

UGBforum



Literaturliste zum Beitrag:

Vegane Sporternährung – Top versorgt?

Dr. Mareike Großhauser

De Bortoli MC, Cozzolino SM. Zinc and selenium nutritional status in vegetarians. Biol. Trace. Elem. Res. 2009; 127 (3): 228-33.

Wirnitzer K. et al. Prevalence in running events and running performance of endurance runners following a vegetarian or vegan diet compared to non-vegetarian endurance runners: the NURMI Study. Springerplus. 2016 Apr 14; 5: 458.

Furhman J., D. Ferreri. Fueling the Vegetarian (Vegan) Athlete. Curr. Sports Med. Rep., Vol. 9, 4, 233-241.

Wilson B. Nutrition behaviors, perceptions, and beliefs of recent marathon finishers. The Phys Sport med, 2016, 44, 3, 242-251.

Craddock J., Probst Y. et Peoples G. Vegetarian and Omnivorous Nutrition – Comparing Physical Performance. Int J Sport Nutr Exerc. Metab, 2016, 26, 212-220.

Position of the American Dietetic Association: Vegetarian Diets. Journal of the American Dietetic Associatoin, 2009.

Position of the Academy of Nutrition and Dietetics: Vegetarian Diets. Journal of the Academy of Nutrition and dietetics, 2016.

Position der Deutschen Gesellschaft für Ernährung e.V. (DGE). Vegane Ernährung, 2016.

Van Vliet S., Burd N. et Van Loon L. The Skeletal Muscle Anabolic Response to Plant- versus Animal-Based Protein Consumption. J Nutr, 2015; 145: 1981-91.

Messina M., Redmond G. Effects of soy protein and soybean isoflavones on thyroid function in healthy adults and hypothyroid patients: A review of the relevant literature. Thyroid. 2006; 16: 249-258.

Messina M. Soy and Health Update: Evaluation of the Clinical and Epidemiologic Literature. Nutrients 2016, 8, 754.

Rizzo NS, Sabaté J. Jaceldo-Siegl K+, Fraser GE. Vegetarian dietary patterns are associated with a lower risk of metabolic syndrome: The Adventist Health Study 2. Diabetes Care. 2011; 34 (5): 1225-1227.

UGBforum



Barnard ND, Katcher HI, Jenkins DJ, Cohen J., Turner-McGrievy G. Vegetarian and vegan diets in type 2 diabetes management. Nutr Rev. 2009; 67(5): 255-263.

Appleby PN, Davey GK, Key TJ. Hypertension and blood pressure among meat eaters, fish eaters, vegetarians and vegans in EPIC-Oxford. Public Health Nutr. 2002; 5(5): 645-654.

Tonstad S, Stewart K, Oda K, Barech M, Herring RP, Fraser GE. Vegetarian diets and incidence of diabetes in the Adventist Health Study 2. Nutr Metab Cardiovasc Dis. 2013; 23(4): 292-299.

Tantanmango-Bartley Y, Jaceldo-Siegl K, Fan J., Fraser G. Vegetarian diets and the incidence of cancer in a low-risk population. Cancer Epidemiol Biomarkers Prev. 2013; 22(2): 286-294.

World Cancer Research Fund. Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective. Washington, DC: American Institute for Cancer Research; 2007.

Teixeira VH, Valente H, Casal S, Marques F, Moreira P. Antioxidants do not prevent postexercise peroxidation and may delay muscle recovery. Med. Sci. Sports. Exerc. 2009; 41(9): 1752-60.

Lamprecht M, Hofmann P, Greilberger JF, Schwaberger G. Increased lipid peroxidation in trained men after 2 weeks of antioxidant supplementation. Int. J. Sport. Nutr. Exerc. Metab. 2009; 19(4): 385-99