



Diabete mellito di tipo 2 e nutrizione

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23 maggio 2017

A giraffe with a very large, inflated body, standing in a savanna landscape under a cloudy sky. The giraffe's body is significantly larger than normal, with a very large, rounded belly and thick, inflated-looking legs. The background shows a typical savanna with dry grass and scattered acacia trees.

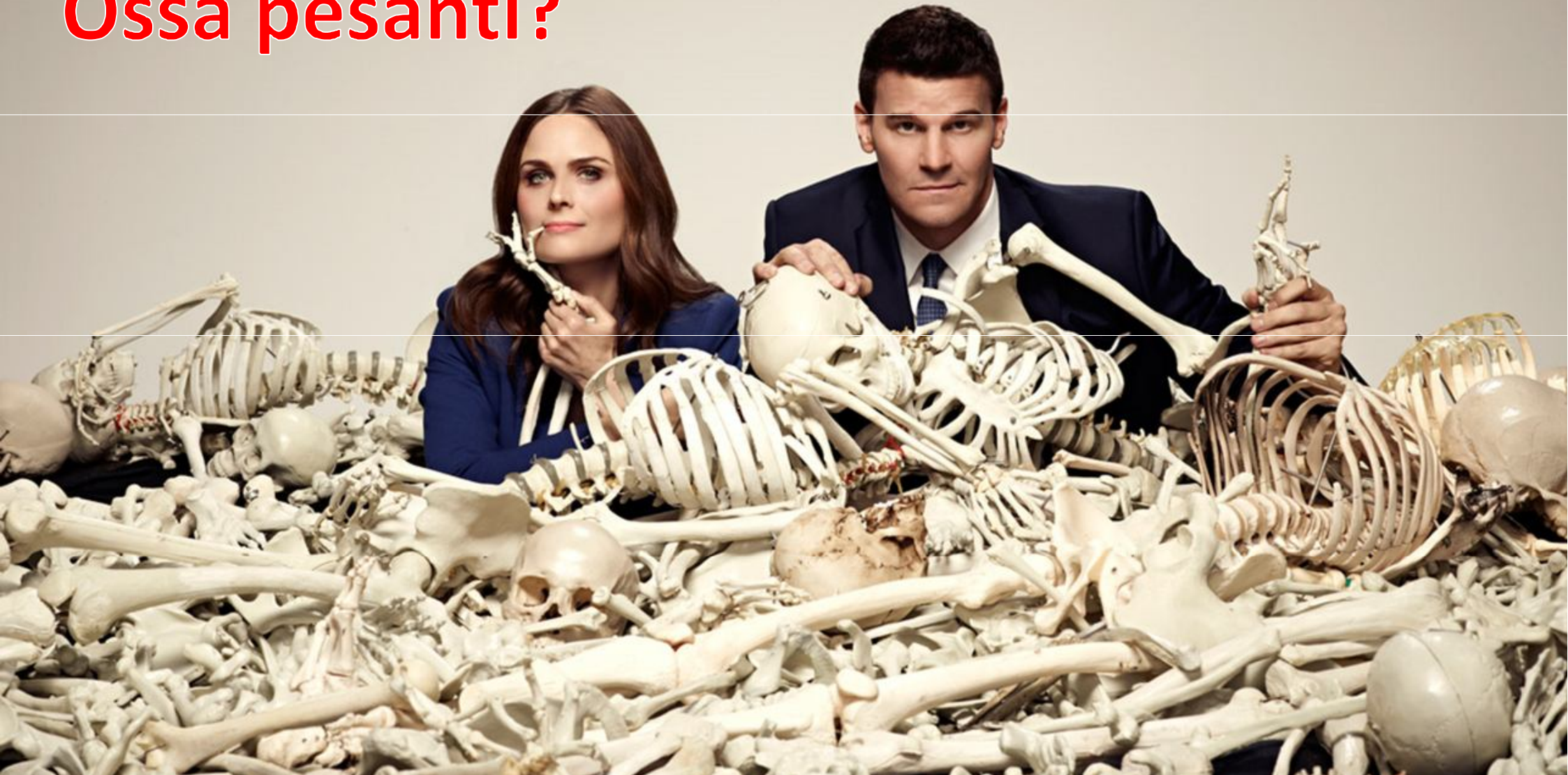
Diabete Mellito di Tipo 2 e Nutrizione

Dalla Piramide Alimentare
A Quella Delle Priorità

Perché Ingrassiamo?



Ossa pesanti?





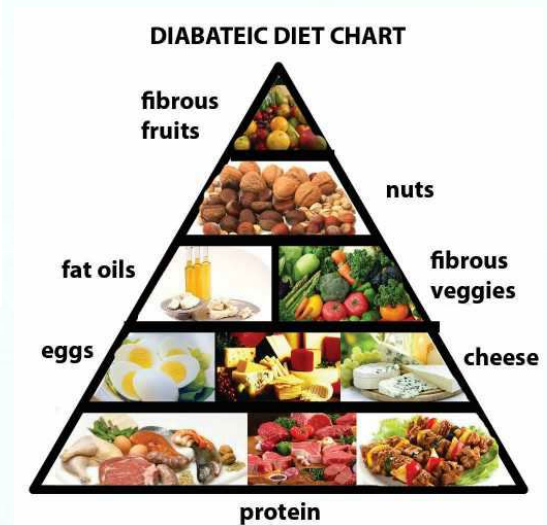
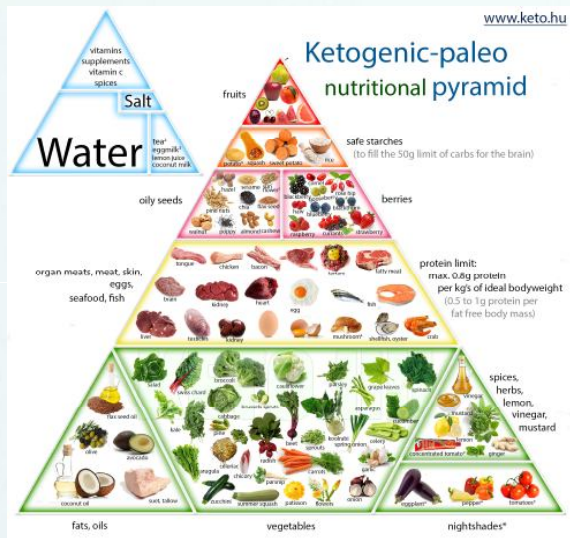
**Metabolismo
Lento?**

Sedentarietà?





Fast Food?



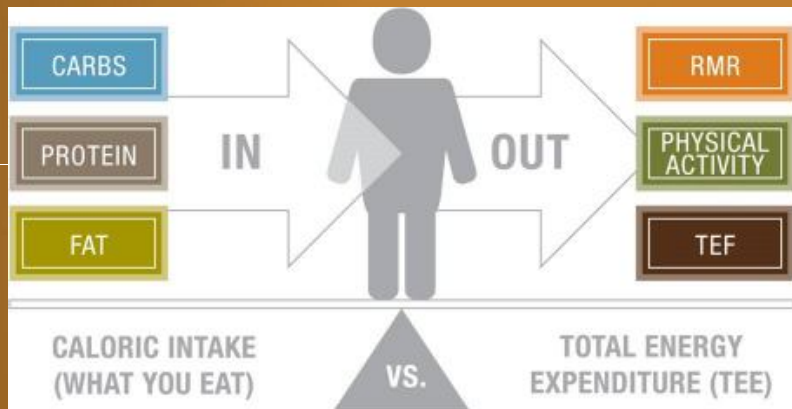
Piramide Alimentare Sbagliata?

Isn't Weight Loss All About **Calories**?

Doctors answer common questions.



IL PESO E' DETERMINATO ESCLUSIVAMENTE



I'm on a diet.
(Of great tasting food)

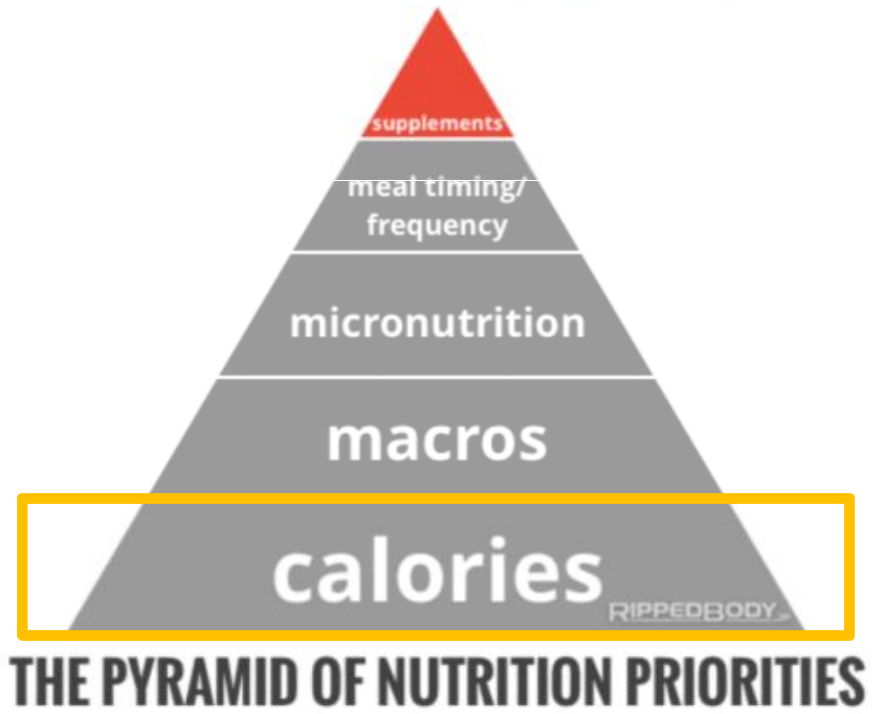


DAL BILANCIO CALORICO...!

NON ESISTE SOVRAPPESO



IN REGIMI ALIMENTARI IPOCALORICI



DIABETES

BMR

BMI & BSA Calculator	
Questions	
Gender	Male
Weight	179 lbs
Height	69 inches
Age	35 years old
Gender	Lightly Active
Results	
BMR	1823 calories/day
RMR	1737 calories/day
Daily Calorie Needs	2507 calories
Additional Information	
Life Style: Lightly Active Light exercise or sports 1-3 days a week Basal Metabolic Rate: 2507 Resting Metabolic Rate: 2389	



CALCULATE BASAL METABOLIC RATE

WOMEN:

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$$

MEN:

$$66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in years})$$

#DIDYOUKNOW

BASAL METABOLIC RATE

n. The number of calories you burn if you stayed in bed all day



InBody



+

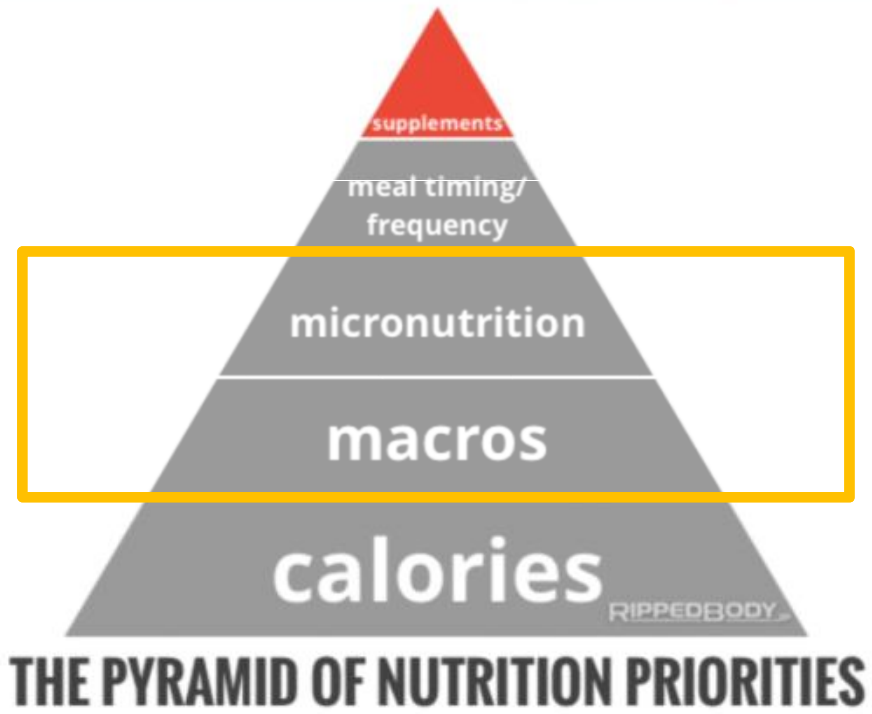


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MANAGEMENT DEL PESO



“That’s all Folks!”



DIABETES



Nutrition Facts
Serving Size: 1 Heaping Tbps. (7g)
Servings Per Container: About 50

Amount Per Serving	
Calories 30	Calories from Fat 9

Total Fat 1g	% Daily Value
Medium Chain Triglycerides	2%
Cholesterol 0mg	
Sodium 0mg	.65%
Total Ca	
Dietary	
Prote	

Ingredients



Proteine
1 – 1,5 g/Kg

40%



Grassi
0,5 – 1 g/Kg

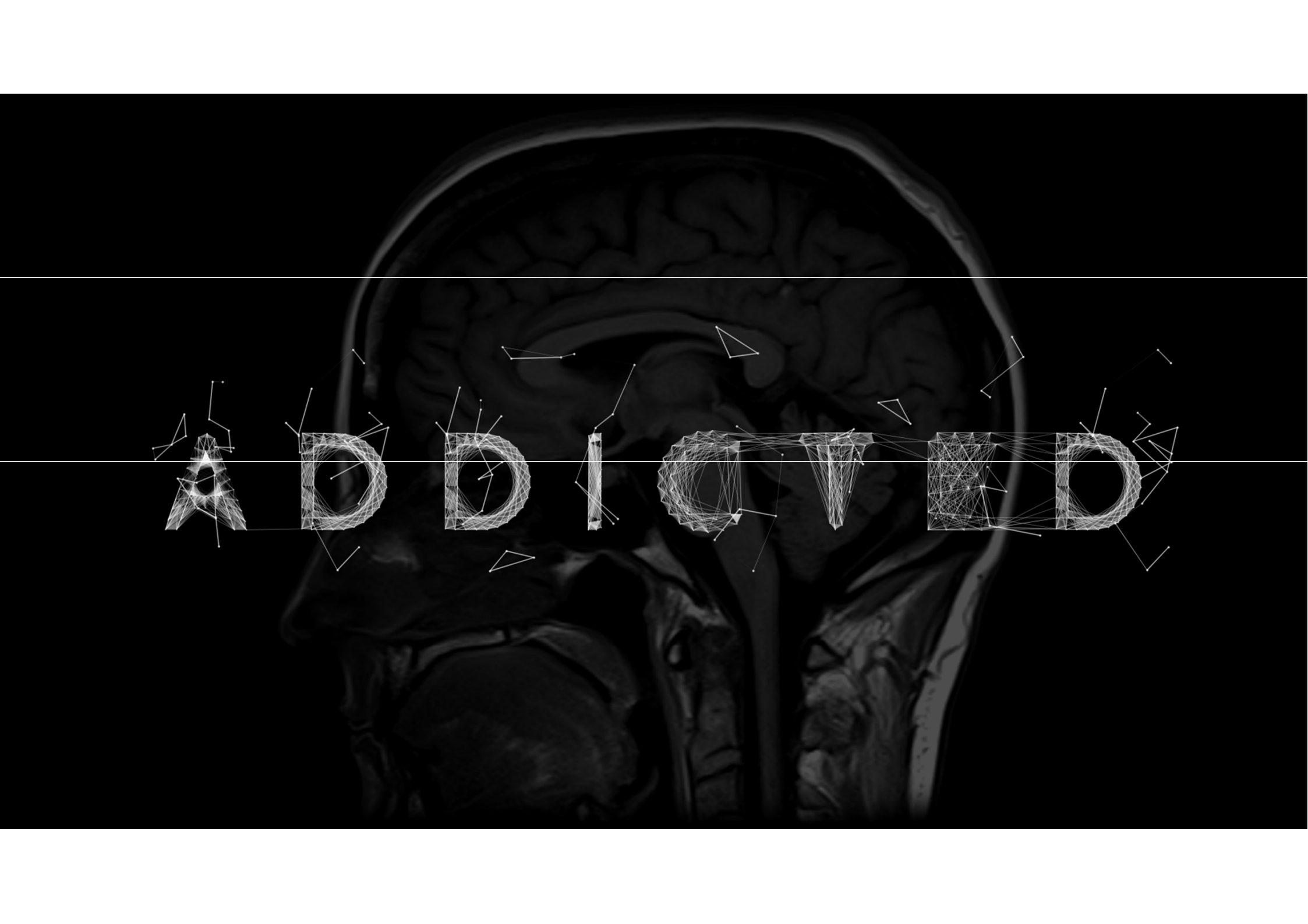
20%



A large assortment of various breads including baguettes, rolls, croissants, and breadsticks. The breads are arranged on a light-colored surface, showcasing a wide variety of shapes and textures. Some are golden brown, while others are darker, indicating different baking styles or ingredients. The assortment includes long, thin breadsticks, small round rolls, crescent-shaped croissants, and several types of baguettes, some whole and some sliced to show the interior crumb.

Carboidrati

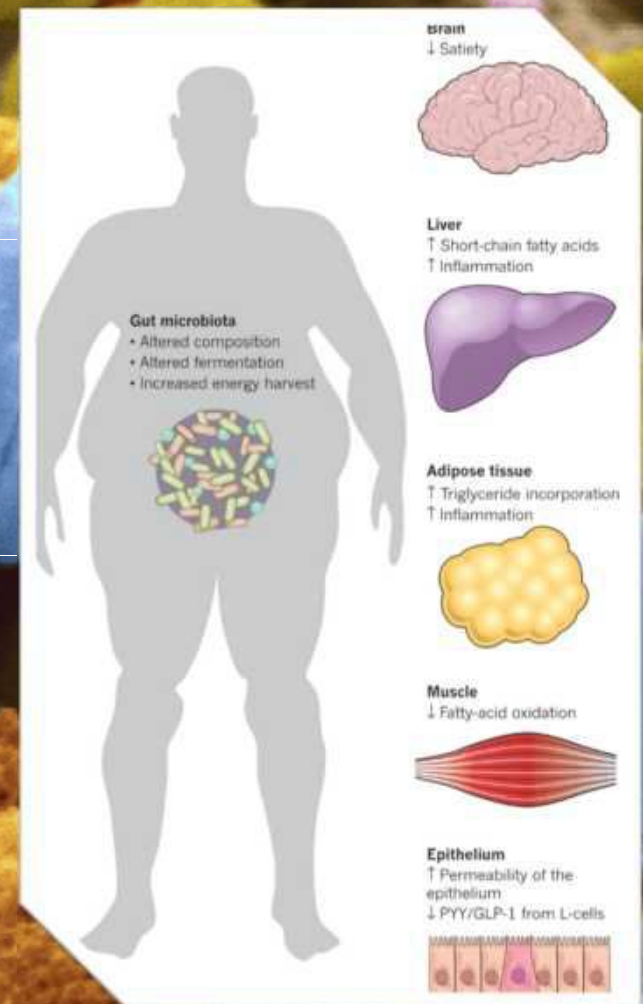
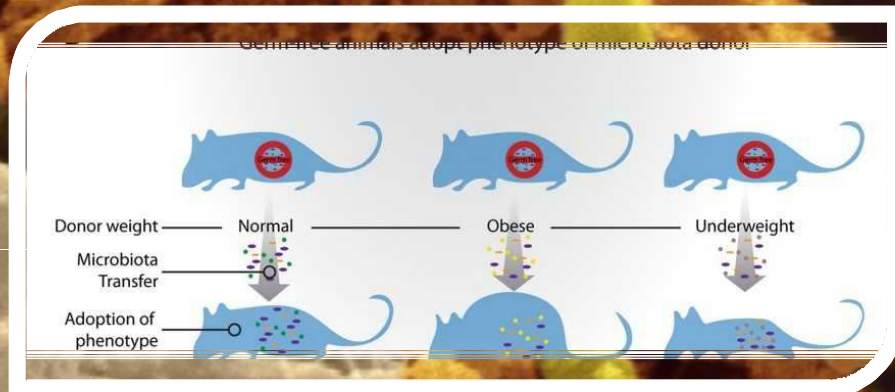
40%



ADDICTION



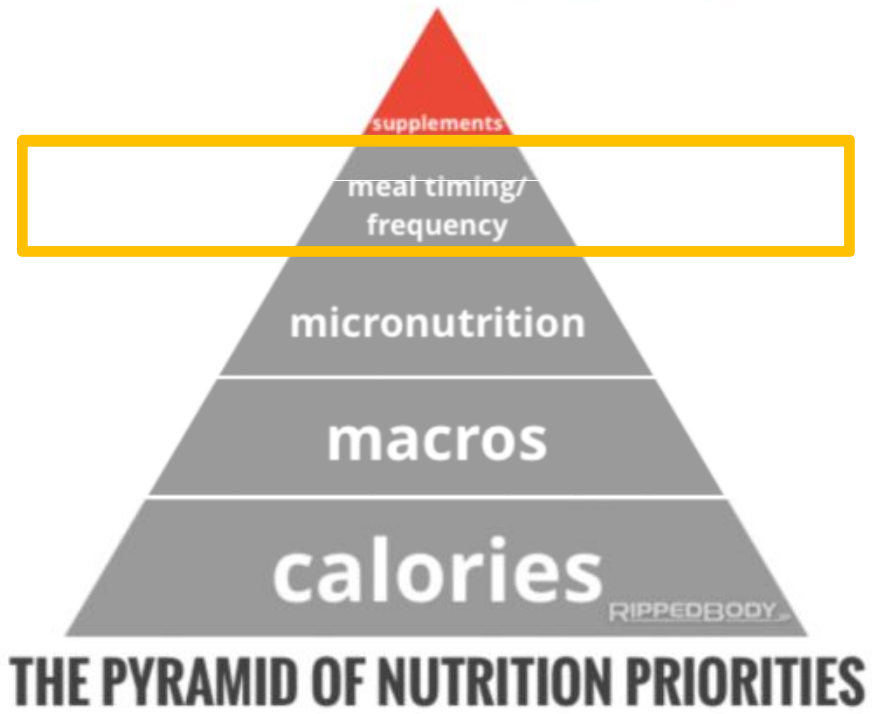




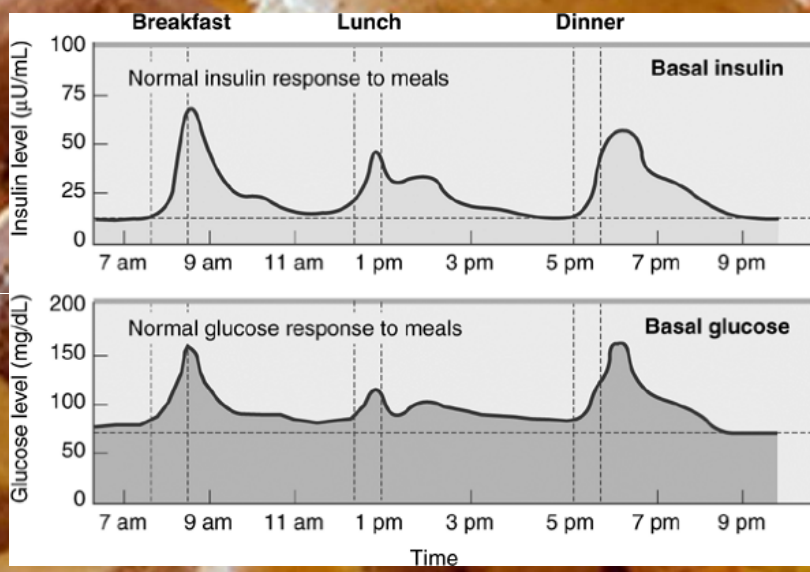
Gut Microbiota Dysbiosis

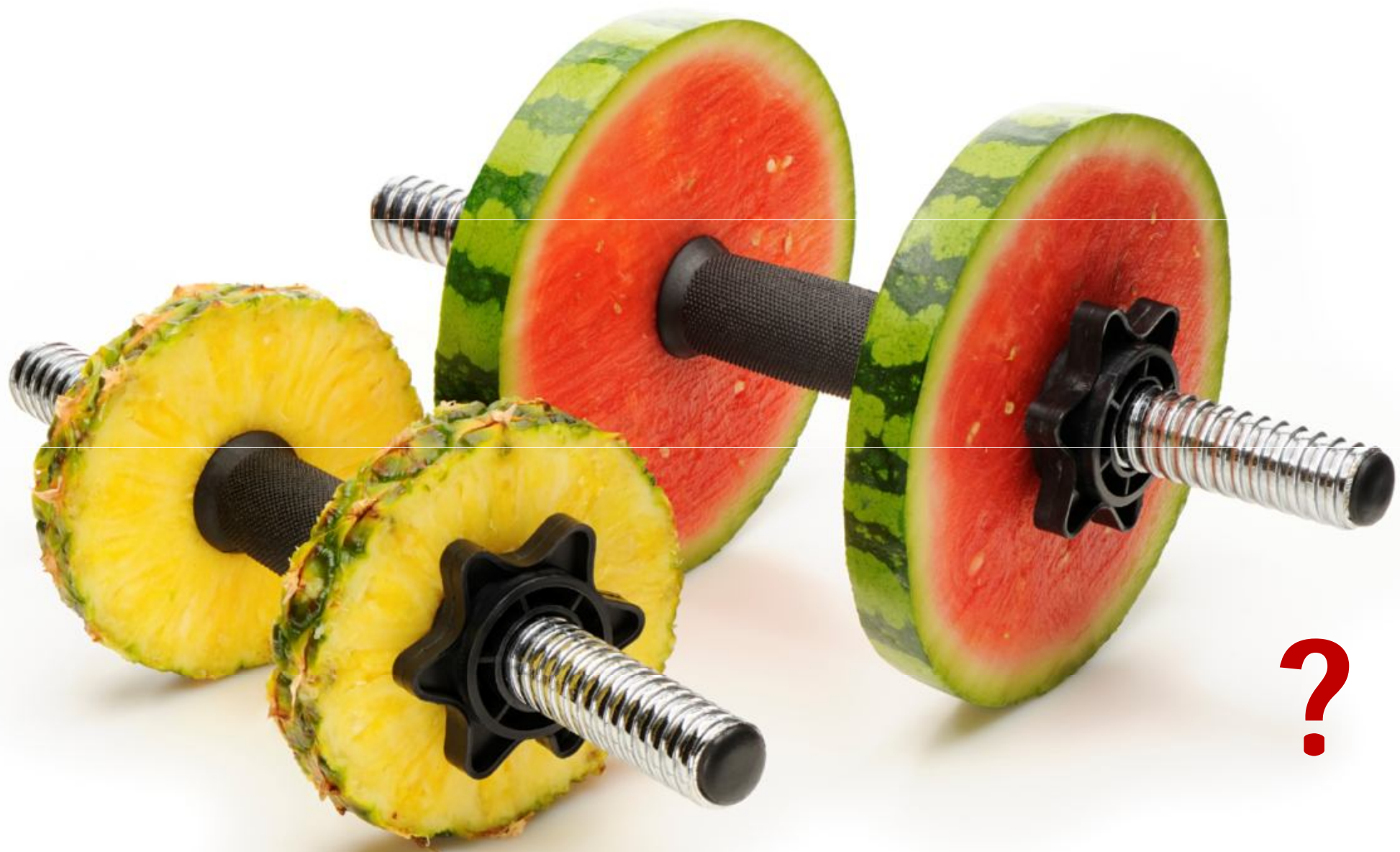
Micronutrienti Fibre





DIABETES



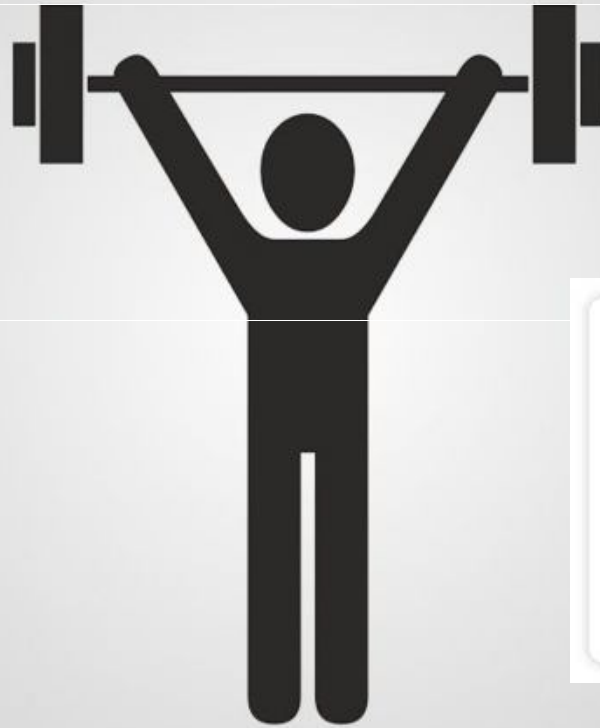


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**L'ATTIVITA'
AEROBICA**

L'ATTIVITA' AEROBICA



AUMENTA IL DISPENDIO CALORICO...

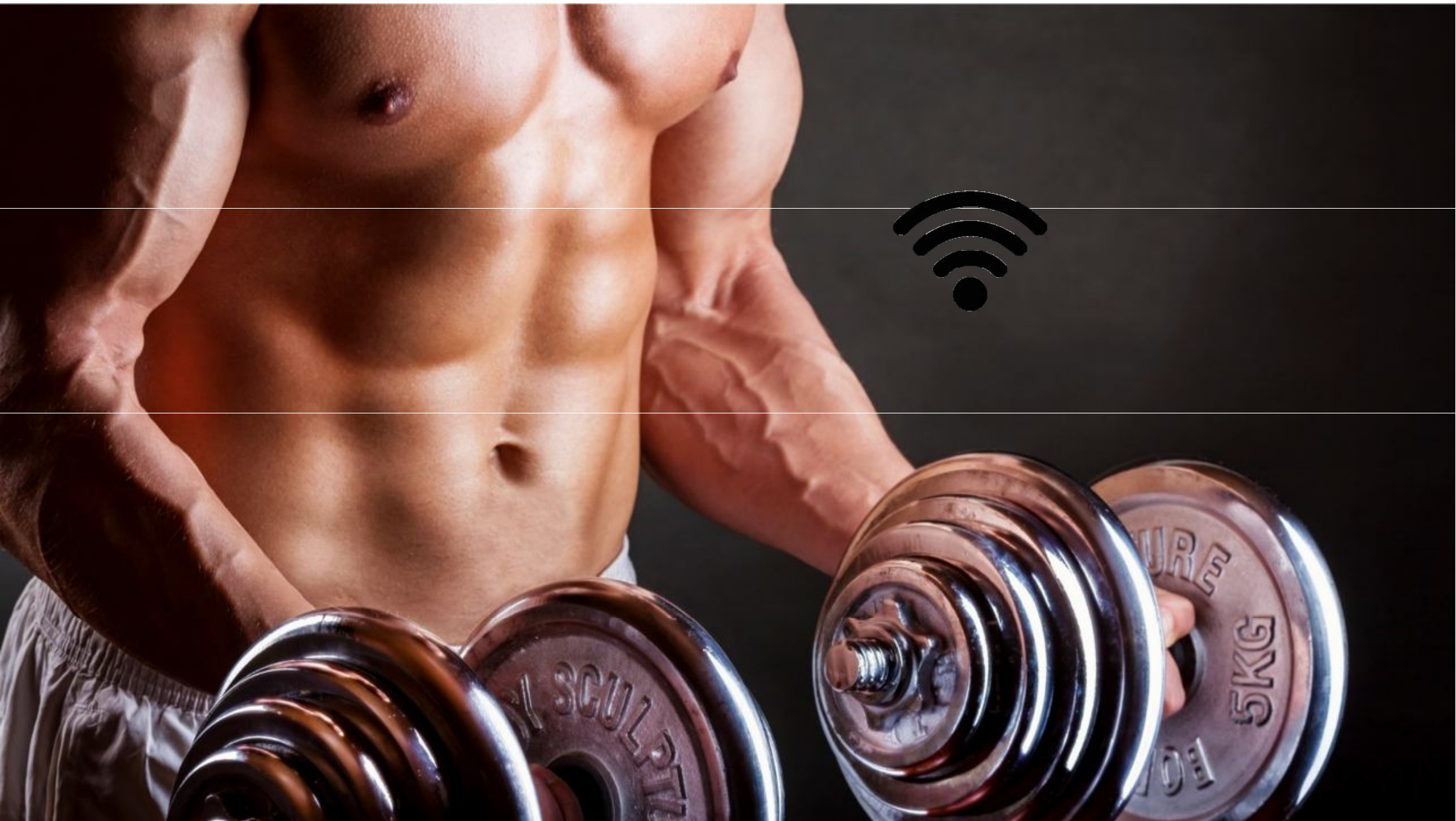
L'ATTIVITA' ANAEROBICA



L'ATTIVITA' ANAEROBICA



AUMENTA IL TROFISMO MUSCOLARE

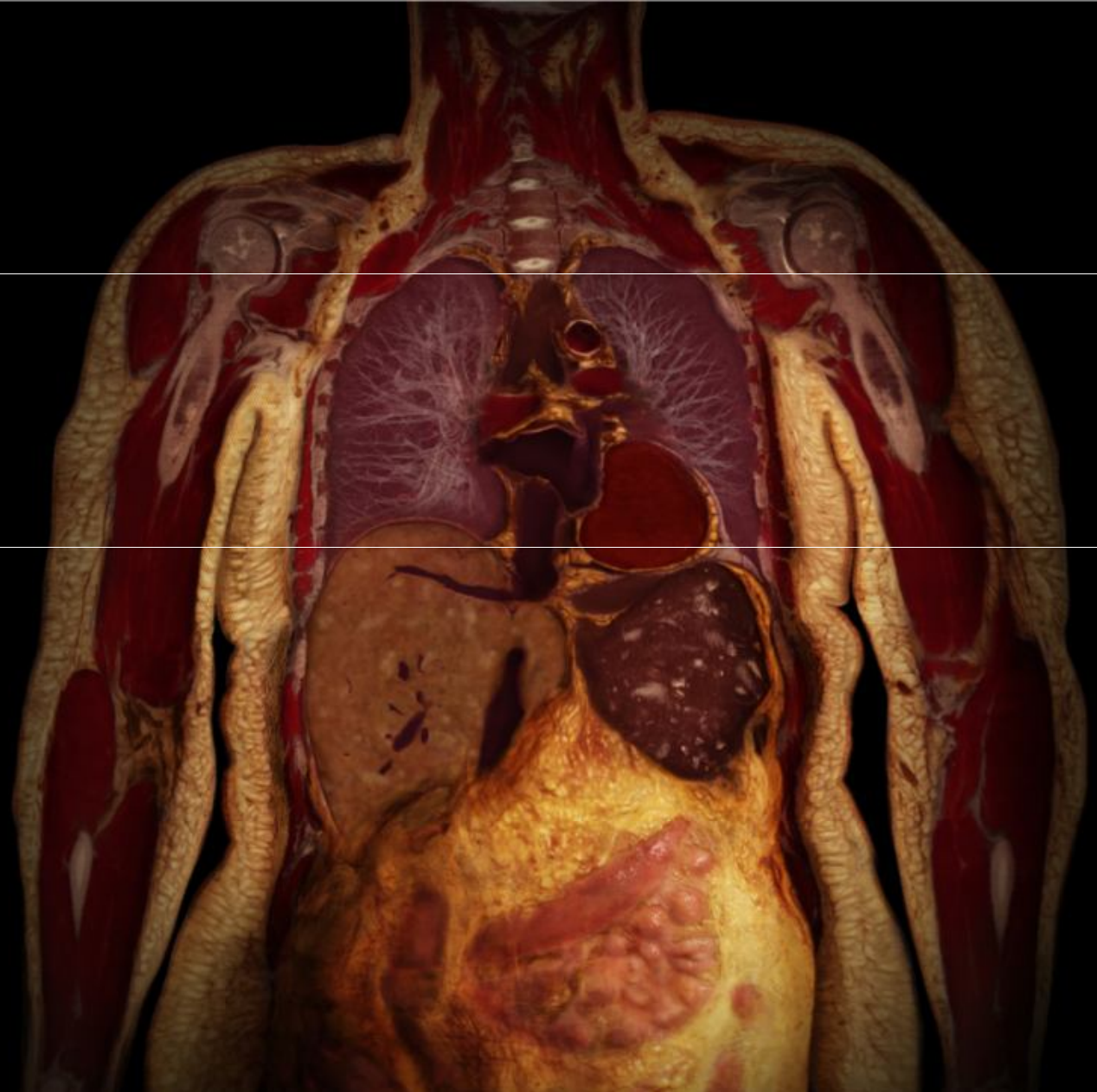




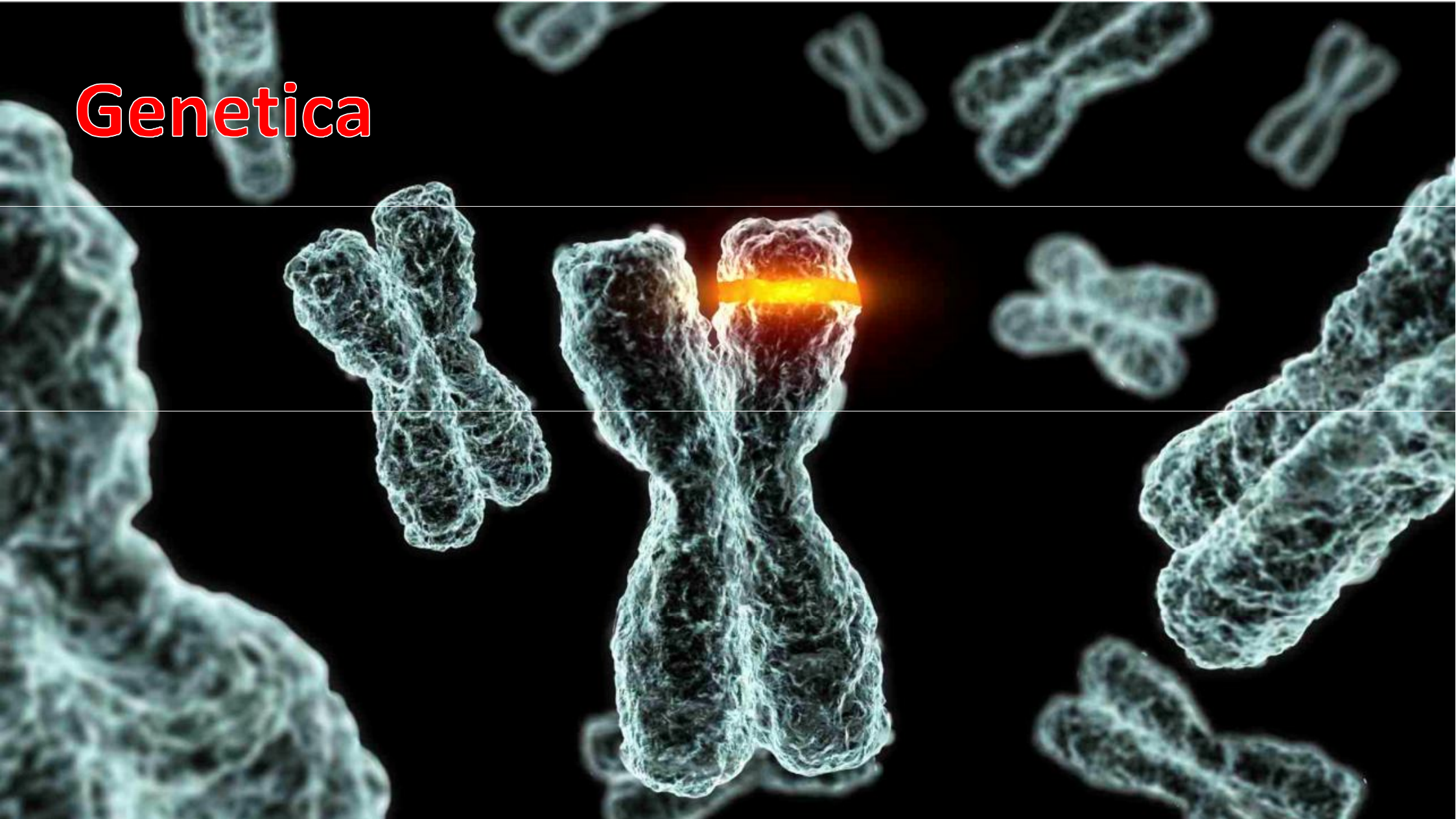
**DAL GRASSO
VISCERALE...**

**ATTRAVERSO
L'INSULINORESISTENZA**

**...AL DIABETE DI
TIPO 2**

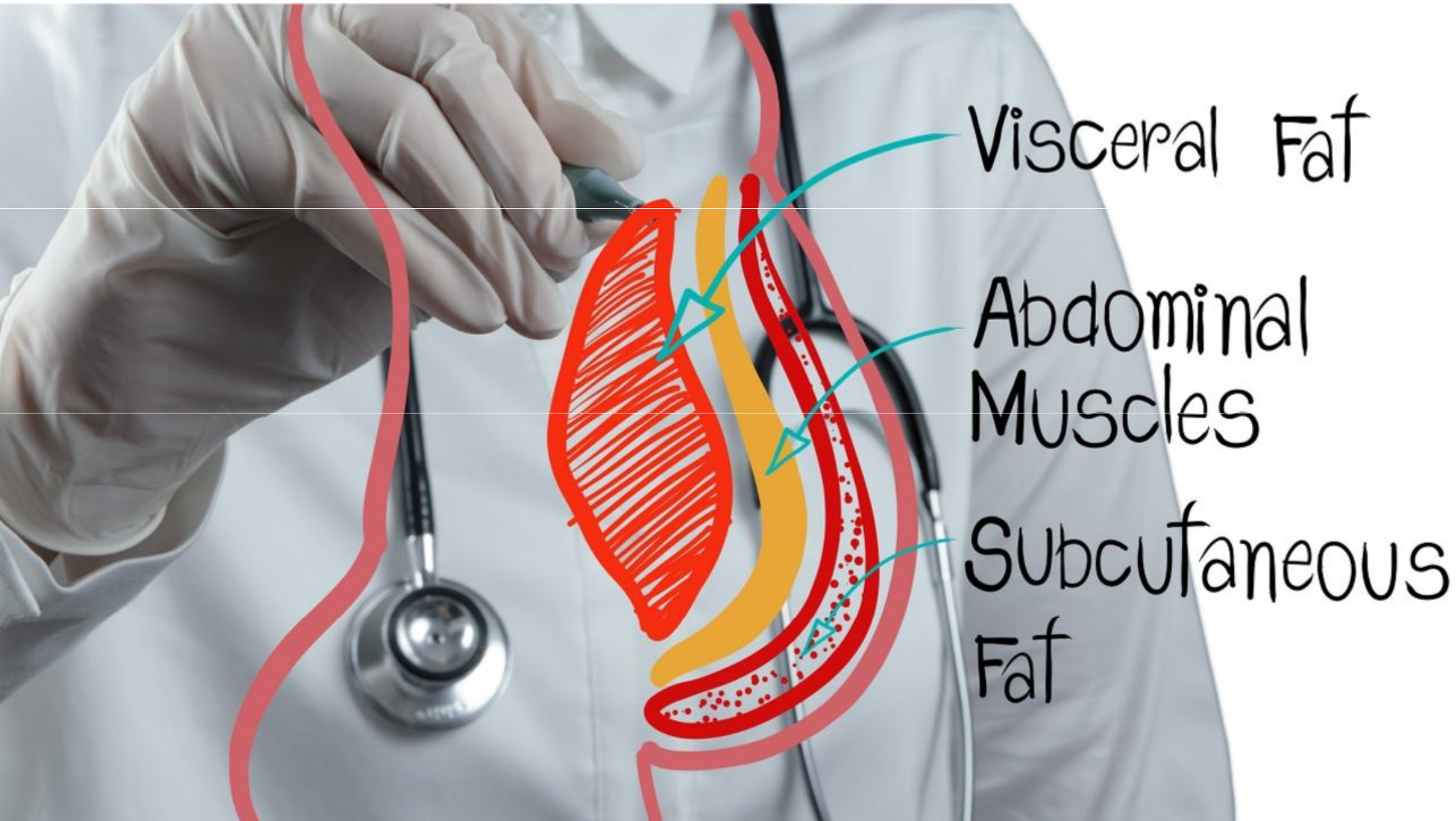


Genetica



Sovrappeso





Visceral Fat

Abdominal
Muscles

Subcutaneous
Fat

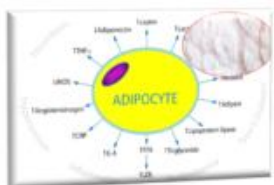
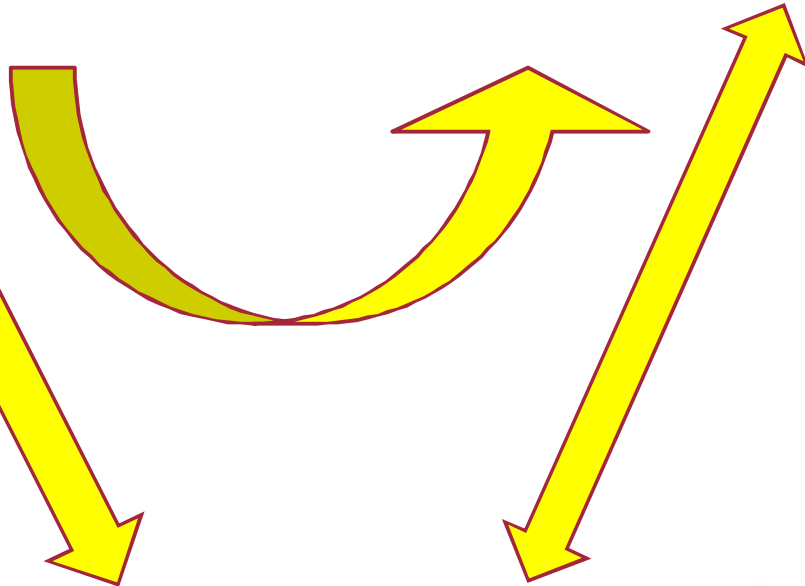
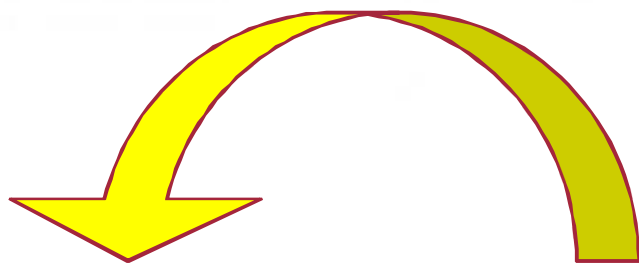
INSULINO RESISTENZA

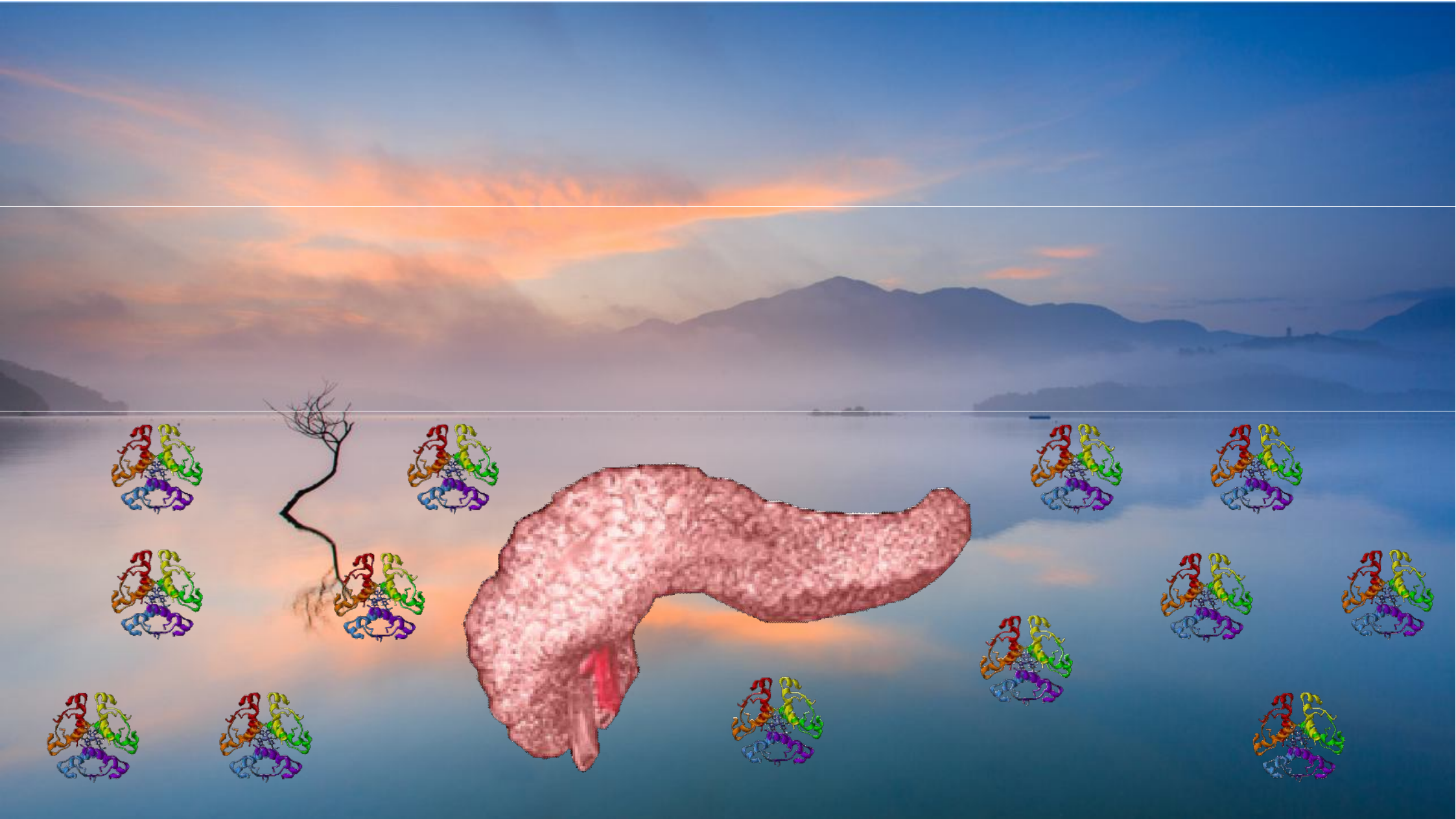


Sovrappeso

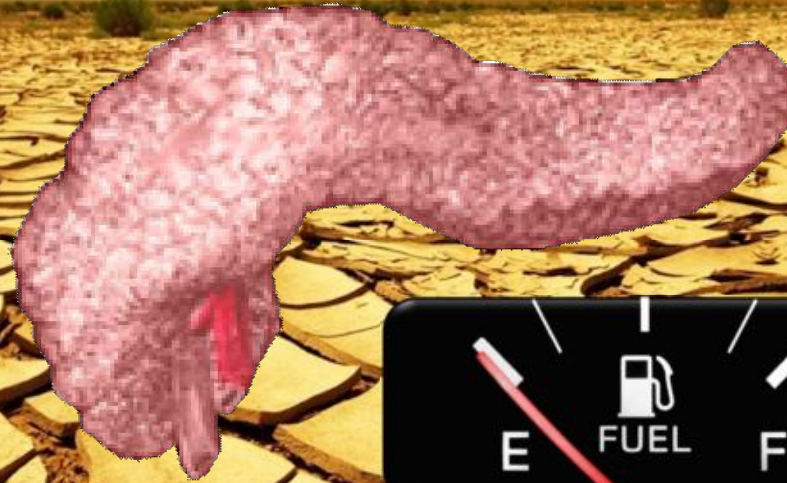
Iperinsulinemia

Insulinoresistenza





THE EXHAUSTION CYCLE



Diabetes
Just Ahead

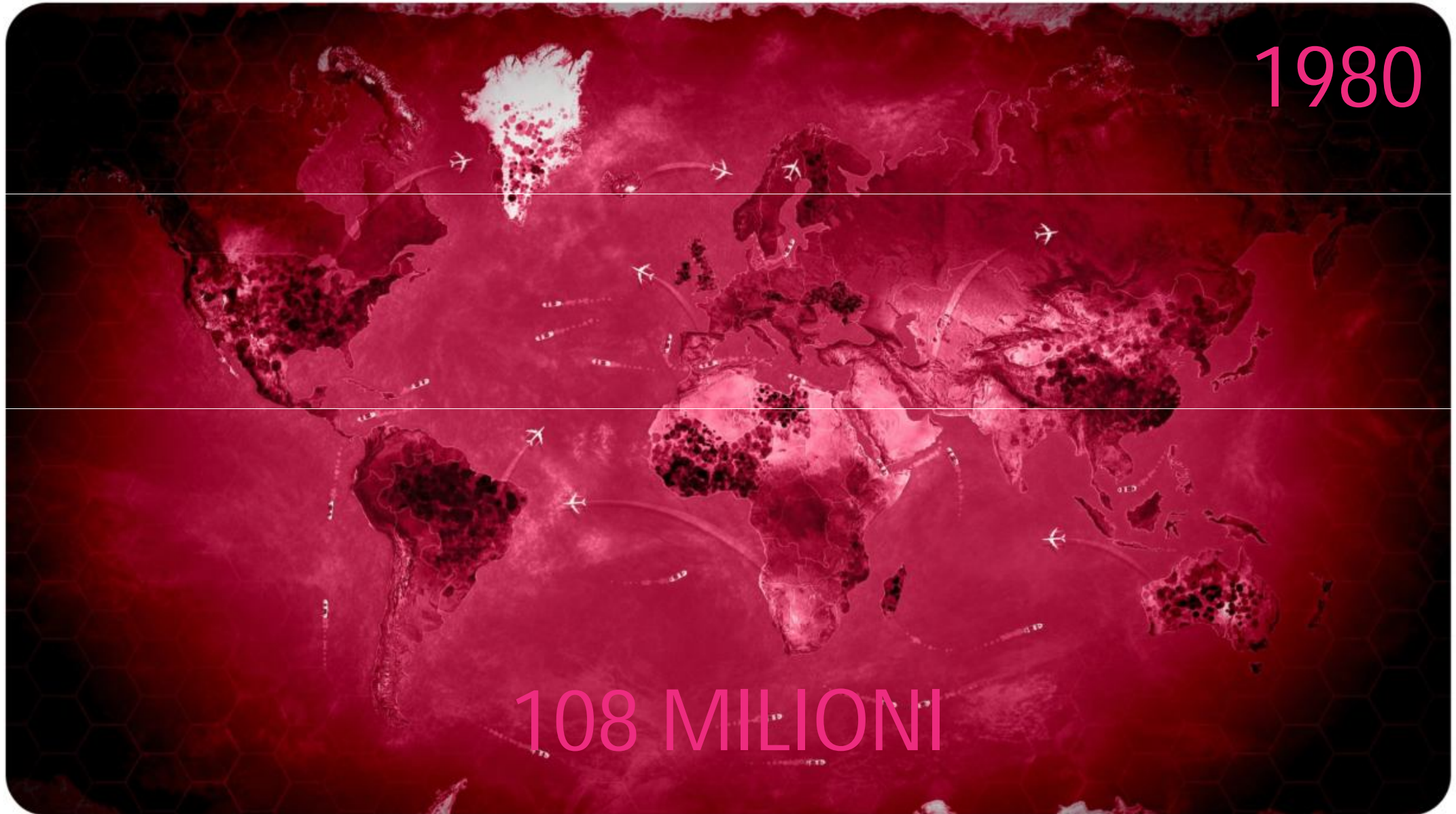
Too
much
sugar



NutritionFacts.org

1980

108 MILIONI



2015

44

60

35

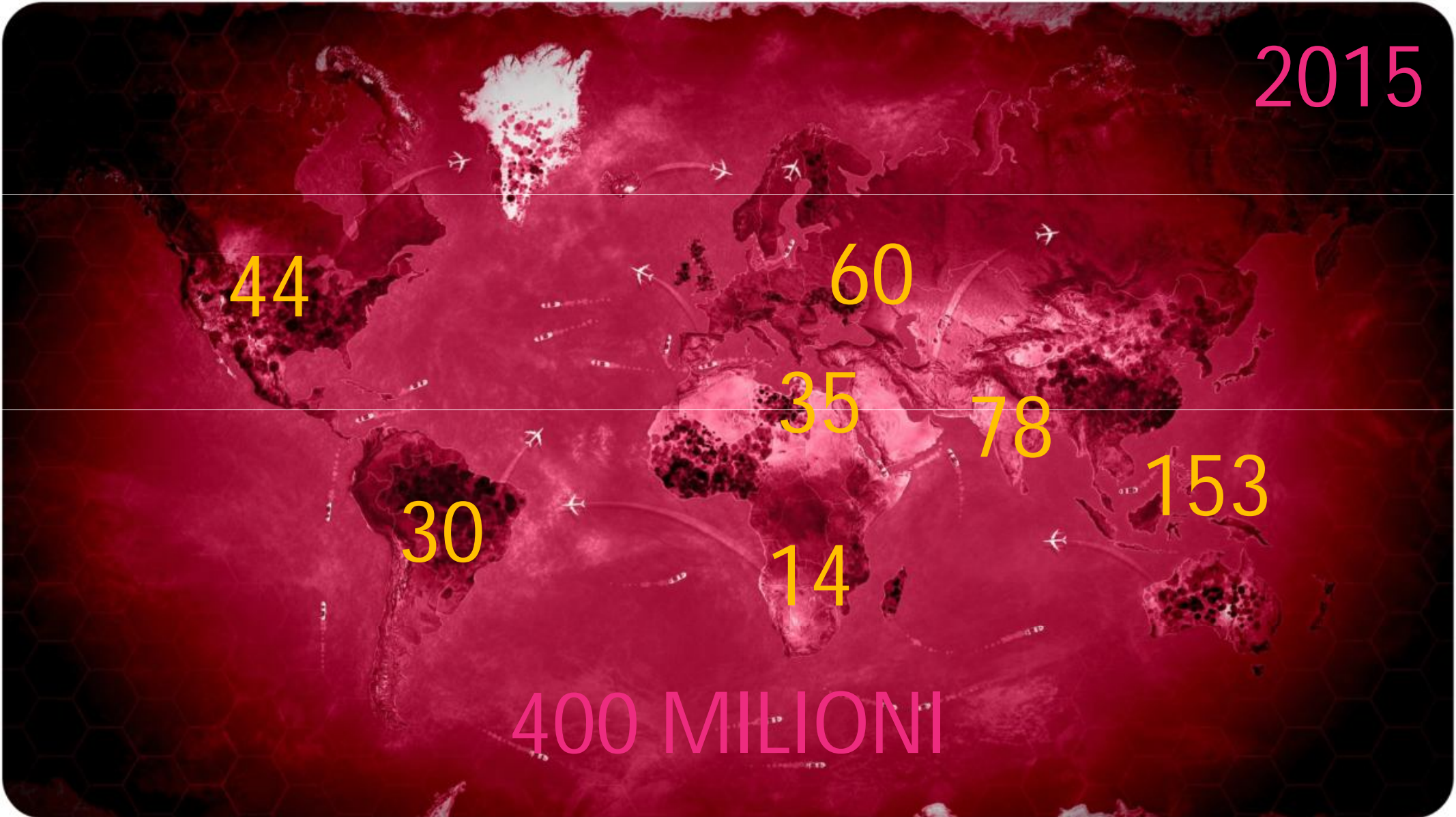
78

153

30

14

400 MILIONI



2040

60

71

72

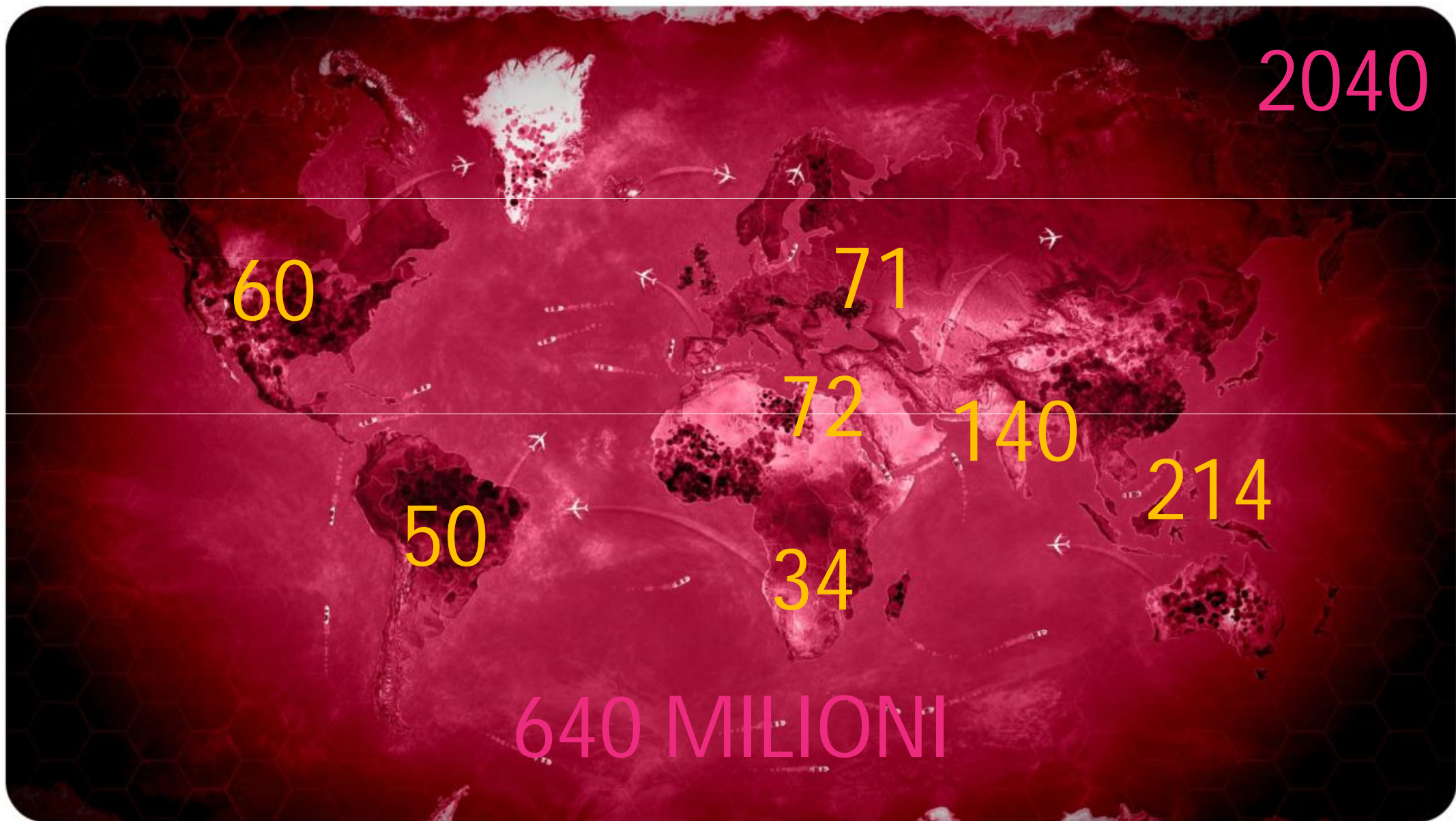
140

214

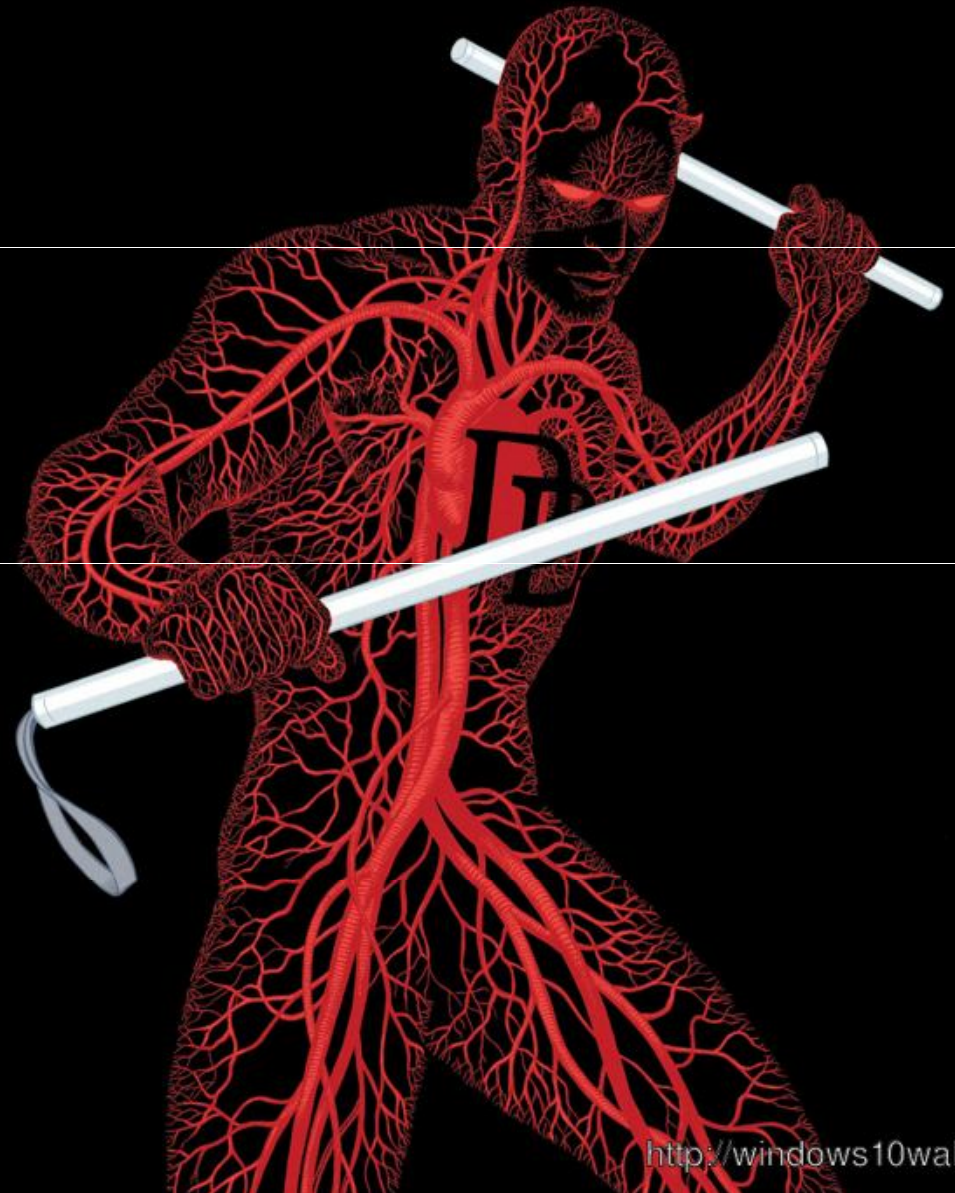
50

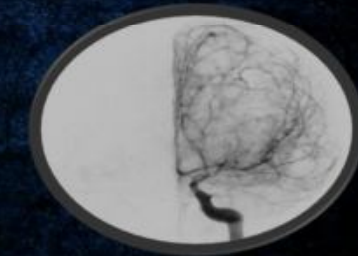
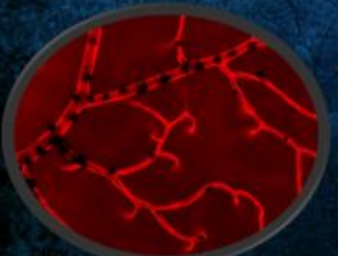
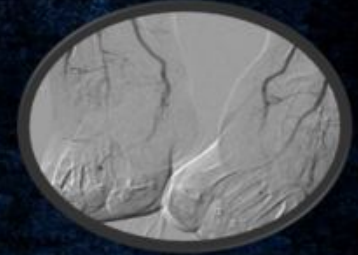
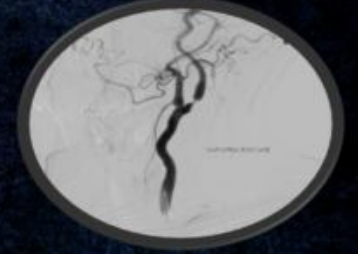
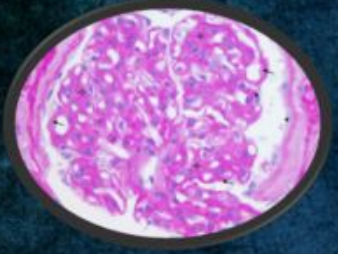
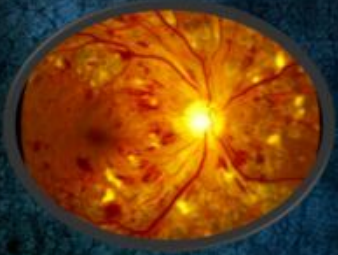
34

640 MILIONI



Malattia vascolare a genesi metabolica

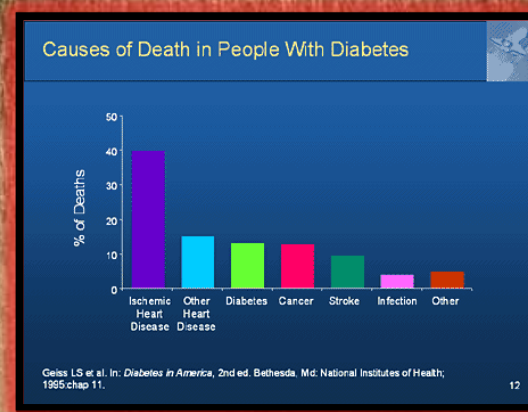




Complicanze MICROVASCOLARI



50 – 60% dei pazienti muore di malattia CV



65%

Complicanze MACROVASCOLARI



CV

IPERINSULINEMIA

IPOGLICEMIA

IPERGLICEMIA



**NO HUMANS
ALLOWED**

REPORT PROBLEMS TO 1-866-666-6001 (TOLL FREE)