

Bölüm 1

YETERLİ VE DENGELİ BESLENMENİN TEMEL ÖZELLİKLERİ

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Yeterli ve dengeli beslenme, diyabet, kalp hastalığı, felç ve kanser gibi kronik hastalıkların yanı sıra malnütrisyon ve obeziteye karşıda koruyucudur. Sağlıksız beslenme ve fiziksel aktivite eksikliği dünya genelinde büyük sağlık sorunlarının ortaya çıkmasına neden olmaktadır (1,2).

Sağlıklı beslenme yaşamın erken dönemlerinde anne sütü ile başlar. Anne sütü sadece sağlıklı büyüme ve beyin gelişimini sağlamakla kalmaz, yaşamın ileriki dönemlerindeki obezite, diyabet, kalp hastalığı gibi kronik hastalıkların riskini azaltır (1).

Sağlıklı beslenmenin nasıl olması gerektiği konusunda çok sayıda birbirleri ile çelişen görüşler vardır. Beslenme rehberleri sürekli bir evrim içerisinde. Biz bu yazıda günümüzdeki bilgilerin ışığında sağlıklı beslenme ile ilgili önemli noktalara değineceğiz (2).

KARBONHİDRATLAR SAĞLIKLI BİR BESLENMEYE NASIL UYARLANABİLİR ?

Karbonhidratlar insan beslenmesinde özel bir yere sahiptir. Diyetteki en büyük enerji kaynağını sağlarlar. İnsan beslenmesinde glukoz ve früktoz karışımı, sukroz ve nişasta çok yaygın olarak kullanılmaktadır. Toplam karbonhidrat alımı gelişmiş ülkelerde, yetişkin bir erkek için toplam enerjinin yaklaşık % 40-44'ni veya 280 g / gün ve yetişkin bir kadın için 240 g / gün ortalamaya denk gelir. Bunun yaklaşık yarısı nişastadır. Kalan yarısı şekerlerden (sakaroz (40-80 g / gün), laktoz (20 g / gün), glukoz (10-20 g / gün), fruktoz (10-20 g / gün) ve nişasta dışı polisak-

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loya ulaşmanıza, kronik hastalıklar riskini (kalp hastalığı ve kanser gibi) azaltmanıza, genel sağlığınızı korumanıza, genel sağlık harcamalarının azaltılmasına yardımcı olur. Fiziksel aktivitede olduğu gibi, beslenmenizde küçük değişiklikler yaparak büyük mesafeler alabilirsiniz. Bu düşündüğünüzden daha kolay olacaktır.

Anahtar kelimeler: yeterli, dengeli, beslenme

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