

# Ernährungsmythen

Univ.Ass. Prof. Dr. Markus Metka  
Medical University of Vienna

# Mythos - Definition

- wesentliche Grundlage von Religion
- bedeutendste Sakrament „Fleisch Christi, Blut Christi“

# Fleisch bringt's?

TRAUMFIGUR

Fleisch bringt's

www.ama.at

Denn Fleisch enthält nur 2% Fett

This advertisement features a woman in a black dress holding a plate of meat dishes. The text 'TRAUMFIGUR' is at the top, and 'Fleisch bringt's' is in a red box. The website 'www.ama.at' and the slogan 'Denn Fleisch enthält nur 2% Fett' are at the bottom.

ÜBERFLIEGER

Fleisch bringt's

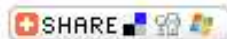
www.ama.at

Fleisch enthält Vitamine, Eiweiß und Mineralstoffe

This advertisement features a skateboarder holding a plate with a burger. The text 'ÜBERFLIEGER' is at the top, and 'Fleisch bringt's' is in a red box. The website 'www.ama.at' and the slogan 'Fleisch enthält Vitamine, Eiweiß und Mineralstoffe' are at the bottom.

## Insider News

### UK government warning on red meat bowel cancer risk



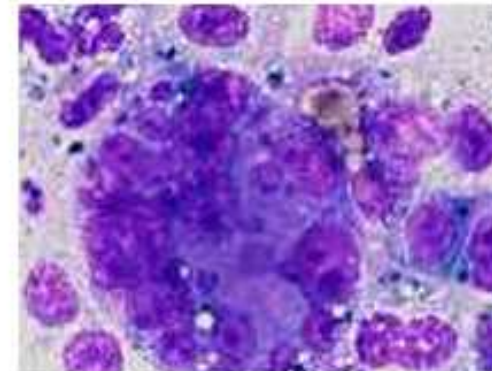
Published: 28/02/2011 12:12:40

People who eat a lot of red and processed meat are being advised for the first time to consider cutting down to help reduce the risk of bowel cancer, the UK Department of Health has announced.

The advice follows the publication of a new report, from the independent expert [Scientific Advisory Committee on Nutrition \(SACN\)](#), which reviewed the evidence on the links between red and processed meat and bowel cancer. It concludes that red and processed meat probably increases the risk of bowel cancer and people who eat around [90g or more](#) should consider cutting down to reduce their risk.

The Department advises:

people who eat a lot of red or processed meat - around 90g or more of cooked weight per day - are at greater risk of getting bowel cancer; [cutting down to the UK average of 70g a day can help reduce the risk](#); and this can be achieved by eating smaller portions or by eating red and processed meat less often.



#### Also in the News

New metabolic approach to breast cancer

ASTRO publishes white paper on IMRT safety

Brain tumour research alliance launched

Beef Eater



„Plant Eater“





*„Wenn Du Fleisch isst, dann bevorzuge Tiere mit  
zwei oder keinen Beinen“*

Konfuzius

# Low fat?



- 90er: Dogma → zuviel Fett verantwortlich für die gewaltige Zunahme an Herzinfarkten in den USA
- Aber: Kein Austausch zwischen Kardiologen und Diabetologen!

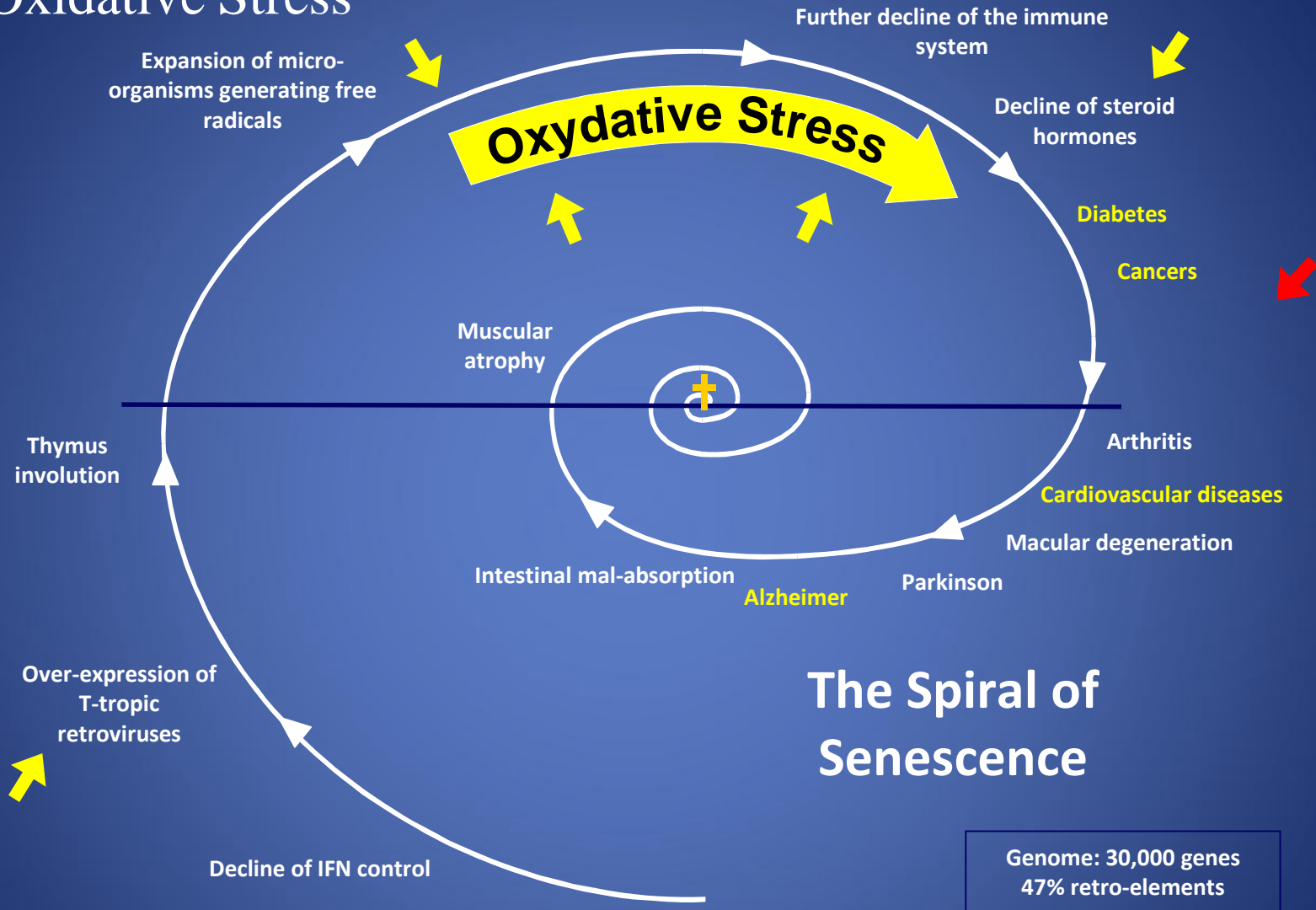


# Entmystifizierung:

- Risk of inflammatory stress
- Risk of oxidative stress

Anti-inflammatory diet

# Oxidative Stress



## The Spiral of Senescence

February 23, 2004



## Inflammatory Stress

### Atherosclerosis - An Inflammatory Disease

(Russell Ross,  
N Engl J Med 1999)

Review Article

*Mechanisms of Disease*

---

FRANKLIN H. EPSTEIN, M.D., *Editor*

**ATHEROSCLEROSIS — AN  
INFLAMMATORY DISEASE**

RUSSELL ROSS, PH.D.

**FACTORS THAT INDUCE AND PROMOTE  
INFLAMMATION OR ATHEROGENESIS**

Numerous pathophysiologic observations in humans and animals led to the formulation of the response-to-injury hypothesis of atherosclerosis, which initially proposed that endothelial denudation was the first step in atherosclerosis.<sup>6</sup> The most recent version of this hypothesis emphasizes endothelial dysfunction rather than denudation. Whichever process is at work, each characteristic lesion of atherosclerosis represents a different stage in a chronic inflammatory process in the artery; if unabated and excessive, this process will result in an advanced, complicated



# Inflammation and Cancer: The Link Grows Stronger

Research into a long-suspected association between chronic inflammation and cancer reveals how the immune system may be abetting tumors

Hepatitis B virus infects hundreds of millions of people worldwide, causing jaundice, fatigue, liver damage, and joint pain. More ominously, investigators have indicted it in another role: as co-conspirator in a far-ranging case they've been building for years linking chronic inflammation and cancer. Researchers have long known that patients with persistent hepatitis B infections experience inflammation and scarring of liver tissue and an increased risk of liver cancer. Other sources of chronic inflammation, including the ulcer-causing bacterium *Helicobacter py-*

cer than people who don't take the drugs. But the efficacy of NSAIDs is not ideal, and the first generation of these drugs, such as aspirin, can cause life-threatening stomach ulcers. Now, even the newer NSAIDs—the so-called COX-2 inhibitors, which were designed to avoid that side effect—may have problems: On 30 September, the pharmaceutical company Merck removed its blockbuster COX-2 inhibitor Vioxx from the market because it increased patients' risks of having heart attacks and strokes.

Researchers hope that if they learn how



## NONSTEROIDAL ANTIINFLAMMATORY DRUGS AND THE RISK OF ALZHEIMER'S DISEASE

BAS A. IN 'T VELD, M.D., PH.D., ANNEMIEKE RUITENBERG, M.D., PH.D., ALBERT HOFMAN, M.D., PH.D.,  
LENORE J. LAUNER, PH.D., CORNELIA M. VAN DUJN, PH.D., THEO STIJNEN, PH.D., MONIQUE M.B. BRETELER, M.D., PH.D.,  
AND BRUNO H.C. STRICKER, M.B., PH.D.

### ABSTRACT

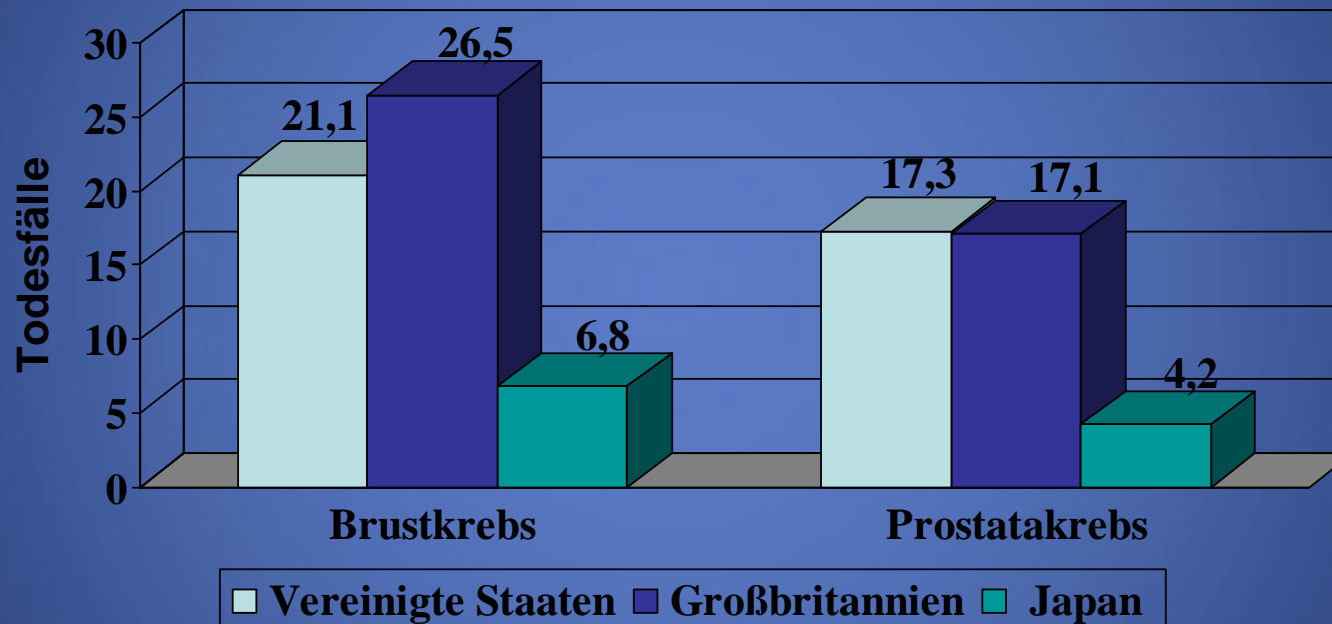
*Background* Previous studies have suggested that the use of nonsteroidal antiinflammatory drugs (NSAIDs) may help to prevent Alzheimer's disease

**T**HE neuropathologic features of Alzheimer's disease include the accumulation of microglia around plaques, a local cytokine-mediated acute-phase response, and activation of

# The Western Diet and the diseases of civilization

- Western Diseases. Edited by Norman J. Temple and Denis P. Burkitt (Totowa, NJ: *Humana Press Inc.*, 1994)
- Appel, Lawrence J. „A Clinical Trial of the Effects of Dietary Patterns on Blood Pressure“ *New England Journal of Medicine*. 336.16 (1997) 1117-24
- Price, Weston A. *Nutrition and Physical Degeneration*, 7th edition (LaMesa: Price-Pottenger Nutrition Foundation, Inc., 2006)
- Depres J-P, Lamarch B, Mauriege P, Cantin B, Dagenais GR, Moorjani S, and Lupien PJ. „Hyperinsulinemia as an independent risk factor for ischemic heart disease.“ *N Engl J Med* 334:952-57.

# Deaths caused by breast and prostate cancer – USA, Great Britain and Japan



Number of deaths per 100.000 citizen, age-based

American Cancer Society. Cancer Facts & Figures - 1998. Atlanta: American Cancer Society, 1998

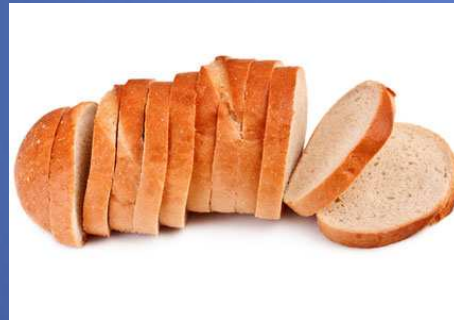
Arbeitsgemeinschaft Bevölkerungsbezogener Krebsregister in Deutschland: Krebs in Deutschland, Häufigkeiten und Trends, 2. Auflage 1999, [www.rki.de/GBE/KREBS/BROSCHUERE2\\_HOME.HTM](http://www.rki.de/GBE/KREBS/BROSCHUERE2_HOME.HTM)

**How does an anti-inflammatory diet look like?**



- 1. Carbohydrates
- 2. Fats and Oils
- 3. Proteins
- 4. Secondary plant compounds

# 1. Carbohydrates



- ↑ CH with high glycemic Index
- ↑ High fructose corn syrup
- ↓ complex CH

## 2. Fats and Oils



- ↑  $\Omega$ -6 fatty acids

- ↓  $\Omega$ -3 fatty acids

- ↑ trans-fats

- ↑ saturated fats

# Proteins



- ↑ animal protein → cholesterol
- ↓ vegetable sources (legumes! → chickpeas, lentils...)
- Amino acids

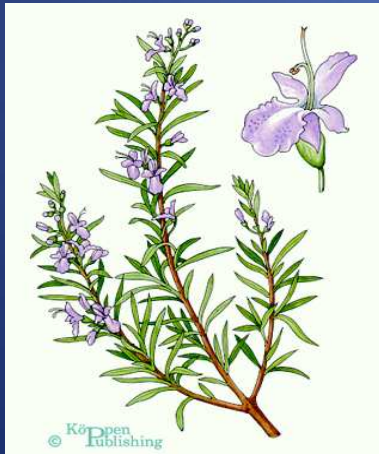
# Secondary plant compounds

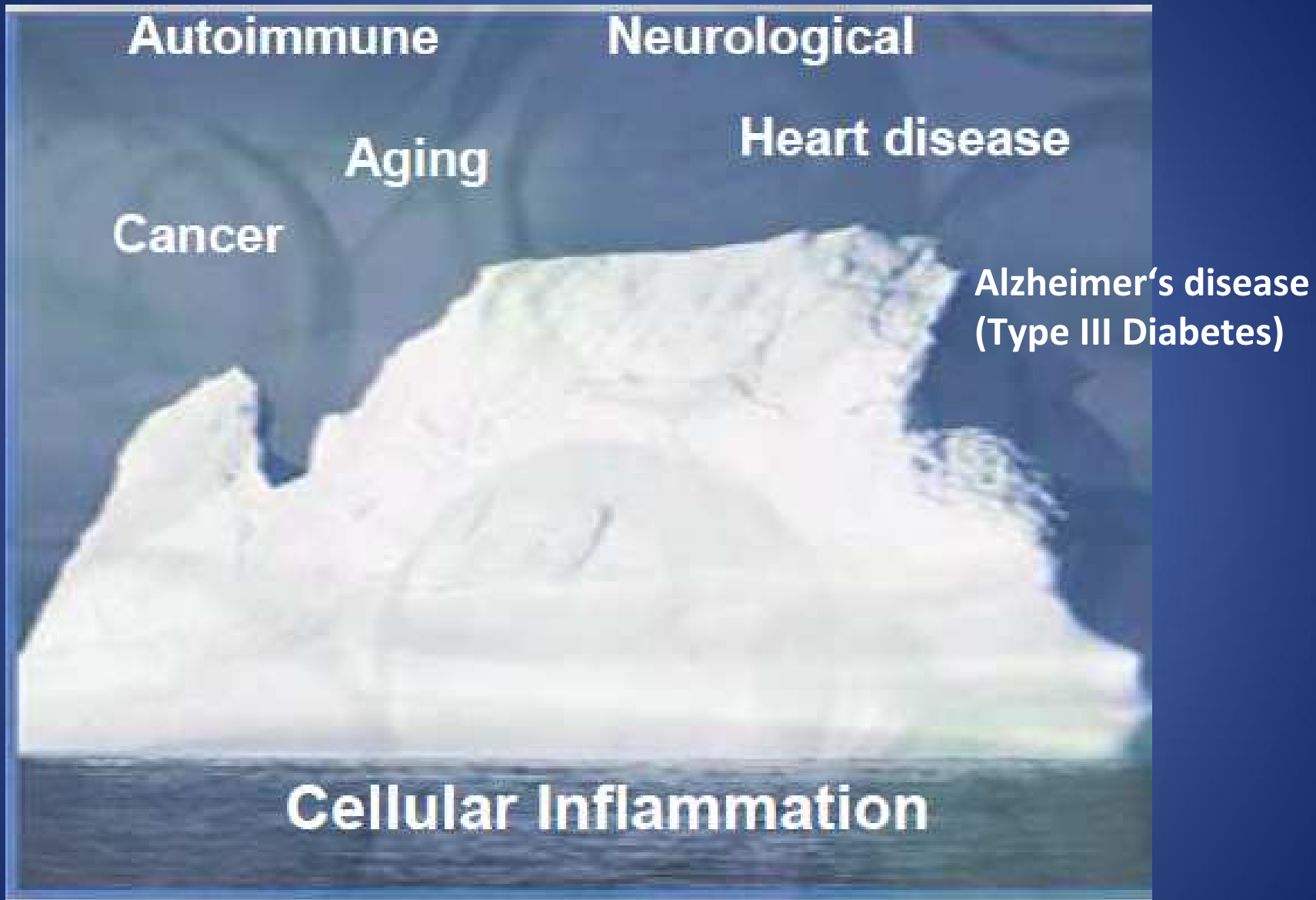


- Resveratrol
- Lycopene
- Hydroxytyrosol
- Isoflavones



# Herbs and Spices!





„Let food be your medicine and medicine  
be your food“

Hippocrates

# Traditional Asian and Traditional Mediterranean Diets!



# IN DEFENSE OF FOOD

AN EATER'S MANIFESTO



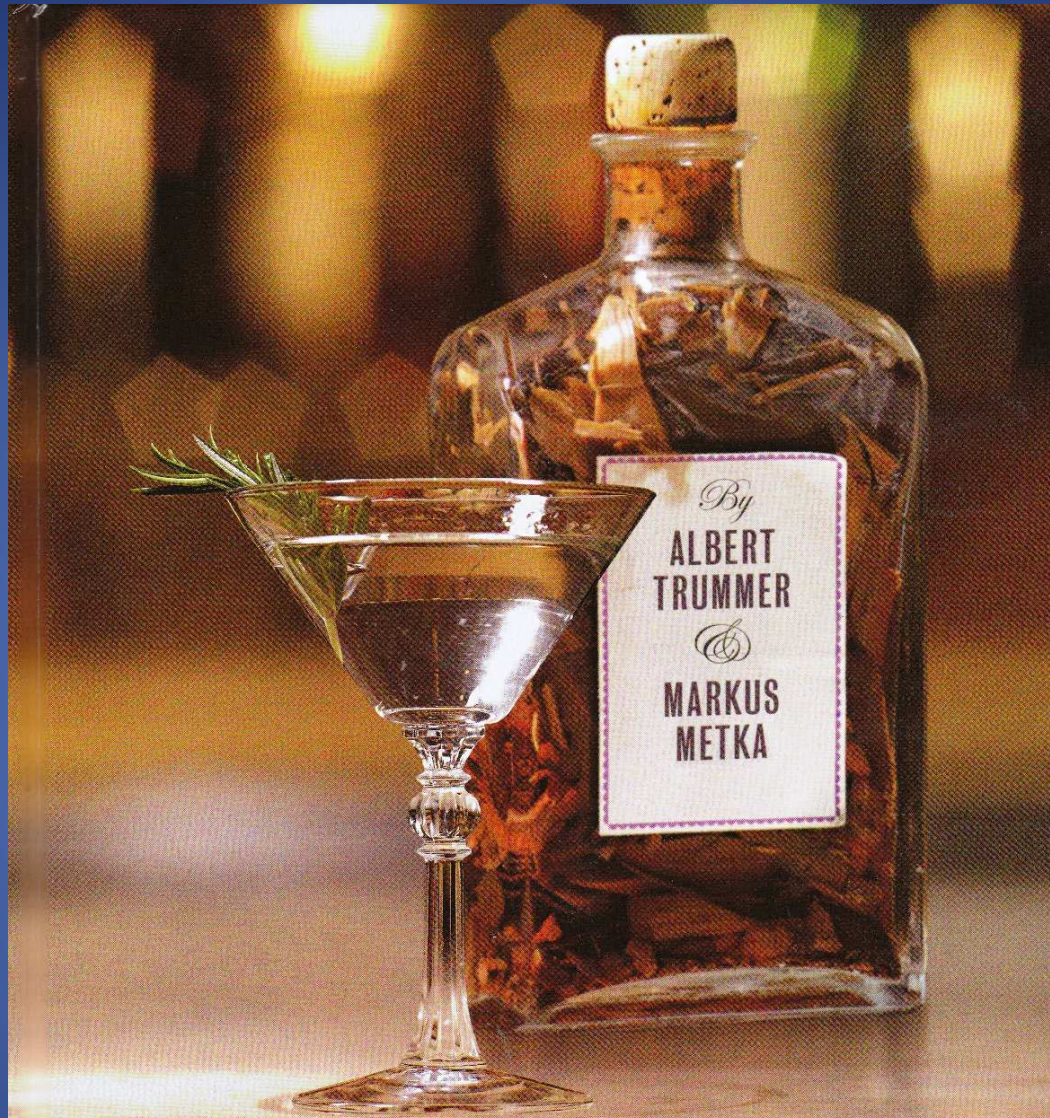
MICHAEL POLLAN

AUTHOR OF

THE OMNIVORE'S DILEMMA

„Eat food,  
mainly form  
plants, and not  
too much!“






# COCKTAILS

Die besten Drinks aus der legendären Apotheke Bar in NY

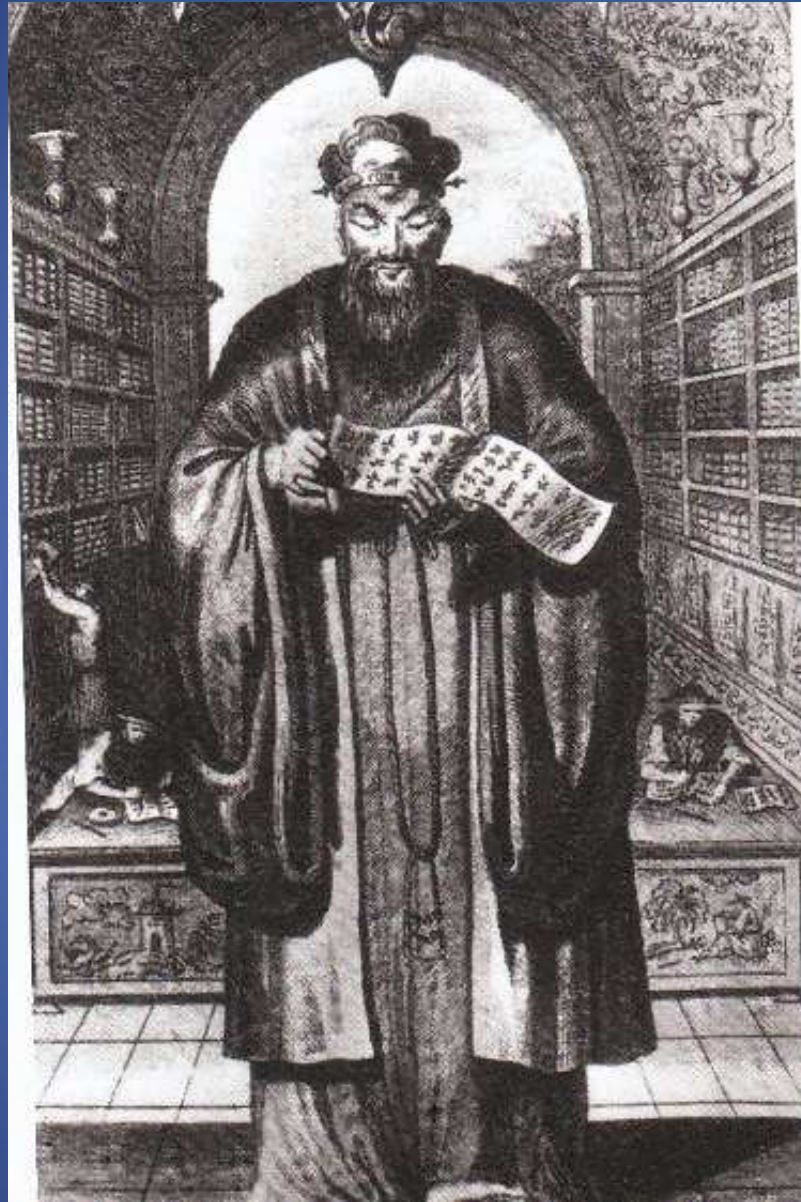
Fotografien von Thomas Schauer

 Brandstätter



# VON DER ALCHEMIE ZUR MIXOLOGIE

*DR. MED. MARKUS METKA*

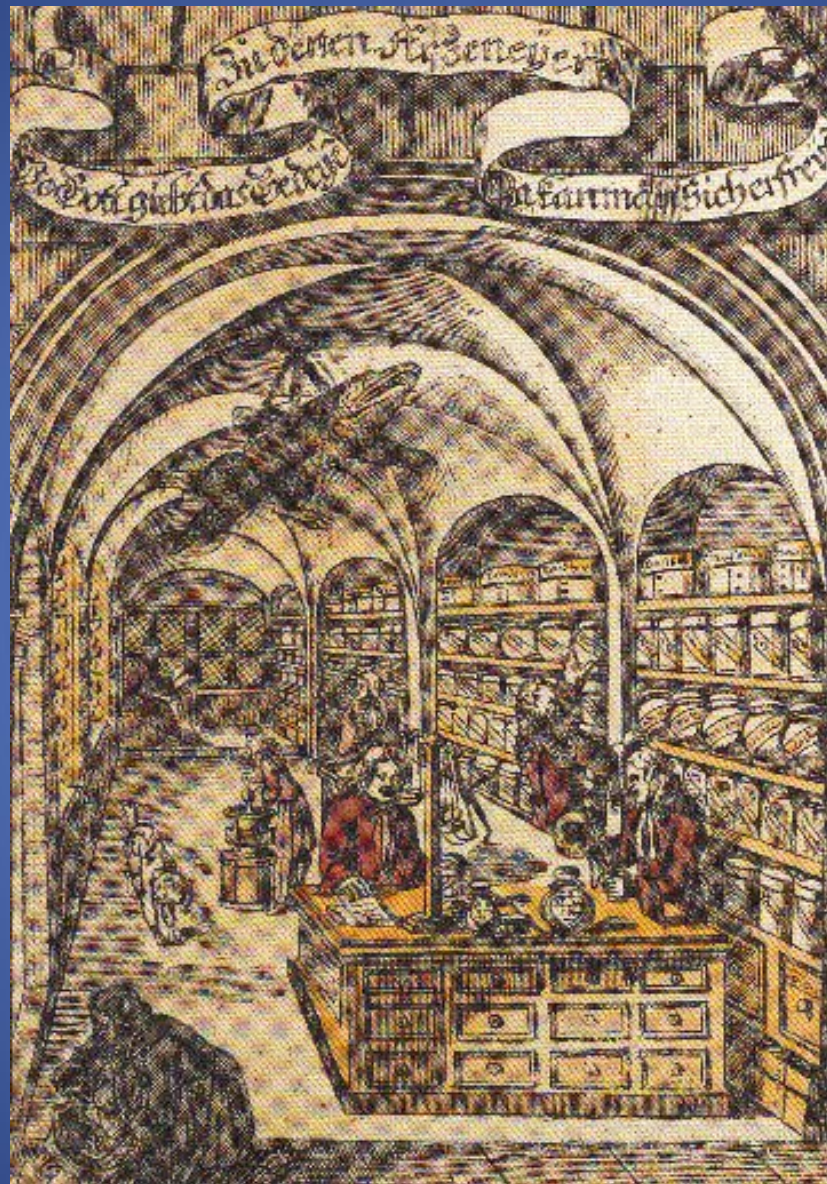








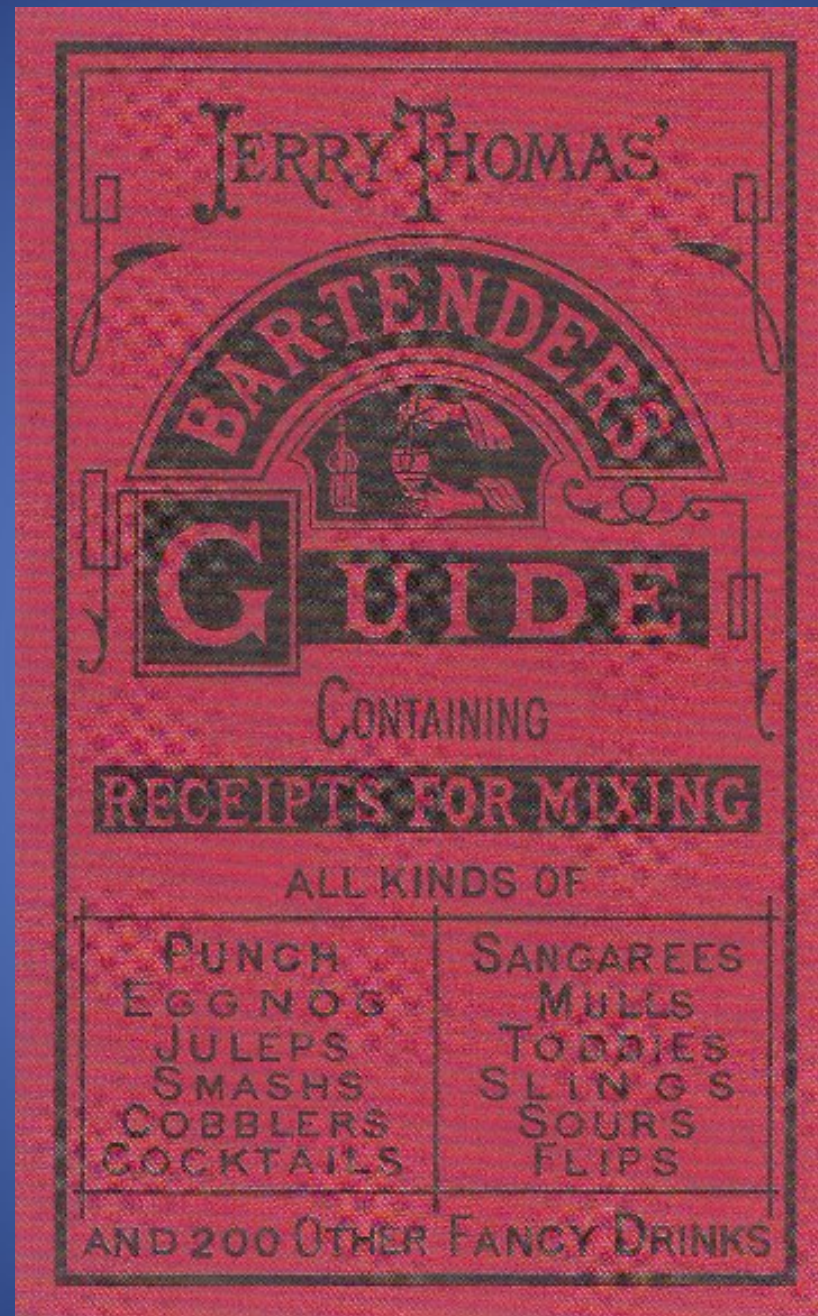


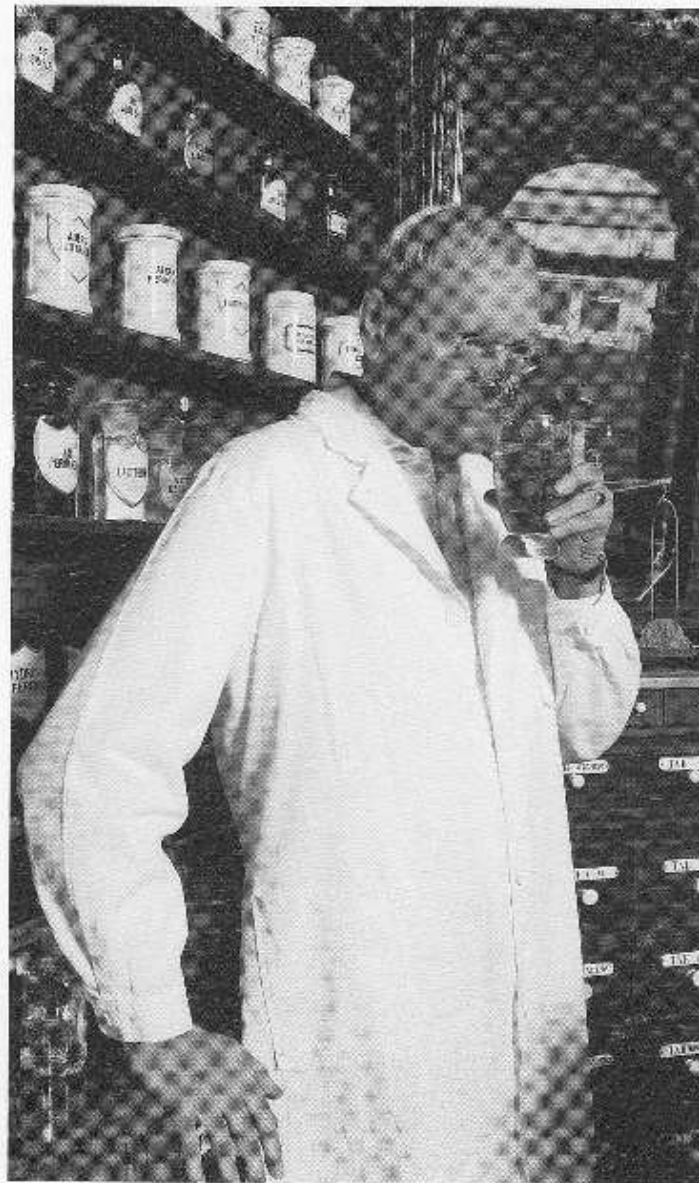












Der Arzt Markus Melka in seiner Lieblingsapothek in Wien, „Zum Goldenen Reichsapfel“.



