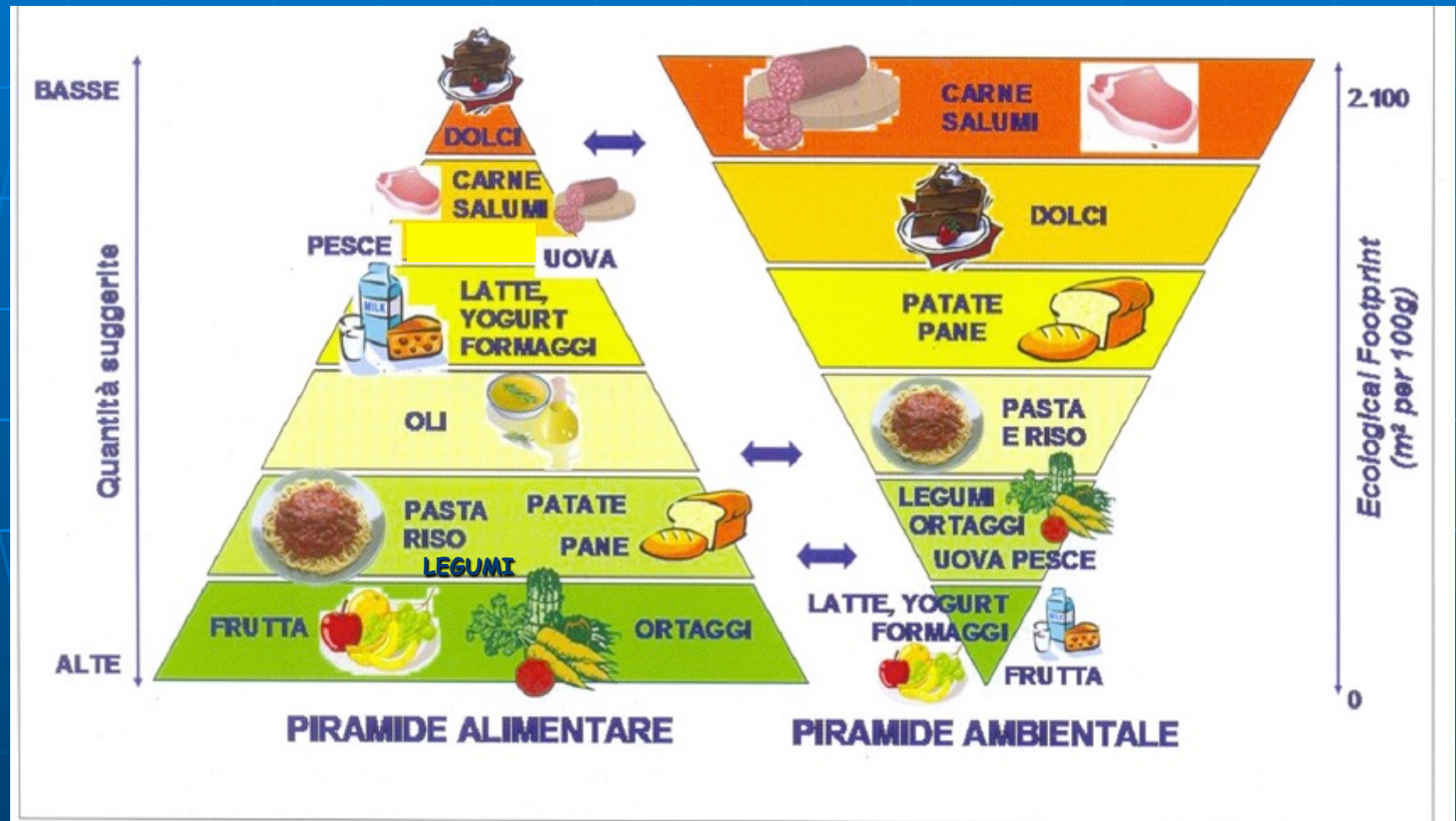
- **Allergia** (tra le cause più frequenti , soprattutto nei bambini)
- **Sindrome dell' intestino irritabile**
- **Aumento di peso**



PIRAMIDE ALIMENTARE

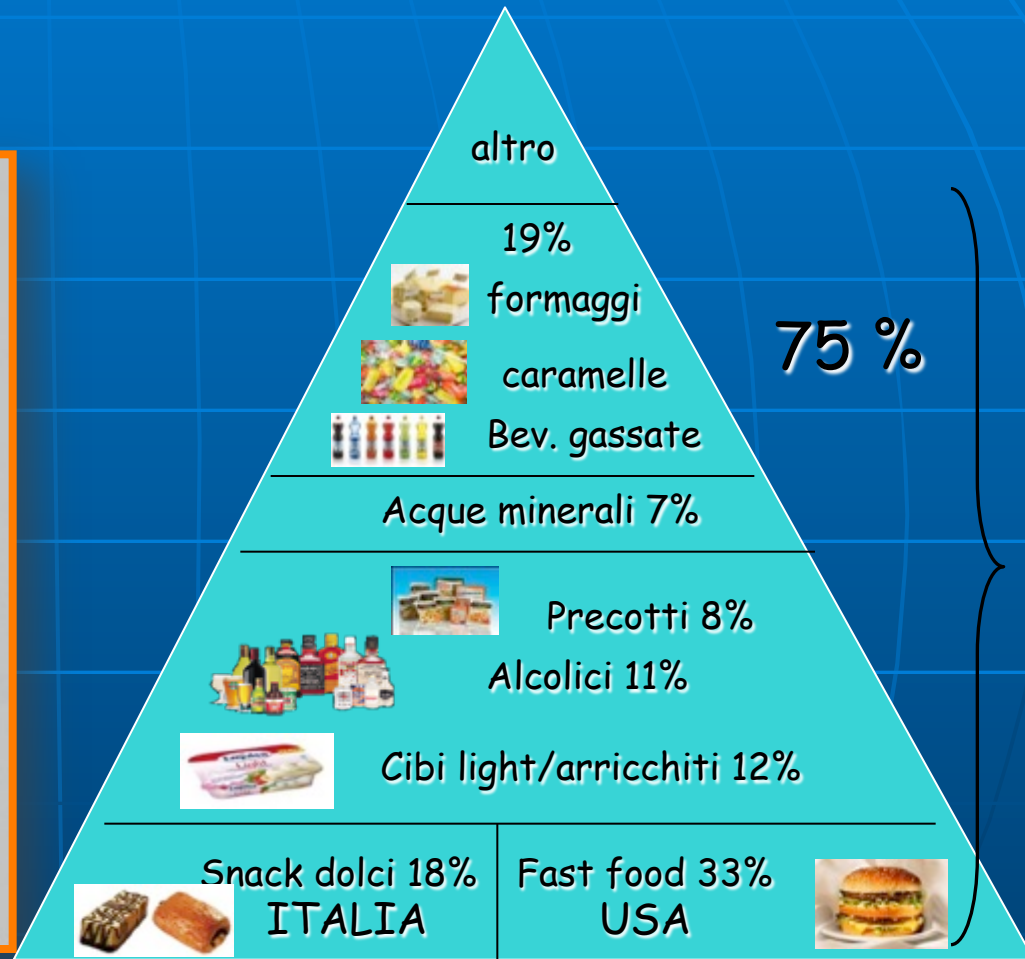
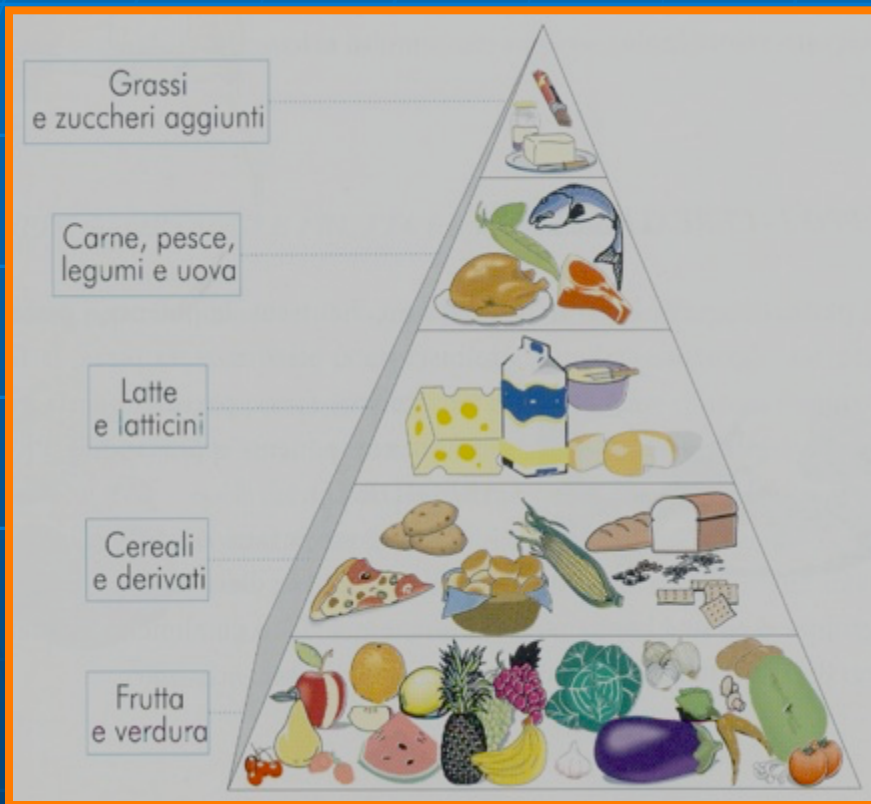


LA PIRAMIDE ALIMENTARE E AMBIENTALE



Fonte: rielaborazione The European House-Ambrosetti da varie fonti

Alimenti e pubblicità



31% spot pubblicitari corrisponde a prodotti alimentari. Almeno il 75% dei prodotti pubblicizzati non corrisponde ad alimenti appartenenti alla dieta mediterranea. Indagine 2006/07 RAI, Mediaset, La7, MTV, All Music. Pasta C., FOSAN 2010



lo stregone, autoritratto 1952, Magritte,