

# UGBforum

Literaturliste zum Beitrag:

## **Fette auf der Anklagebank**

**Prof. Dr. Stefan Lorkowski, UGBforum 3/21, S. 138-141**

Deutsche Gesellschaft für Ernährung, Österreichische Gesellschaft für Ernährung, Schweizerische Gesellschaft für Ernährungsforschung, Schweizerische Vereinigung für Ernährung (Hrsg.). Referenzwerte für die Nährstoffzufuhr. Bonn, 2. Auflage, 6. aktualisierte Ausgabe (2020).

Deutsche Gesellschaft für Ernährung e.V. Positionspapier Richtwerte für die Energiezufuhr aus Kohlenhydraten und Fett. Bonn 2011.

Deutsches Ärzteblatt. Empfehlungen der Deutschen Gesellschaft für Ernährung in der Kritik. 23. Januar 2017; <https://www.aerzteblatt.de/nachrichten/72608/> (abgerufen am 20.04.2021).

Deutsches Ärzteblatt. Neue Ernährungsregeln: Mehr Fett, weniger Kohlenhydrate könnten Sterblichkeit verringern. 5. September 2017; <https://www.aerzteblatt.de/nachrichten/77869/> (abgerufen am 20.04.2021).

Dehghan M et al. Prospective Urban Rural Epidemiology (PURE) study investigators. Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): a prospective cohort study.

Seidelmann SB, Claggett B, Cheng S, Henglin M, Shah A, Steffen LM, Folsom AR, Rimm EB, Willett WC, Solomon SD. Dietary carbohydrate intake and mortality: a prospective cohort study and meta-analysis. *Lancet Public Health* 2018; 3(9):e419-e428.

- Shan Z, Guo Y, Hu FB, Liu L, Qi Q. Association of low-carbohydrate and low-fat diets with mortality among US adults. *JAMA Intern Med* 2020; 180(4):513-523.
- Shan Z, Li Y, Baden MY, Bhupathiraju SN, Wang DD, Sun Q, Rexrode KM, Rimm EB, Qi L, Willett WC, Manson JE, Qi Q, Hu FB. Association between healthy eating patterns and risk of cardiovascular disease. *JAMA Intern Med* 2020; 180(8):1090-1100.
- Reynolds A, Mann J, Cummings J, Winter N, Mete E, Te Morenga L. Carbohydrate quality and human health: a series of systematic reviews and meta-analyses. *Lancet* 2019; 393(10170):434-445.
- Wolfram G, Bechthold A, Boeing H, Ellinger S, Hauner H, Kroke A, Leschik-Bonnet E, Linseisen J, Lorkowski S, Schulze M, Stehle P, Dinter J; German Nutrition Society. Evidence-based guideline of the German nutrition society: fat intake and prevention of selected nutrition-related diseases. *Ann Nutr Metab* 2015; 67(3):141-204.
- Mach F, Baigent C, Catapano AL, Koskinas KC, Casula M, Badimon L, Chapman MJ, De Backer GG, Delgado V, Ference BA, Graham IM, Halliday A, Landmesser U, Mihaylova B, Pedersen TR, Riccardi G, Richter DJ, Sabatine MS, Taskinen MR, Tokgozoglu L, Wiklund O; ESC Scientific Document Group. 2019 ESC/EAS guidelines for the management of dyslipidaemias: lipid modification to reduce cardiovascular risk. *Eur Heart J* 2020; 41(1):111-188.
- Chowdhury R, Warnakula S, Kunutsor S, Crowe F, Ward HA, Johnson L, Franco OH, Butterworth AS, Forouhi NG, Thompson SG, Khaw KT, Mozaffarian D, Danesh J, Di Angelantonio E. Association of dietary, circulating, and supplement fatty acids with coronary risk: a systematic review and meta-analysis. *Ann Intern Med* 2014; 160(6):398-406.
- de Souza RJ, Mente A, Maroleanu A, Cozma AI, Ha V, Kishibe T, Uleryk E, Budyłowski P, Schünemann H, Beyene J, Anand SS. Intake of saturated and trans unsaturated fatty acids and risk of all cause mortality, cardiovascular disease, and type 2 diabetes: systematic review and meta-analysis of observational studies. *BMJ* 2015; 351:h3978. DOI: 10.1136/bmj.h3978
- Wang DD, Li Y, Chiuve SE, Stampfer MJ, Manson JE, Rimm EB, Willett WC, Hu FB. Association of specific dietary fats with total and cause-specific mortality. *JAMA Intern Med* 2016; 176(8):1134-1145.
- Hooper L, Summerbell CD, Thompson R, Sills D, Roberts FG, Moore HJ, Smith GD. Reduced or modified dietary fat for preventing cardiovascular disease. *Sao Paulo Med J* 2016; 134(2):182-183.
- Hooper L, Martin N, Jimoh OF, Kirk C, Foster E, Abdelhamid AS. Reduction in saturated fat intake for cardiovascular disease. *Cochrane Database Syst Rev* 2020; 5(5):CD011737. Update in: *Cochrane Database Syst Rev* 2020; 8:CD011737.
- Mensink RP. Effects of stearic acid on plasma lipid and lipoproteins in humans. *Lipids* 2005; 40(12):1201-1205.
- Koch K. Herz-Kreislauf-Erkrankungen: Entlastung für das Frühstücksei. *Dtsch Arztebl* 1999; 96(19): A-123.

Gerste RD. Ernährung: Verzehr von Eiern nicht mit erhöhtem Risiko für kardiovaskuläre Ereignisse assoziiert. Dtsch Arztebl 2020; 117(15): A-778.

Zhong VW, Van Horn L, Cornelis MC, Wilkins JT, Ning H, Carnethon MR, Greenland P, Mentz RJ, Tucker KL, Zhao L, Norwood AF, Lloyd-Jones DM, Allen NB. Associations of dietary cholesterol or egg consumption with incident cardiovascular disease and mortality. JAMA 2019; 321(11):1081-1095.

Ruggiero E, Di Castelnuovo A, Costanzo S, Persichillo M, De Curtis A, Cerletti C, Donati MB, de Gaetano G, Iacoviello L, Bonaccio M; Moli-sani Study Investigators. Egg consumption and risk of all-cause and cause-specific mortality in an Italian adult population. Eur J Nutr 2021; im Druck.

Zhuang P, Wu F, Mao L, Zhu F, Zhang Y, Chen X, Jiao J, Zhang Y. Egg and cholesterol consumption and mortality from cardiovascular and different causes in the United States: A population-based cohort study. PLoS Med 2021; 18(2):e1003508.

Dehghan M, Mente A, Rangarajan S, Mohan V, Lear S, Swaminathan S, Wielgosz A, Seron P, Avezum A, Lopez-Jaramillo P, Turbide G, Chifamba J, AlHabib KF, Mohammadifard N, Szuba A, Khatib R, Altuntas Y, Liu X, Iqbal R, Rosengren A, Yusuf R, Smuts M, Yusufali A, Li N, Diaz R, Yusoff K, Kaur M, Soman B, Ismail N, Gupta R, Dans A, Sheridan P, Teo K, Anand SS, Yusuf S. Association of egg intake with blood lipids, cardiovascular disease, and mortality in 177,000 people in 50 countries. Am J Clin Nutr 2020; 111(4):795-803.

Sagan C. The Demon-Haunted World: Science as a Candle in the Dark. Random House, New York 1995