

Divatdiéták értékelése az orvosi gyakorlatban

Felhasznált irodalom

1. Adaikalakoteswari, A., Finer, S., Voyias, P. D., McCarthy, C. M., Vatish, M., Moore, J., Smart-Halajko, M., Bawazeer, N., Al-Daghrri, N. M., McTernan, P. G., Kumar, S., Hitman, G. A., Saravanan, P., & Tripathi, G. (2015). Vitamin B12 insufficiency induces cholesterol biosynthesis by limiting s-adenosylmethionine and modulating the methylation of SREBF1 and LDLR genes. *Clinical Epigenetics*, 7(1), 14. doi:10.1186/s13148-015-0046-8
2. Alexandre Meybeck, Vincent Gitz. (2017). Sustainable diets within sustainable food systems. *Proceedings of the Nutrition Society*. 76, 1-11. doi:10.1017/S0029665116000653
3. Alicia Parra Carriedo, Antonio Tena-Suck, Miriam Wendolyn Barradas-Márquez, Gladys María Bilbao y Morcelle, Mary Carmen Díaz Gutiérrez, Isabel Flores Galicia, Alejandra Ruiz-Shuayre. (2020). When clean eating isn't as faultless: the dangerous obsession with healthy eating and the relationship between Orthorexia nervosa and eating disorders in Mexican University students. *Journal of Eating Disorders*. 8(54). <https://doi.org/10.1186/s40337-020-00331-2>
4. Allen, A.P., Dinan, G.T., Clarke, G., Cyran, F.J. (2017). A psychology of the human brain-gut-microbiome axis. *Social and Personality Psychology Compass*. 11(4); e12309.
5. Altobelli E, Del Negro V, Angeletti PM, et al. (2017). Low-FODMAP Diet Improves Irritable Bowel Syndrome Symptoms: A Meta-Analysis. *Nutrients*. 9(9):940. doi: 10.3390/nu9090940.
6. Andrea M Liceage. (2019). Approaches for Utilizing Insect Protein for Human Consumption: Effect of Enzymatic Hydrolysis on Protein Quality and Functionality. *Annals of the Entomological Society of America*. 112(6), 529-532. <https://doi.org/10.1093/aesa/saz010>
7. Andrew D Jones, Lesli Hoey, Jennifer Blesh, Laura Miller, Ashley Green, Lilly Fink Shapiro Author Notes. (2016). A Systematic Review of the Measurement of Sustainable Diets. *Advances in Nutrition*. 7(4). 641-664. <https://doi.org/10.3945/an.115.011015>
8. Aradvári-Szabolcs Mariann, Dr. Mák Erzsébet, Végvári Szabolcs Viktória: Menopauza – változó kor, változó szükséglet, Book Kiadó Kft., Budapest, 2021.
9. Aszama Evelyn, Szmodis Márta. Esztétikum kontra produktum: Lehet-e a táncművész intuitív evő? *Új Diéta* 2021/3. pp. 20-24.
10. Avalos, L. C., & Tylka, T. L. (2006). Exploring a model of intuitive eating with college women. *Journal of Counseling Psychology*, 53(4), 486–497. <https://doi.org/10.1037/0022-0167.53.4.486>
11. B. A. Rumpold and O. K. Schlüter. (2013). Nutritional composition and safety aspects of edible insects. *Molecular Nutrition & Food Research*, vol. 57, 802–823.
12. Balogh P. (2016). Egy alternatív fehérjeforrás értékelése: A rovarfogyasztás kihívásai és lehetőségei. Élelmiszer, Táplálkozás és Marketing. XII. éve. 2/2016.
13. Barbara Rolls Ph.D. (2013). Ultimate Volumetrics Diet. Harper Collins Publisher.
14. Bartholomae, E., Incollingo, A., Vizcaino, M., Wharton, C., & Johnson, C. S. (2019). Mung Bean Protein Supplement Improves Muscular Strength in Healthy, Underactive Vegetarian Adults. *Nutrients*, 11(10), 2423. <https://doi.org/10.3390/nu11102423>
15. Berg, G., Rybakova, D., Fischer, D., Cemava, T., Vergès, M.-C. C., Charles, T., Chen, X., Cocolin, L., Eversole, K., Corral, G. H., Kazou, M., Kinkel, L., Lange, L., Lima, N., Loy, A., Macklin, J. A., Maguin, E., Mauchline, T., McClure, R., Schloter, M. (2020). Microbiome definition re-visited: Old concepts and new challenges. *Microbiome*, 8(1), 103. <https://doi.org/10.1186/s40168-020-00875-0>
16. Bhavani BA, Padma T. et al. (2005). The insertion I/deletion D polymorphism of angiotensin converting enzyme (ACE) gene increase the susceptibility to hypertension and/or diabetes. *Int. J. Hum. Genet.* 5:247–52. 10.
17. Boursier J., Mueller O., Barret M. et al. (2016). The severity of nonalcoholic fatty liver disease is associated with gut dysbiosis and shift in the metabolic function of the gut microbiota, in *Hepatology*. 63(3) pp. 776-775.
18. Brock Bastian. (2021). Prescribing vegetarian or flexitarian diets leads to sustained reduction in meat intake. *Appetite*. 164. 105285.
19. Brodie C. Dakin, Ann Ee Ching, Elliot Teperman, Christoph Klebl, Michoel Moshel, Bokkens, S.G.F. (1997): The nutritional value of edible insects. *Ecology of Food and Nutrition*. 36. p. 287–319.
20. C. XiaoMing, F. Ying, Z. Hong and C. ZhiYong. (2008). Review of the nutritive value of edible insects. *Food and Agriculture Organization of the United Nations (FAO)*. ISBN: 9789251064887
21. Cadena-Schlamp L, López-Guimerà G. (2015). Intuitive eating: An emerging approach to eating behavior. *Nutr. Hosp.* 31(3):995–1002. doi:10.3305/nh.2015.31.3.7980.
22. Campbell, T. C. (2019). History of the Term 'Whole Food, Plant-Based.' Center for Nutrition Studies. <https://nutritionstudies.org/history-of-the-term-whole-food-plant-based/> Catherine A. Forestell. (2018). Flexitarian Diet and Weight Control: Healthy or Risky Eating Behavior? *Front. Nutr.* 5(59). <https://doi.org/10.3389/fnut.2018.00059>
23. Chang, L., & Nowell, A. (2016). How to make a stone soup: is the “paleo diet” a missed opportunity for anthropologists? *Evolutionary Anthropology*, 228-231.
24. Chen, Z., Nano, J., Zuurmond, M. G., van der Schaft, N., Wijnhoven, H. A. H., Ikram, M. A., Franco, O. H., & Voortman, T. (2018). Plant versus animal based diets and insulin resistance, prediabetes and type 2 diabetes: the Rotterdam Study. *European Journal of Epidemiology*, 33(9), 883–893. <https://doi.org/10.1007/s10654-018-0414-8>
25. Csajbókné Dr. Csobod Éva: Áruismeret in: Dr. Tátrai-Németh Katalin, Erdélyi-Sipos Alíz (szerk): *Közétkészítők Kézikönyve* SpringMed Kiadó, Budapest 2018. 3.2. pp. 56-77.
26. D. A. Tzompa-Sosa, L. Yi, H. J. F. van Valenberg, M. A. van Boekel and C. M. Lakemond. (2014). Insect lipid profile: aqueous versus organic solvent-based extraction methods. *Food Research International*, vol. 62, 1087-1094.
27. Dasingner, M.L., Gleason, J.A., Griffith, J.L., Selker, H.P., Schaefer, E.J. (20005). Comparison of the Atkins, Ornish, Weight Watchers, and Zone Diets for Weight Loss and Heart Disease Risk Reduction. *JAMA*. 293:43-53.
28. Dawson, S. L., Dash, S. R., & Jacka, F. N. (2016). The Importance of Diet and Gut Health to the Treatment and Prevention of Mental Disorders. *International Review of Neurobiology*, 131, 325–346. <https://doi.org/10.1016/bs.irn.2016.08.009>
29. Deng Y, Misselwitz B, Dai N, et al. (2015). Lactose Intolerance in Adults: Biological Mechanism and Dietary Management. *Nutrients*. 7: 8020-8035
30. Divella, R., Daniele, A., Savino, E., & Paradiso, A. (2020). Anti-cancer Effects of Nutraceuticals in the Mediterranean Diet: An Epigenetic Diet Model. *Cancer genomics & proteomics*, 17(4), 335–350. doi:10.21873/cgp.20193
31. Dr. Dean Ornish : Dr. Dean Ornish's Program for reversing heart disease. 2010. IVY BOOKS, New York.

32. Dr. Natasha Campbell-McBride (2005). Gut and Psychology Syndrome. Medinform Publishing. United Kingdom.
33. Dr. Shawn Baker (2019). Húsevő diéta – A Carnivore Módszer. Victory Belt Publishing Inc.
34. Dwyer E. (2018). The 3 steps of the FODMAP diet. Monash University.
35. E. Zielińska, B. Baraniak, M. Karaś, K. Rybczyńska and A. Jakubczyk. (2015). Selected species of edible insects as a source of nutrient composition. Food Research International, vol. 77, 460-466.
36. Eaton SB. (2006). The ancestral human diet: what was it and should it be a paradigm for contemporary nutrition?, Proc Nutr Soc. 65(1):1-6.
37. Eiishi A. Miyasaka et al. (2013). Enteral nutrient-deprivation, via total parenteral nutrition asministration leads to local mucosal inflammatory responses in Journal Immunology. 190(12). pp. 6607-6615.
38. Emma J. Derbyshire. (2017). Flexitarian Diets and Health: A Review of the Evidence-Based Literature. Front. Nutr. 3(55). <https://doi.org/10.3389/fnut.2016.00055>
39. Erdei G. et al: Országos Táplálkozás és Tápláltsági Állapot Vizsgálat 2014. – I. A magyar felnőtt lakosság tápláltsági állapota, Orvosi Hetilap 2017. 158.évf. 14.sz. 533-540.o. Vitrai József , Bakacs Márta , Varsányi Péter Hazai egészség pillanatkép 2017 Egészségejlesztés, LVIII. évfolyam, 2017. 4. szám
40. Faith A.Manditsera, Pieter Nel A.Luning, VincenzoFogliano, Catriona M.M.Lakemond. (2019). Effect of domestic cooking methods on protein digestibility and mineral bioaccessibility of wild harvested adult edible insects. Food Research International. 121: 404-411. <https://doi.org/10.1016/j.foodres.2019.03.052>
41. FAO: Dietary guidelines and sustainability. <http://www.fao.org/nutrition/education/fooddietary-guidelines/background/sustainable-dietary-guidelines/en/>
42. Fernando, H.A.; Zibellini, J.; Harris, R.A.; Seimon, R.V.; Sainsbury, A. (2019). Effect of Ramadan Fasting on Weight and Body Composition in Healthy Non-Athlete Adults: A Systematic Review and Meta-Analysis. Nutrients. 11, 478
42. Fiatal S, Szigethy E. et al. (2011). Insertion/deletion polymorphism of angiotensin-1 converting enzyme is associated with metabolic syndrome in Hungarian adults. J. Renin-Angiotensin-Aldosterone Syst. 12(4):531–538. 11.
43. Finch, G.M.; Day, J.E.; Welch, D.A.; Rogers, P.J. (1998). Appetite changes under free-living conditions during Ramadan fasting. Appetite. 31, 159–170
44. Fivian, E. and Wood, C. (2019). The roles of social media, clean eating and self-esteem in the risk of disordered eating: A pilot study of self-reported healthy eaters. International Journal of Food, Nutrition and Public Health. 10(1), pp. 28-39.
45. Francois Mariotti. (2017). Vegetarian and Plant-Based Diets in Health and Disease Prevention. ISBN: 978-0-12-803968-7
46. Freire, R. (2020). Scientific evidence of diets for weight loss: Different macronutrient composition, intermittent fasting, and popular diets. Nutrition. 69. <https://doi.org/10.1016/j.nut.2019.07.001>
47. Gardner, C.D., Kiazzand, A., Alhassan, S., Kim, S., Stafford R.S., Balise, R.R., Kraemer, C.H., King. A.C. (2007). Compasiron of the Atkins, Zone, Ornish, and LEARN Diets for Change in Weight and Related Risk Factors Among Overweight Premenopausal Women. JAMA. 297:9. 969-977.
48. Gere A., Radványi D., Héberger K. (2019). Which insect species can best be proposed for human consumption? Innovative Food Science & Emerging Technologies. 52, 358-367. <https://doi.org/10.1016/j.ifset.2019.01.016>
49. Gibson PR, Shepherd SJ. (2005). Personal view: food for thought—western lifestyle and susceptibility to Crohn's disease. The FODMAP hypothesis. Aliment Pharmacol Ther. 21: 1399-1409.
50. Hajek, P.; Myers, K.; Dhanji, A.R.; West, O.; McRobbie, H. (2012). Weight change during and after Ramadan fasting.J. Public Health. 34, 377–381
51. Hall, K. D., & Guo, J. (2017). Obesity Energetics: Body Weight Regulation and the Effects of Diet Composition. Gastroenterology, 152(7), 1718–1727. <https://doi.org/10.1053/j.gastro.2017.01.052>
52. Hannah Wozniak, Christophe Larpin, Carlos de Mestral, Idris Guessous, Jean-Luc Reny, Silvia Stringhini. (2020). Vegetarian, pescatarian and flexitarian diets: sociodemographic determinants and association with cardiovascular risk factors in a Swiss urban population. British Journal of Nutrition. 124, 844-852
53. Heidi M Staudacher, Kimberly N Harer. (2018). When clean eating goes dirty. The Lancet Gastroenterology & Hepatology. 3:3, P668
54. Herbert BM, Blechert J, Hautzinger M, Matthias E, Herbert C. (2013). Intuitive eating is associated with interoceptive sensitivity. Effects on body mass index. Appetite. 70:22–30. doi:10.1016/j.appet.2013.06.082.
55. Herold, G. (2017). Belgyógyászat. Medicina. Budapest.
56. Hornyák Beatrix: (L)Étvágý –az evés és a túlsúly pszichológiája, in Logisztika 2017/5. pp. 100-109.
57. <http://www.okostanyer.hu/okostanyer-felnott>
58. https://alimento.blog.hu/2018/05/02/gaps_308
59. <https://gallfood.hu/carnivore/>
60. <https://gapsdiet.hu/gaps-etrend/teljes-gaps-etrend/>
61. <https://health.usnews.com/best-diet/volumetrics-diet>
62. <https://merokanal.hu/hirek/eheto-rovarok-uj-elelmiszerek-tudomanyos-ertekesele/>
63. <https://www.gaps.me/gaps-what-is-it.php>
64. <https://www.healthline.com/nutrition/carnivore-diet>
65. <https://www.stopbeingconfusedabouthealth.com/shawn-bakers-bloodwork-carnivore-diet-explained-full/>
66. <https://www.webmd.com/diet/a-z/volumetrics-what-it-is>
67. Huminiecki, L., Horbańczuk, J., & Atanasov, A. G. (2017). The functional genomic studies of curcumin. Seminars in cancer biology, 46, 107–118. doi:10.1016/j.semcancer.2017.04.002
68. J. Ramos-Elorduy, J. M. P. Moreno, E. E. Prado, M. A. Perez, J. L. Otero and O. L. de Guevara. (1997). Nutritional Value of Edible Insects from the State of Oaxaca, Mexico, Journal of Food Composition and Analysis, vol. 10, pp. 142-157.
69. Jääskeläinen, A. Schwab, U. Kolehmainen, M. J. Pirkola J. Järvelin, M.R. Laitinen, J. (2013). Association of meal frequency and breakfast with obesity and metabolic syndrome traits in adolescents of Northern Finland Birth Cohort 1986. Nutrition, Metabolism & Cardiovascular Diseases. 23, 1002e1009
70. Jakse, B., Pinter, S., Jakse, B., Pajek, M. B., & Pajek, J. (2017). Effects of an Ad Libitum Consumed Low-Fat Plant-Based Diet Supplemented with Plant-Based Meal Replacements on Body Composition Indices. Biomed Research International. <https://doi.org/10.1155/2017/9626390>
71. Jönsson T, Lindeberg S et al. (2007). A Palaeolithic diet improves glucose tolerance more than a Mediterranean-like diet in individuals with ischaemic heart disease. Diabetologia. 50, 1795–1807.
72. Jönsson T, Lindeberg S et al. (2010). A paleolithic diet is more satiating per calorie than a mediterranean-like diet in individuals with ischemic heart disease. Nutr Metab (Lond). 30;7:85.
73. Jönsson T, S Lindeberg et al. (2006). A Paleolithic diet confers higher insulin sensitivity, lower C-reactive protein and lower blood pressure than a cereal-based diet in domestic pigs. Nutrition & Metabolism. 3(39)
74. Jönsson T, S Lindeberg et al. (2009). Beneficial effects of a Paleolithic diet on cardiovascular risk factors in type 2 diabetes: a randomized cross-over pilot study. Cardiovascular Diabetology. 8(35), 1-14.
75. Julita Regula , Roksana Jurczak , Joanna Wyka , Sandra Baczyńska. (2018). Assessment of nutrition and nutritional status in women using the high-protein diet in the past. Progress in Nutrition. 20: 2. 212-219. DOI: 10.23751/pn.v20i2.6370
76. Kacie M. Dickinson, Michelle S. Watson, Ivanka Prichard. (2018). Are Clean Eating Blogs a Source of Healthy Recipes? A Comparative Study of the Nutrient Composition of Foods with and without Clean Eating Claims. Nutrients. 10(10), 1440. <https://doi.org/10.3390/nu10101440>

77. Kahleova, H., Dort, S., Holubkov, R., & Barnard, N. D. (2018). A Plant-Based High-Carbohydrate, Low-Fat Diet in Overweight Individuals in a 16-Week Randomized Clinical Trial: The Role of Carbohydrates. *Nutrients*, 10(9), 1302. <https://doi.org/10.3390/nu10091302>
78. Kamiński, M., Skonieczna-Żydecka, K., Nowak, J. K., & Stachowska, E. (2020). Global and local diet popularity rankings, their secular trends, and seasonal variation in Google Trends data. *Nutrition*, 79-80, 110759. doi:10.1016/j.nut.2020.110759
79. Kara N. Denny, Katie Loth, Marla E. Eisenberg,, Dianne Neumark-Sztainer. (2013). Intuitive eating in young adults. Who is doing it, and how is it related to disordered eating behaviors? *Appetite*. 60:1. 13-19.
80. Kemenczei Á., Izsó T., Bognár L., Kasza Gy. (2016). Insects as „new” foods (Rovarok mint „új” élelmiszerek). *Élelmiszervizsgálati Közlemények*. 62(2):1106-1119.
81. Kubczak, M., Szustka, A., & Rogalińska, M. (2021). Molecular Targets of Natural Compounds with Anti-Cancer Properties. *International journal of molecular sciences*, 22(24), 13659. doi:10.3390/ijms222413659
82. Kuipers R.S., Luxwolda M.F., Dijck-Brouwer D.A., Eaton S.B., Crawford M.A., Cordain L., Muskiet F.A. (2010). Estimated macronutrient and fatty acid intakes from an East African Paleolithic diet. *British Journal of Nutrition* 104(11):1666-87.
83. Kul, S.; Sava ş, E.; Öztürk, Z.A.; Karada ğ, G. (2014). Does Ramadan fasting alter body weight and blood lipids and fasting blood glucose in a healthy population? A meta-analysis. *Journal of Religion Health*. 53, 929–942.
84. Lamri-Senhadji, M.Y.; El Kebir, B.; Belleville, J.; Bouchenak, M. (2009). Assessment of dietary consumption and time-course of changes in serum lipids and lipoproteins before, during and after Ramadan in young Algerianadults. *Singapore Med. J.*,50, 288–294.
85. Leahy K, Bachman J. (2014). The Relationship between Intuitive Eating and Postpartum Weight Loss. *J. Acad. Nutr. Diet.* 114(9):A100. doi:10.1016/j.jand.2014.06.345.
86. Lederer, A.-K., Hannibal, L., Hettick, M., Behringer, S., Steinborn, C., Spiekerkoetter, U. & Huber, R. (2019). Vitamin B12 Status Upon Short-Term Intervention with a Vegan Diet — 87. A Randomized Controlled Trial in Healthy Participants. *Nutrients*, 11(11), 2815. <https://doi.org/10.3390/nu11112815>
88. Lessan, N., & Ali, T. (2019). Energy Metabolism and Intermittent Fasting: The Ramadan Perspective. *Nutrients*, 11(5), 1192. doi:10.3390/nu11051192
89. Lessan, N.; Saadane, I.; Alkaf, B.; Hamblly, C.; Buckley, A.J.; Finer, N.; Speakman, J.R.; Barakat, M.T. (2018). The effects of Ramadan fasting on activity and energy expenditure. *Am. J. Clin. Nutr.* 107, 54–61
90. Li Y, Zhong X., Cheng G. et al. (2017). Hs-CPR and all-cause, cardiovascular, and cancer mortality risk: A meta analysis, in *Atherosclerosis*. 9.259. pp 75-82.
91. Lima, C. H. R., Oliveira, I. K. F., Frota, K. M. G., Carvalho, C., Paiava, A. A., Campelo, V., & Martins, M. (2020). Impact of intermittent fasting on body weight in overweight and obese individuals. *Rev Assoc Med Bras* (1992). 66(2), 222-226. doi:10.1590/1806-9282.66.2.222
92. Lippi G, Longo UG. et al. Genetics and sports. *British Medical Bulletin*, 2010. doi:10.1093/bmb/ldp007.
93. M. Fenech et al. (2011). Nutrigenetics and Nutrigenomics: Viewpoints on the Current Status and Applications in Nutrition Research and Practice *J Nutrigenet Nutrigenomics*. 4, 69–89.
94. Malinowski, B., Zalewska, K., Węsierska, A., Sokołowska, M. M., Socha, M., Liczner, G., Wiciński, M. (2019). Intermittent Fasting in Cardiovascular Disorders-An Overview. *Nutrients*, 11(3),673. doi:10.3390/nu11030673
95. Margaret McCartney. (2016). Clean eating and the cult of healthism. *BMJ*. 354:i4095 Mattson, M.P.; Longo, V.D.; Harvie, M. (2017). Impact of intermittent fasting on health and disease processes. *Ageing Res Rev*. 39, 46–58
96. MDOSZ: Növényi alapú étrendek táplálkozástudományi megítélete – Állásfoglalás. (2019)
97. Meleg Sándor: Norbitoxikózis <https://alimento.blog.hu/2015/09/13/norbitoxikozis>
98. Meleg, S. (2015). A Paleolit étrendről röviden 1. rész. *Új diéta*. XXIV. 1. szám
99. Meleg, S. (2015). A Paleolit étrendről röviden 2. rész. *Új diéta*. XXIV, 2-3. szám
100. Michael James Walsh, Stephanie Alice Baker. (2020). Clean eating and Instagram: purity, defilement, and the idealization of food. *Food, Culture & Society*. 23:5, 570-588. <https://doi.org/10.1080/15528014.2020.1806636>
101. Monroe, J.A., Leon, R., Puri, B.K. (2013). The risk of lead contamination in bone broth diets. *Medical Hypotheses*. 80(4); 389-390.
102. Montassier E., Gastinne T., Vangay P. et al. (2015). Chemotherapy-driven dysbiosis int he intestinal microbiome in *Aliment Pharmacol Ther*. 42(5), pp 515-528.
103. Moy J, Petrie TA, Dockendorff S, Greenleaf C, Martin S. (2013). Dieting, exercise, and intuitive eating among early adolescents. *Eat Behav*. 14(4):529–32. doi:10.1016/j.eatbeh.2013.06.014.
104. Noel T. Mueller, Elizabeth Bakacs et al. (2015). The infant microbiome development: Mom matters in Trend sin Molecular Medicine. 21. No. 2.
105. O’Hearn, A. (2020). Can a carnivore diet provide all essential nutrients? *Curr Opin Endocrinol Diabetes Obes*. 27(5);312-316.
106. Oonincx, D.G.A.B., van Itterbeeck, J., Heetkamp, M.J.W., van den Brand, H., van Loon, J.J.A., van Huis, A. (2010): An exploration on greenhouse gas and ammonia production by insect species suitable for animal or human consumption. *PLoS ONE* 5. p. 14445
107. Ori Hofmekle. (2004). The Warrior Diet – Fat Loss Program <http://zebupomp13.free.fr/Nutri/The-Warrior-Diet-Fat-Loss-Plan.pdf>
108. Otten J et al. (2016). Benefits of a Paleolithic diet with and without supervised exercise on fat mass, insulin sensitivity, and glycemic control: a randomized controlled trial in individuals with type 2 diabetes. *Diabetes Metab Res Rev*.
109. Österdahl M et al. (2008). Effects of a short-term intervention with a paleolithic diet in healthy volunteers; *European Journal of Clinical Nutrition*. 62, 682–685
110. Patrice D. Cani. The gut microbiota manages host metabolism in *Nat. Rev. Endocrinol.* 2014/10. pp. 74-76.
111. Patterson, R. E., & Sears, D. D. (2017). Metabolic Effects of Intermittent Fasting. *Annual Review of Nutrition*, 37, 371-393. doi:10.1146/annurev-nutr-071816-064634
112. Pedrogo, D.A.M., Jensen, M.D., Van Dyke , C.T., Murray, J.A., Woods, J.A., Chen, J., Kashyap, P.C, Nehra, V. (2018). Gut Microbial Carbohydrate Metabolism Hinders Weight Loss in Overweight Adults Undergoing Lifestyle Intervention With a Volumetrics Diet. *Mayo Clinic Proceedings*. 93(8), 1104-1110.
113. Poelaert, C., Francis, F., Alabi, T.,Megido, R. Caparros, Crahay, B., Bindelle, J., Beckers, Y. (2018). Protein value of two insects, subjected to various heat treatments, using growing rats and the protein digestibility-corrected amino acid score. *Journal of Insects as Food and Feed*. 4(2), 77-87.
114. Polgár Annamária, Szálka Brigitta, Molnár Tamás, Vassányi István, Mák Erzsébet. (2022). A mobil applikációval támogatott alacsony FODMAP étrend a funkcionális gastrointestinalis és a gyulladásos bélbetegségek kezelésében; *Orvosi Hetilap*. 163:31
115. Pödör-Novák, R. (2017). Az intuitív táplálkozás és a testtömeg-index kapcsolatának vizsgálata a magyar nők körében. 2-3; 28-30.
116. Reid, J.K., Baron, G.K., Zee, C.Z. (2014). Meal timing influences daily caloric intake in healthy adults. *Nutrition Research*. 930-935. <https://doi.org/10.1016/j.nutres.2014.09.010>
117. Resch, M. (2017). A Fogyókúrák buktatói – pszichés tényezők. *Orv. Hetil.* 158(13), 499–507.
118. Ressegue M.E., da Costa K.A., Galanko J.A., Patel M., Davis I.J., Zeisel S.H. (2011). Aberrant estrogen regulation of PEMT

- results in choline deficiency-associated liver dysfunction. *J. Biol. Chem.* 2011;286:1649–1658. doi:10.1074/jbc.M110.106922.
119. Richard D. Mattes (2002) Ready-to-eat Cereal Used as a Meal Replacement Promotes Weight Loss in Humans, *Journal of the American College of Nutrition*, 21:6, 570-577, DOI: 10.1080/07315724.2002.10719257
 120. Rodler I. (szerk.) Táplálkozási ajánlások a magyarországi felnőtt lakosság számára. (2004.) Elérhető: <http://www.fao.org/3/a-as684o.pdf>.
 121. Rodler I. (szerk.) Új Tápanyagtáblázat. Medicina Könyvkiadó Rt., Budapest, 2005. Ruann Janser Soaresde Castro, André Ohara, Jessika Gonçalves dos SantosAguilar, Maria Aliciane Fontenele Domingues. (2018). Nutritional, functional and biological properties of insect proteins: Processes for obtaining, consumption and future challenges. *Trends in Food Science & Technology*. 76, 82-89. <https://doi.org/10.1016/j.tifs.2018.04.006>
 122. Sadeghirad, B., Motaghipisheh, S., Kolahdooz, F., Zahedi, M.J., Haghdoost, A. (2014). A. Islamic fasting and weight loss: A systematic review and meta-analysis. *Public Health Nutr.* 17, 396–406
 123. Santos, H. O., & Macedo, R. C. O. (2018). Impact of intermittent fasting on the lipid profile: Assessment associated with diet and weight loss. *Clinical Nutrition ESPEN*, 24, 14-21. doi:10.1016/j.clnesp.2018.01.002
 124. Sara B Seidelmann, Brian Claggett, Susan Cheng, Mir Henglin, Amil Shah, Lyn M Steffen, Aaron R Folsom, Eric B Rimm, Walter C Willett, Scott D Solomon. (2018). Dietary carbohydrate intake and mortality: a prospective cohort study and meta-analysis. *Lancet Public Health*. 3: e419–28. [http://dx.doi.org/10.1016/S2468-2667\(18\)30135-X](http://dx.doi.org/10.1016/S2468-2667(18)30135-X)
 125. Schüpback, R., Wegmüller, R., Berguerand, C., Bui, M., & Herter-Aeberli, I. (2017). Micronutrient status and intake in omnivores, vegetarians and vegans in Switzerland. *European Journal of Nutrition*, 56, 283–293. <https://link.springer.com/article/10.1007/s00394-015-1079-7>
 126. Seimon, R. V., Roekenes, J. A., Zibellini, J., Zhu, B., Gibson, A. A., Hills, A. P., Sainsbury, A. (2015). Do intermittent diets provide physiological benefits over continuous diets for weight loss? A systematic review of clinical trials. *Molecular and Cellular Endocrinology*, 418 Pt 2, 153-172. doi:10.1016/j.mce.2015.09.014
 127. Selvakumar, P., Badgeley, A., Murphy, P., Anwar, H., Sharma, U., Lawrence, K., & LakshmiKuttyamma, A. (2020). Flavonoids and Other Polyphenols Act as Epigenetic Modifiers in Breast Cancer. *Nutrients*, 12(3), 761. doi:10.3390/nu12030761
 128. Seonmin Lee, Yun-Sang Choi, Kyung Jo, Tae-Kyung Kim, Hae In Yong, Samoel Jung. (2020). Quality characteristics and protein digestibility of Protaetia brevitarsis larvae. *Journal of Animal Science and Technology*. 62(5): 741-752.
 129. Shenker-Horváth Kinga BSc dietetikus, Répási Eszter MSc dietetikus, Orosz Krisztina BSc gyógytornász, Koller Ákos dr. MD orvos, Kapitány Zsuzsa MSc gyógytornász, Nagy Zsolt B. dr. PhD biológus A nutrigenomika és nutrigenetika alkalmazásának sportdietetikai vonatkozású lehetőségei, Új Diéta 2017/1 pp. 20-23.
 130. Sr. DM Williams, K. A., & MD Patel, H. (2017). Healthy Plant-Based Diet: What Does it Really Mean? *Journal of the American College of Cardiology*, 70(4), 423–425. <https://doi.org/10.1016/j.jacc.2017.06.006>
 131. Staudacher HM, Whelan K. (2016). Altered gastrointestinal microbiota in irritable bowel syndrome and its modification by diet: probiotics, prebiotics and the low FODMAP diet. *Proc Nutr Soc*. 75: 306-318.
 132. Stekovic, S., Hofer, S. J., Tripolt, N., Aon, M. A., Royer, P., Pein, L., Madeo, F. (2019). Alternate Day Fasting Improves Physiological and Molecular Markers of Aging in Healthy, Non-obese Humans. *Cell Metabolism*, 30(3), 462-476.e466. doi:10.1016/j.cmet.2019.07.016
 133. Suman Ambwani, Meghan Shippe, Ziting Gao & S. Bryn Austin. (2019). Is #cleaneating a healthy or harmful dietary strategy?
 - Perceptions of clean eating and associations with disordered eating among young adults. *Journal of Eating Disorders*. 7:17. 1-14. <https://doi.org/10.1186/s40337-019-0246-2>
 134. Szabó Zoltán, Erdélyi Attila, Gubicskóné Kisbenedek Andrea, dr. Ungár Tamás, Lászlóné Polyák Éva, dr. Szekeresné Szabó Szilvia, dr. Kovács Réka Erika, Raposa László Bence, Figler Mária dr. – A növényi alapú étrendről – (2016). *Orv. Hetil.* 157(47), 1859–1865.
 135. Szakály Márk, Soós Mihály. Fogyasztói motivációk a döntően növényi étrendet folytatón körében- Szakirodalmi áttekintés. (2019). *Élelmiszer, táplálkozás és marketing*, 15(1), 11-18.
 136. Szendi, G.: Paleolit táplálkozás – A nyugati életmód és a civilizációs betegségek. Jaffa, Budapest, 2009.
 137. Szendi, G.: Paleolit táplálkozás és korunk betegségei. Jaffa, Budapest, 2011.
 138. Szűcs Zsuzsanna: OkosTányér® Az új magyar táplálkozási ajánlás felnőtteknek és OkosTányér® 6-17 éves gyermekek számára in:Dr. Tátrai-Németh Katalin, Erdélyi-Sipos Alíz (szerk): Közétkeztetők Kézikönyve SpringMed Kiadó, Budapest 2018. 3.1.pp. 51-56.
 139. Szűcs Zsuzsanna: OkosTányér® új hazai táplálkozási ajánlás felnőttek számára Új Diéta 2016/2-3. pp. 20-23.
 140. Talia M. Hicks, Scott O. Knowles, Mustafa M. Farouk. (2018). Global Provisioning of Red Meat for Flexitarian Diets. *Front. Nutr.* 5(50). <https://doi.org/10.3389/fnut.2018.00050>
 141. Táplálkozási Akadémia (2013). Hírlevél, Letöltés dátuma: 2021.06.12., forrás: www.mdosz.hu
 142. Thomas F. Freeman, MD; Blake Willis, MD; Diann M. Krywko, MD. (2014). Acute Intractable Vomiting and Severe Ketoacidosis Secondary to the Dukan Diet©. *J Emerg Med.* 47(4):e109-12. <https://doi.org/10.1016/j.jemermed.2014.06.020>
 143. Tinsley, G. M., & La Bounty, P. M. (2015). Effect of intermittent fasting on body composition and clinical health markers in humans. *Nutrition Reviews*, 73(10), 661-674. doi:10.1093/nutrit/nuv041
 144. Torres J, Pamela C, et al (2018). The gut microbiota, bile acids and their correlation in primary sclerosing cholangitis associated with inflammatory bowel disease, in United European Gastroenterol J. 6(1) pp. 112-122.
 145. Tribole E, Resch E. Intuitive Eating: a revolutionary program that works. New York: St. Martin's Griffin; 1995.
 146. Tyler A Churchward-Venne, Philippe J M Pinckaers, Joop J A van Loon, Luc J C van Loon. (2017). Consideration of insects as a source of dietary protein for human consumption. *Nutrition Reviews*. 75(12), 1035-1045. <https://doi.org/10.1093/nutrit/nux057>
 147. Utami, D. B., & Findyartini, A. (2018a). Plant-based Diet for HbA1c Reduction in Type 2 Diabetes Mellitus: an Evidence-based Case Report. *Acta Medica Indonesiana*, 50(3), 260–267. <https://pubmed.ncbi.nlm.nih.gov/30333278/>
 148. Utami, D. B., & Findyartini, A. (2018b). Plant-based Diet for HbA1c Reduction in Type 2 Diabetes Mellitus: an Evidence-based Case Report. *Acta Medica Indonesiana*, 50(3), 260–267. <https://pubmed.ncbi.nlm.nih.gov/30333278/>
 149. Verke M.C., Tramper J., van Trijp J.C.M., Martens D.E. (2007). Insect cells for human food. *Biotechnology Advances*. 25(2), 198-202. <https://doi.org/10.1016/j.biotechadv.2006.11.004>
 150. Wheeler BJ, Lawrence J, Chae M, et al. (2016). Intuitive eating is associated with glycaemic control in adolescents with type 1 diabetes mellitus. *Appetite*. 96:160–165. doi:10.1016/j.appet.2015.09.016.
 151. Wright, N., Wilson, L., Smith, M., McHugh, P., & Duncan, B. (2017). The BROAD study: A randomised controlled trial using a whole food plant-based diet in the community for obesity, ischaemic heart disease or diabetes. *Nutrition & Diabetes*, 7(3), e256. <https://doi.org/10.1038/nutd.2017.3>
 152. www.gutmicrobiotawatch.org