

Šećerna bolest i zdrava prehrana

Webinar

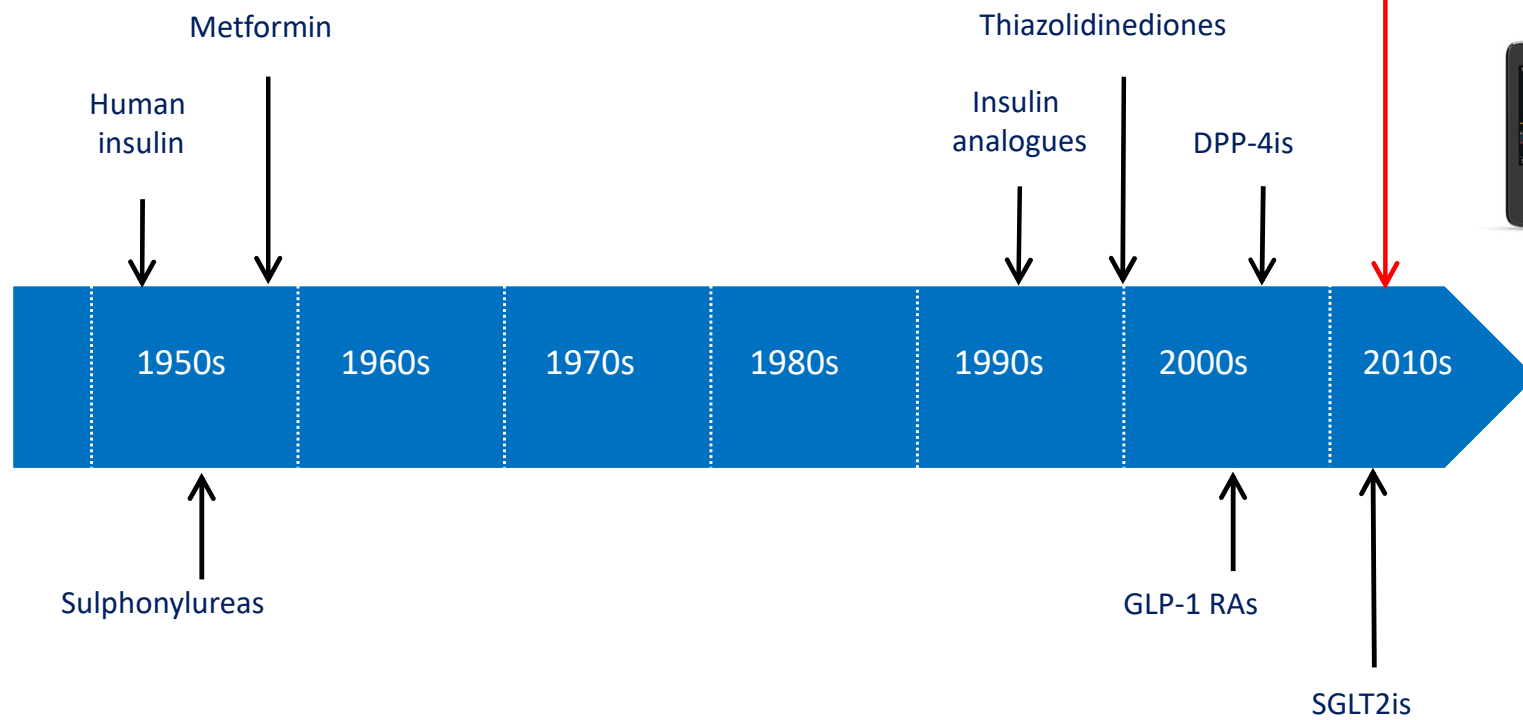
*“DJECA SA ŠEĆERNOM BOLEŠĆU U ODGOJNO -
OBRAZOVNIM USTANOVAMA”*

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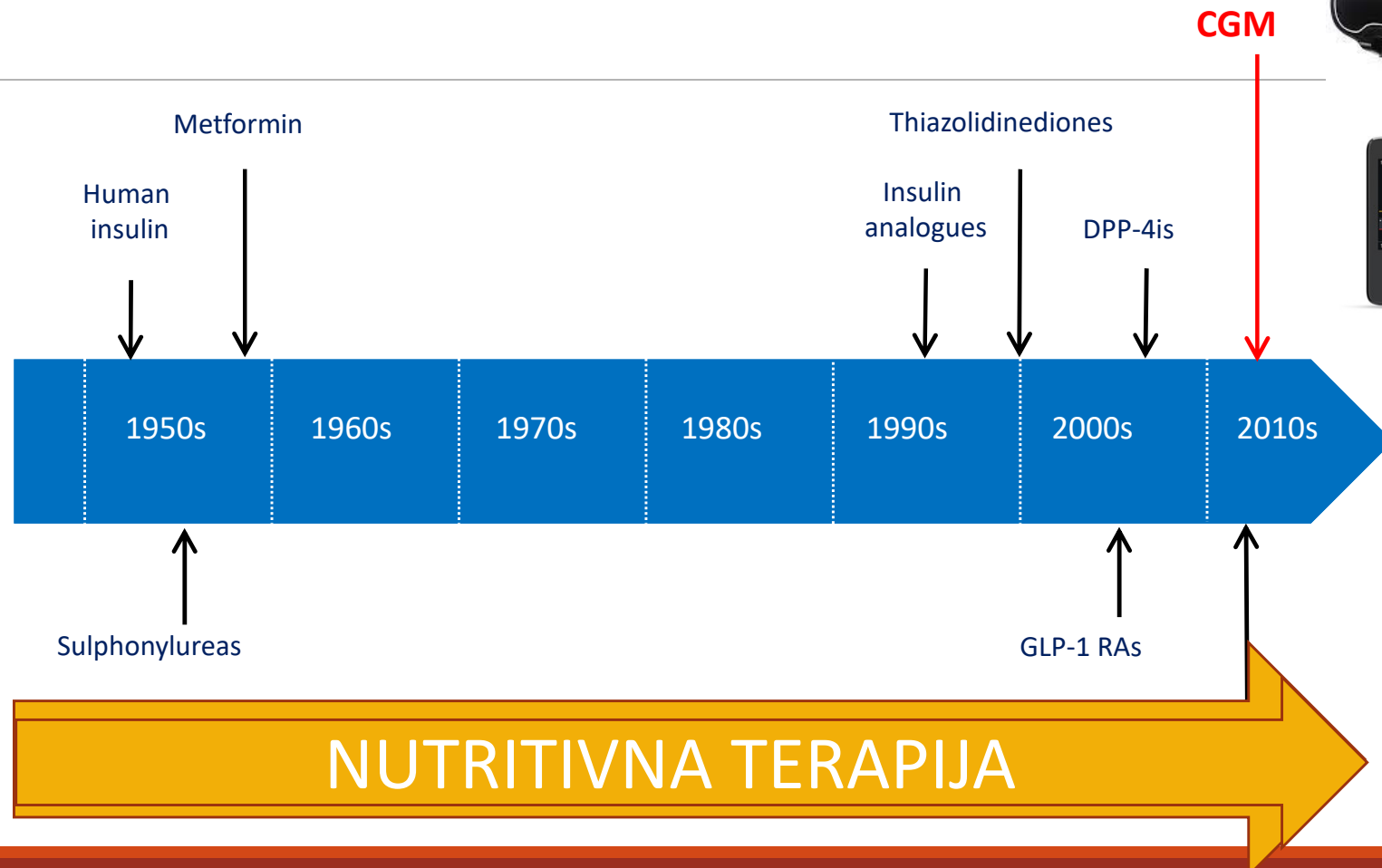
KB SVETI DUH, ZAGREB

23. listopada 2024.

Moderan pristup liječenju dijabetesa



Moderan pristup liječenju dijabetesa



NUTRITIVNA TERAPIJA

„nutritivna terapija” : 1994. (ADA) – implementacija specifične prehrane / prehrambenih intervencija u svrhu liječenja šećerne bolesti



Učinkovitost nutritivne terapije

NT dovodi do optimizacije glikemije (↓HbA1c) i u oboljelih od DMT1 i od DMT2:

- ukoliko se pravovremeno uvede i kontinuirano primjenjuje, nutritivna terapija doprinosi regulaciji dijabetesa reducirajući HbA1c za 1.0-2.0% !

Učinkovitost nutritivne terapije

NT dovodi do optimizacije glikemije ($\downarrow$ HbA1c) i u oboljelih od DMT1 i od DMT2:

- ukoliko se pravovremeno uvede i kontinuirano primjenjuje, nutritivna terapija doprinosi regulaciji dijabetesa reducirajući HbA1c za 1.0-2.0% !







07.02.

- doruček 9⁰⁰

- KUHANO JAJCE 1/2, ČAJ OD ĐUMBIRNA S LIMUNOM

- ŠPITA DOHVAĆE ŠUNICE, KUHANO = HELJDA, LAN

11³⁰ - CRNA KAVA BEZ ŠEĆERA

- VOJNA SPOVOG BIKLA - 25'

12³⁰ JABUKA

14³⁰ - RUČAK

- PARADAJZ JUHA - POLA TAVIURA MATIJE

- PEČENI OSLIC, POLA OSLICIA

- KUHAN KUMPIR - 2 ČILICE

- ZELENA SALATA

16³⁰ - DESETAK BADEMA, MALJA KRAJKA

- DROŠKI ČAJ OD RUČKA DO VEČERE 3 ŠALICE

19⁰⁰ - VEČERA

- SIR TRAPIST, ŠNITENA PILEĆIH PRSA I ŠNITTEN KRUHA

- POLA ŠALICE KEFIRNA (KEFIR RADM LAMA (KEFIRNA TRNKA I KUPČKO)

DRIVE CHANGE
ANTICIPATE
INSPIRE



14. 02. 2021. NEDJERA VALENTINOKO.		14. 02. 2021. NEDJERA VALENTINOKO.	
08.30 ^h	12 ^h KAVA	07.30 ^h	(4.7) NATAJTE
18 ^h	20 ^h KAVA	08.35 ^h	5.7.
DORUČAK 12 ^h	12.20 ^h	13.20 ^h	5.5 1h iz D
150 gr. jog. s borovnicama		14.20 ^h	(5.9) 1h iz R
+ 1 žlica sezama		16.25 ^h	6.0 1.5h iz R
+ mješav. mlij. oko 50gr		17 ^h	(5.9) 2h iz R
+ 1 štrudel od sira		19.20 ^h	6.3 1h iz V
RUČAK 14.30	15 ^h	20.30 ^h	(5.3) 2.10' ulež. (TORTA)
3 žlice bakalarske hrane		22.05 ^h	5.3 ulež. (TORTA)
2 hrane molokove peč.		20.40 ^h	5.0 NOĆ
10-ak maslaca			
5 kts balneum peč.			
(V) 0. štrudel crnog vina			
UŽINA - DESERT 18 ^h	18.30 ^h		
1 feta crna torta i 1 kocka			
20 ^h 3 kikiriki's			
15 ⁰⁰ večera			
- SIR TRAPIST, JUTERNA PILEČIJA PRGA I SMITTEN			
KRUMPA			
- POLA JALICE KEFIRNA (KEFIR RADMI			
SAMA (KEFIRNA PRGA I KUPČKO)			

DRIVE CHANGE
ANTICIPATE
INSPIRE

24.02.2021

17-dana **-61**

TLAK 129/61/79

kg 121,0

08,03 $\Rightarrow 4,4 \rightarrow$

09,25 $\Rightarrow 4,3 \rightarrow$

- 1/2 naranče +
4 žlice smutija od voća
(TABLETE)

kava + mlijeko 2 del

10,18 $\Rightarrow 6,0 \rightarrow$ 1/2 šnite polu bijelog
kruha + sirni namaz

10,59 $\Rightarrow 4,8 \rightarrow$

- **SAXENDA-1,8mg** (5)

13,36 $\Rightarrow 4,5 \rightarrow$

13,49 $\Rightarrow 4,1 \rightarrow$

- 3 žlice nemasne

vitke, 1 kom. Pohanog manji + 1 žlicu

crvenog luka po 2 žlice + 1 dc ora. ole

17,18 $\Rightarrow 4,8 \rightarrow$ - ka pu oino

18,08 $\Rightarrow 4,6 \rightarrow$

18,40 $\Rightarrow 4,6 \rightarrow$

19,25 $\Rightarrow 5,0 \rightarrow$

- 2 del domaćeg oja
med + limun (TABLETE)

13-dan **-58**

(+03)

TLAK - 113/51/79

kg 121,3

05,28 $\Rightarrow 4,6 \rightarrow$

06,51 $\Rightarrow 4,9 \rightarrow$

- 1 naranča (TABLETE)

kava + mlijeko 2 del

08,19 $\Rightarrow 4,3 \rightarrow$

- 1 klementins

09,54 $\Rightarrow 4,4 \rightarrow$

- riža i natars 4 žlic

1/2 pohane šnite + krastavci + luk +
vrhnje 1 žlica

10,59 $\Rightarrow 4,5 \rightarrow$

SAXENDA-1,8mg (6)

11,55 $\Rightarrow 4,1 \rightarrow$

- 1 žlica riže + natars,

1/2 šnite pohane, + krastavci luk - 1 žlica

14,02 $\Rightarrow 4,2 \rightarrow$

1/2 jabuka

16,39 $\Rightarrow 4,5 \rightarrow$

1/2 jabuka

18,49 $\Rightarrow 4,3 \rightarrow$

- manju zdjelicu

griža na mlijeku + 3 kocke obblede
(TABLETE)

14.02.2021. NEDJELJA
VALENTINOKO.

08,50^h - 12^h KAVA
18^h - 20^h KAVA

14.02.2021. NEDJELJA
VALENTINOKO.

07,30^h (4.4) NATAJTE

08,35^h 5.7.

13,20^h 5.5 1h iz D

14,20^h (5.9) 1h iz R

16,25^h 6.0 1,5h iz R

17^h (5.9) 2h iz R

19,20^h 6.3 1h iz V

20,30^h (5.3) 2.10' uležaj

22,05^h 5.3 1h iz V

20,40^h 5.0 1h iz V

15/11/2021

ADM

DRIVE CHANGE
ANTICIPATE
INSPIRE

NEDELJA 21.02.

SAT	TLAK	KORACI	LIJEKOVI	HRANA
0,00				
1,00				
2,00				
3,00				
4,00				
5,00				
6,00				
7,00			TRIPLEXSAM, CONCOR COR, LEXAURIN, CARDIOPIRIN,, TULSI, KURKUMIN,	DIZANJE BAYER 5,8 LIBRE 4,8 KAVA SA MLJEKOM, ČAJ BEZ KEKSI
7,30				
8,00	120/75/77			
9,00				
10,00				
11,00				DORUČAK, 25 DKG. PEČENIH PILEĆIH PRSA, MASLINE (DOSTA), KISELI KARSTAVCI, PALEO KRUH MALA ŠNITICA,, ČAJ
12,00				
13,00				RUČAK, JUHA OD JANJETINE SA DOMAĆIM REZANCIMA, LEŠO JANJETINA 25 DKG., RESTANI KRUMPIR CCA 25 DKG. (4 VRHOM BOGATO PUNE JUŠNE ŽLICE),
14,00				
15,30				SLADOLED NA ŠTAPIĆU PRELIVEN ČOKOLADOM 8 DKG.
16,00				
17,45				DVJE JUŠNE ŽLICE RESTANOG KRUMPIRA
18,00		4.500		
19,30				VEČERA, KRAVLJI SIR CJEĐENI SA 2 ŽLICE JUŠNE VRHNJA CCA. 30 DKG., RESTANI KRUMPIR CCA 20 DKG.
20,00				
21,00				
22,00			SYNJARDY, CHOLIB, PHIZIOTENS, SYLIMARIN, MELATONIN, VALERAL, MAGNEZIJ, CHONDROITIN,	
23,00				
24,00				

med + limun (TABLETE)

14. 02. 2021. NEDJELJA
VALENTINOKO.

08.30^h - 12^h KAVA
18^h - 20^h KAVA

13-dan -58 (+93)

25.02.2021.

kg 121,3

1/29

-1 naranča (TABLETE)

2 del

-1 klementins

- riža i natars Ažliar

+ k + krastavci + luk +

SAXENDA-1,8mg (G)

-1 žlica riže + natars,

+ k + krastavci luk - 1 žlica

1/2 jabuka

1/2 jabuka

- manju zdeplicu

mpeku + 3 kocke obblede

F)

14.02.2021. NEDJELJA
VALENTINOKO.

07.30^h (4.4) NATAJTE

08.35^h 5.7.

13.20^h 5.5 1h iz D

14.20^h (5.9) 1h iz R

16.25^h 6.0 1,5h iz R

17^h (5.9) 2h iz R

19.20^h 6.3 1h iz V

20.30^h (5.3) 2.10' uležaj

22.05^h 5.3 1h iz V

20.40^h 5.0 1h iz V

1.5.17.2021

ADM

DRIVE CHANGE
ANTICIPATE
INSPIRE

NEDELJA 21.02.

SAT	TLAK	KORACI	LIJEKOVI	HRANA
0,00				
1,00				
2,00				
3,00				
4,00				
5,00				
6,00				
7,00			TRIPLEXSAM, CONCOR COR, LEXAURIN, CARDIOPIRIN, , TULSI, KURKUMIN,	DIZANJE BAYER 5
7,30				KAVA SA MLJEKOM
8,00	120/75/77			
9,00				
10,00				
11,00				DORUČAK, 25 DKG (DOSTA) , KISELI KAR ŠNITICA,, ČAJ
12,00				
13,00				RUČAK, JUHA OD J. REZANCIMA, LEŠO J, KRUMPIR CCA 25 JUŠNE ŽLICE),
14,00				
15,30				SLADOLED NA ŠTAP
16,00				
17,45				DVJE JUŠNE ŽLICE
18,00		4.500		
19,30				VEČERA, KRAVLJI VRHNJA CCA. 30 D
20,00				
21,00				
22,00			SYNJARDY, CHOLIB, PHIZIOTENS, SYLMARIN, MELATONIN, VALERAL, MAGNEZIJ, CHONDROITIN,	
23,00				
24,00				

06. 03. 2021. -- SUBOTA (34)

1. mjerenje - 05.31

6.6

2. mjerenje - 07.00

7.3

Mjerenje glukometrom - 07.18

7.8

3. mjerenje - 08.49

6.5

4. mjerenje - 09.13

6.0

Doručak - 09.40-09.55



1 tanjur pileće juhe s rezancima

1 batak,

2 cherry rajčice

1 kriška kruha

1 krastavac

2 dcl mineralne

1 synjardy

1 flosin

1 dibeticin

1 prostamol uno

5. mjerenje - 10.35

7.4

6. mjerenje - 12.43

5.7

Ručak - 15.00-15.45



1 pohani batak, 1 pohani zabatak, 6 cherry rajčica,

1 kroasan, 1 šalica nescaffea, 2 kuglice punjene čokolade

1,5 dcl bijelog vina, 0.5 dcl mineralne vode

2 dcl mineralne vode

1 gluformin

1 dibeticin

11

7. mjerenje - 15.32

5.8

8. mjerenje - 16.29

7.4

9. mjerenje - 17.30

5.8

Međuobrok - 17.45-17.50



1 banana

10. mjerenje - 18.33

5.4

Večera - 18.45-19.00



1 batak pohani

1 zabatak pohani

1 kajzerica sa putrom

4 kiflice sa sirom i šunkom

1 gluformin

1 piramit

1 dibeticin

2 dcl mineralne sa 1 dcl soka prirodnog

11. mjerenje - 20.57

5.8

12. mjerenje - 20.58

5.8

12

med + limun (TABLETE)

DRIVE CHANGE
ANTICIPATE
INSPIRE

NEDELJA 21.02.

	20:24	jabuke, kruške	6.6
			7.3
			7.8
6.2.2021.	8:00	kava mlijeko	6.5
			6.0
	9:15	5.3 krv/4.3Libre, kruh, vratina, sir, mlijeko	
	14:56	banana, sok	
	15:30	juha rajčica, piletina, batat, salata, tikvica, vino crno	
	18:20	kava mlijeko	7.4
			5.7
	20:00	kruh, salama, sir, jogurt, chia	
7.2.2021	7:34	6.1 krv/4.2Libre, kava mlijeko	

19,30			VRHNJA CCA. 30 D
20,00			
21,00			
22,00		SYNJARDY, CHOLIB, PHIZIOTENS, SYLMARIN, MELATONIN, VALERAL, MAGNEZIJ, CHONDROITIN,	
23,00			
24,00			



1 pohani batak, 1 pohani zabatak, 6 cherry rajčica,
1 kroasan, 1 šalica nescaffea, 2 kuglice punjene čokolade
1,5 dcl bijelog vina, 0.5 dcl mineralne vode
2 dcl mineralne vode
1 gluformin
1 dibeticin

11

7. mjerenje – 15.32 5.8
8. mjerenje – 16.29 7.4
9. mjerenje – 17.30 5.8
- Međuobrok – 17.45-17.50
- 
- 1 banana
10. mjerenje – 18.33 5.4
- Večera – 18.45-19.00
- 
- 1 batak pohani
1 zabatak pohani
1 kajzerica sa putrom
4 kiflice sa sirom i šunkom
1 gluformin
1 piramili
1 dibeticin
2 dcl mineralne sa 1 dcl soka prirodnog
11. mjerenje – 20.57 5.8
12. mjerenje – 20.58 5.8

12

med + limun (TABLETE)

DRIVE CHANGE
ANTICIPATE
INSPIRE

NEDELJA 21.02.

	20:24	jabuke, kruške	6.6
			7.3
6.2.2021.	8:00	kava mlijeko	7.8
			6.5
	9:15	5.3 krv/4.3Libre, kruh, vratina, sir, mlijeko	6.0
	14:56	banana, sok	
	15:30	juha rajčica, piletina, batat, salata, tikvica, vino crno	
	18:20	kava mlijeko	
	20:00	kruh, salama, sir, jogurt, chia	
7.2.2021	7:34	6.1 krv/4.2Libre, kava mlijeko	

19,30			VRHNJA CCA. 30 D
20,00			
21,00			
22,00		SYNJARDY, CHOLIB, PHIZIOTENS, SYLMARIN, MELATONIN, VALERAL, MAGNEZIJ, CHONDROITIN,	
23,00			
24,00			

1 pohani batak, 1 pohani zabatak, 6 cherry rajčica,
1 kroasan, 1 šalica nescaffea, 2 kuglice punjene čokol
1,5 dcl bijelog vina, 0,5 dcl mineralne vode
2 dcl mineralne vode
1 gluformin
1 dibeticin

7. mjerenje – 15.32

5.8

8. mjerenje – 16.29

7.4

9. mjerenje – 17.30

5.8

Međuobrok – 17.45-17.50

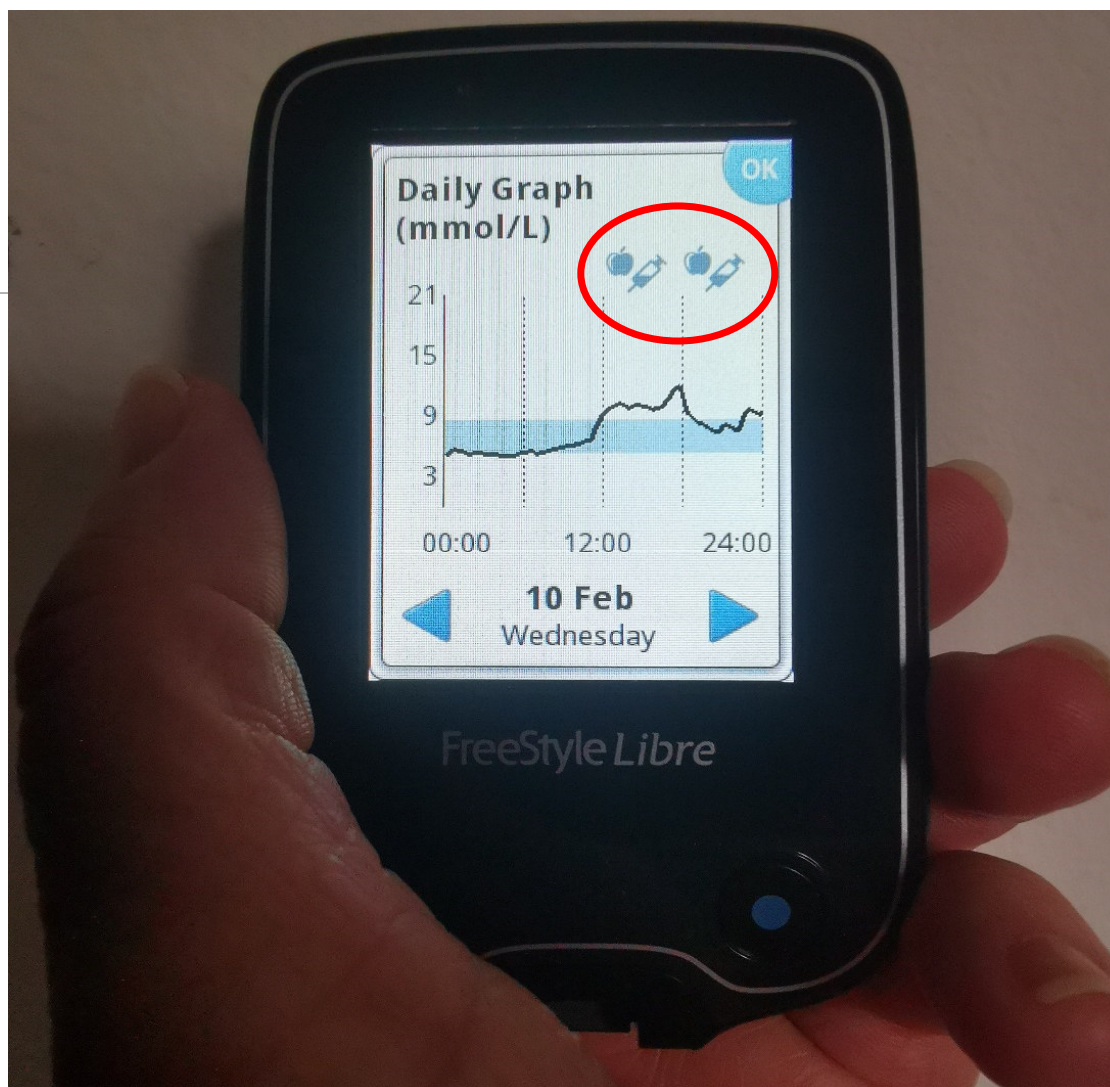


11.02.2021. četvrtak

07:00	buđenje
10:10	300 g pečene piletine 1 rajčica 2 žlice majoneze kava, bolero
14:00	HODANJE 5 km
16:00	juneća juha, 1 tanjur 80 g krumpiruške (pola kupovnog komadica iz konzuma, mislim da je od mlina)
	200 g pečene piletine 250 g pirjanih bučovača u soja sosu
16:42	1 žličica nutelle sa komadićem kruha 3x3 cm (tako popijem ampulu d-vitale) :)
18:40	HODANJE 7 km – ukupno KORAKA 17885
20:45	2 rajčice 1 mladi luk 2 žlice kiselog vrhnja 200 g pečene piletine 2 kroketa od krumpira kava, bolero
	TRULICITY
	NOĆNA SMJENA: 00:00 – 06:00
01:15	200 g pureće šunke bolero
03:40	30 g bućinih sjemenki

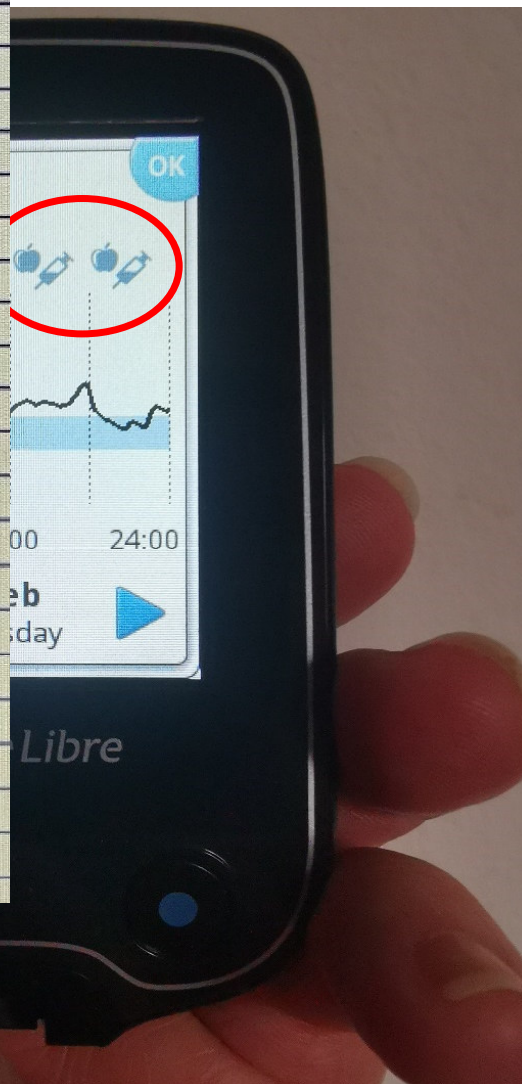
med + limun (TABLETE)

•
•



10.34	kava
19.2.2021	
09.00	kava
09.40	cola zero
12.40	sendvic tost kruh integralni, sir, sunka
13.00	kava
17.34	keto pecivo od sezama, sirni namaz
18.26	puding proteinski
19.26	jabuka
23.40	tuna, kruh proteinski
20.02.2021.	
7.45	kava
11.40	tuna kruh integralni, sok bez secera maunutner
17.50	kava
19.00	jaja pecena na oko, kruh proteinski, kiseli krastavci
19.50	protein mlijeko
21.02.2021.	
01.00	salata od tuno rio mare, kruh proteinski
01.22	kava
09.25	kruh, spek, maslac, paradajz, paprika
14.15	zagrebacki, pomfri
16.50	sok od jabuke
18.00	cevapi u lepinji
22.02.2021.	

22.02.2021.



10.34	kava
19.2	
09.00	kava
09.40	cola zero
12.40	sendvic tost kruh integralni, sir, sunka
13.00	kava
17.34	keto pecivo od sezama, sirni namaz
18.26	puding proteinski
19.26	jabuka
23.40	tuna, kruh proteinski
20.02	
7.45	kava
11.40	tuna kruh integralni, sok bez secera maut
17.50	kava
19.00	jaja pecena na oko, kruh proteinski, kiseli
19.50	protein mlijeko
21.02	
01.00	salata od tuno rio mare, kruh proteinski
01.22	kava
09.25	kruh, spek, maslac, paradajz, paprika
14.15	zagrebacki, pomfri
16.50	sok od jabuke
18.00	cevapi u lepinji
22.02	

(1 sensor)

15.02.

9.30

DORUČAK - SENDVIČ SA SIROM
- 2del MLIJEKA

10.30

KAVA S MLIJEKOM

77

TERAPIJA :

13.30

RUČAK - PILEĆA JUHA (tangas)
- RESTANI KRUM.
- POMANA PUR.

2 ČAŠE VOĐE

16.30

POLOVICA KRAFNE S MARM.

17.00

ČAJ MALCINA DUŠICA

77

18.00

1 MANDARINA

19.30

VEČERA - 2 ŠNITE CRNOG KRUHA
- 1 žlica ajvara
- 2 šnite sira gauda

78

21.00

NARANČA

22.30

TERAPIJA: COUPE 10.30

78

10.34	kava
19.2.2021	
09.00	kava
09.40	cola zero
12.40	sendvic tost kruh integralni, sir, su
13.00	kava
17.34	keto pecivo od sezama, sirni nama
18.26	puding proteinski
19.26	jabuka
23.40	tuna, kruh proteinski
7.45	kava
11.40	tuna kruh integralni, sok bez secer
17.50	kava
19.00	jaja pecena na oko, kruh proteinsk
19.50	protein mlijeko
01.00	salata od tuno rio mare, kruh prote
01.22	kava
09.25	kruh, spek, maslac, paradajz, papr
14.15	zagrebacki, pomfri
16.50	sok od jabuke
18.00	cevapi u lepinji

(1 sensor)	
15.02.	
9 ³⁰	DORUČAK - SENDVIČ SA SIROM - 2 del MLIJEKA
10 ³⁰	KAVA S MLIJEROM
TERAPIJA :	
13 ³⁰	RUČAK - PILEĆA JUHA (tanja) - RESTANI KRUM. - POHANA PUR, 2 ČAŠE VOĐE
16 ³⁰	POLOVICA KRAFNES MARM.
17 ⁰⁰	ČAJ MANDARINA DUSICA
18 ⁰⁰	1 MANDARINA
19 ³⁰	VEČERA - 2 ŠNITE CRNOG KRUHA - 1 žlica ajvara - 2 šnite sira gauda
21 ⁰⁰	NARINČA
22 ³⁰	TERAPIJA: COUPE 10 ³⁰

DATUM: 27.02.2021.	
SAJ GUK	HRANA
JEDINICE/	
MH	
10ji	
30mh	
9:06 7,1	2 kuhana jaja, kruh s maslacem
11:20	1 banana, kockice čokolade
12:25 4,6	pileća juha s griz noklicama, carsko meso s krumpirom, zelena salata
15:50 1,8	2 kockice čokolade, 2 napitkenke, 1 jabuka
18:55 12,1	juha carsko meso s krumpirom i zelena salata čaša crnog vina kockice
21:20 13,4	+4ji
MENSTRUACIJU DOBILA	

FILE HOME INSERT PAGE LAYOUT FORMULAS DATA REVIEW VIEW					
Clipboard Font Alignment					
A20					
A	B	C	D	E	F
1	OBROK	VRIJEME	HRANA	g UH	JI
2	DORUČAK	07,45 - 08,00 sati	KRUH	60	6F
3			SALAMA		
4			SIR		
5			KAVA S MLIJEKOM		
6	RUČAK	12,15 - 12,30 sati	KRUH	60	6F
7			PAPRIKAŠ		
8			ZELJE SALATA		
9		16,00 sati	KAVA S MLIJEKOM		
10		16,00 sati	KOLAČ	90	10F
11				17,30 sati	5F
12	VEČERA	19,00 - 19,15 sati	KRUH	30	6F
13			KAJGANA		
14			3 JAJA		
15			1dI MLIJEKA		
16			10g MASLACA		
17		20,30 sati	ENGLESKI ČAJ		
18			KAVA S MLIJEKOM		
19				21,00 sati	10T
20	0				
21					
22					
23					
24					
25					
26					
27					
28					
29					
30					

(1 senzor)
15.02.

DORUČAK - SENDVIČ
- 2dcl MLI

KAVA S MLIJEKOM

TERAPIJA :

RUČAK - PILEĆA JUHA
- RESTANI
- POHANA
2 ČAŠE VOĐE
OLOVICA KRAFNE S MAR
ČAJ MAJČINA DUŠIC

MANDARINA

VEČERA - 2 ŠNITE CRN
- 1 žlica agra
- 2 šnite si

NARANČA

TERAPIJA : COUPE U

DATUM : 27.02.2021.				JEDINICE/
SAT	GUK	HRANA		UH
9:00	7,1	2 kuhana jaja, kruh s maslacem		10ji 30uh
11:00		1 banana, kockice čokolade		
12:25	4,6	pileća juha s griz nokicama, carsko meso s kumpirinom, zelena salata		8ji 45uh
15:50	1,8	2 kockice čokolade, 2 napitkenke, 1 jabuka		
18:55	12,1	juha, carsko meso s kumpirinom i zelena salata čaša crnog vina kockice		12ji 45uh
21:20	13,4			+4ji
MENSTRUACIJU DOBILA				

Diabetes - „unfriendly“ namirnice

...dugogodišnje znanje upotpunjeno saznanjima dobivenim korištenjem sustava za kontinuirano praćenje glikemije, u kombinaciji s detaljnim dnevnicima prehrane....

Diabetes - „unfriendly“ namirnice

- šećeri (rafinirani, dodani)

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- šećeri (rafinirani, dodani)
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- kukuruz, žganci
- krumpir (nekuhani)

Diabetes - „unfriendly“ namirnice

- šećeri (rafinirani, dodani)
- kruh, tjestenina, pekarski proizvodi
- kukuruz, žganci/palenta
- krumpir (nekuhani)
- mlijeko

Diabetes - „unfriendly“ namirnice

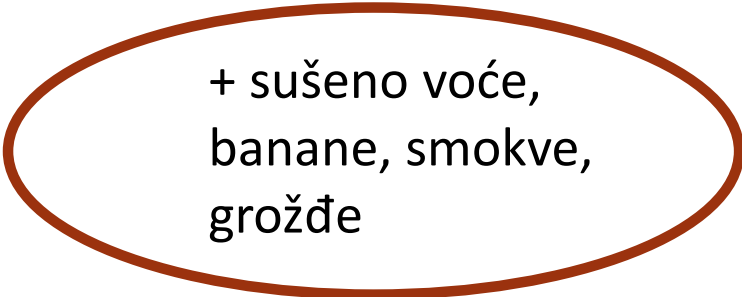
- šećeri (rafinirani, dodani)
- kruh, tjestenina, pekarski proizvodi
- kukuruz, žganci
- krumpir (nekuhani)
- mlijeko
- slastice

Diabetes - „unfriendly“ namirnice

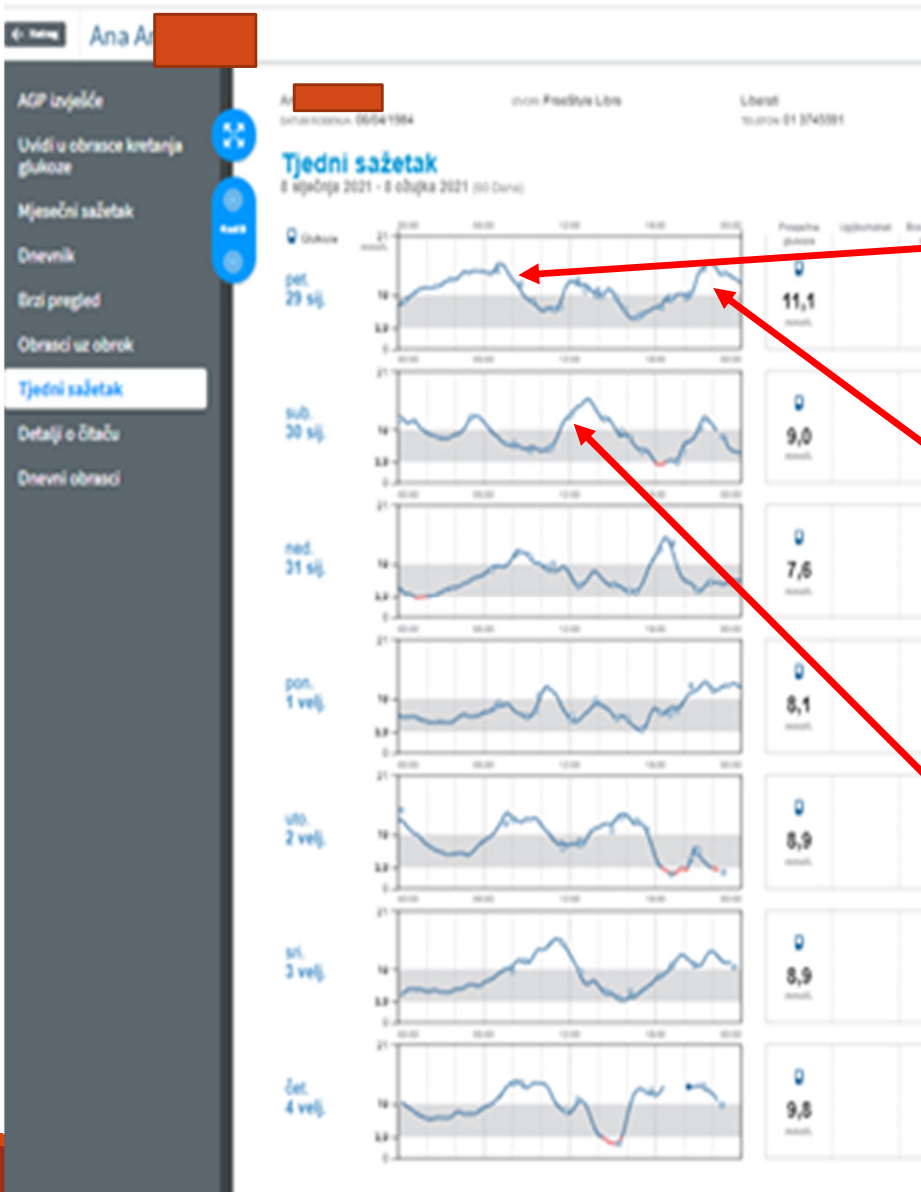
- šećeri (jednostavni, rafinirani, dodani)
- kruh, tjestenina, pekarski proizvodi
- kukuruz, žganci
- krumpir (nekuhani)
- mlijeko
- slastice
- sokovi

Diabetes - „unfriendly“ namirnice

- šećeri (jednostavni, rafinirani, dodani)
- kruh, tjestenina, pekarski proizvodi
- kukuruz, žganci
- krumpir (nekuhani)
- mlijeko
- slastice
- sokovi



+ sušeno voće,
banane, smokve,
grožđe



29.01.2021.

05:00 šnita kruha, šunka, sir,
1 šalica mlijeka

11:15 varivo od krumpira hrenovka
(+mrkva, celer, buča, hokaido tikva), voda

14:00 proteinska pločica, kava

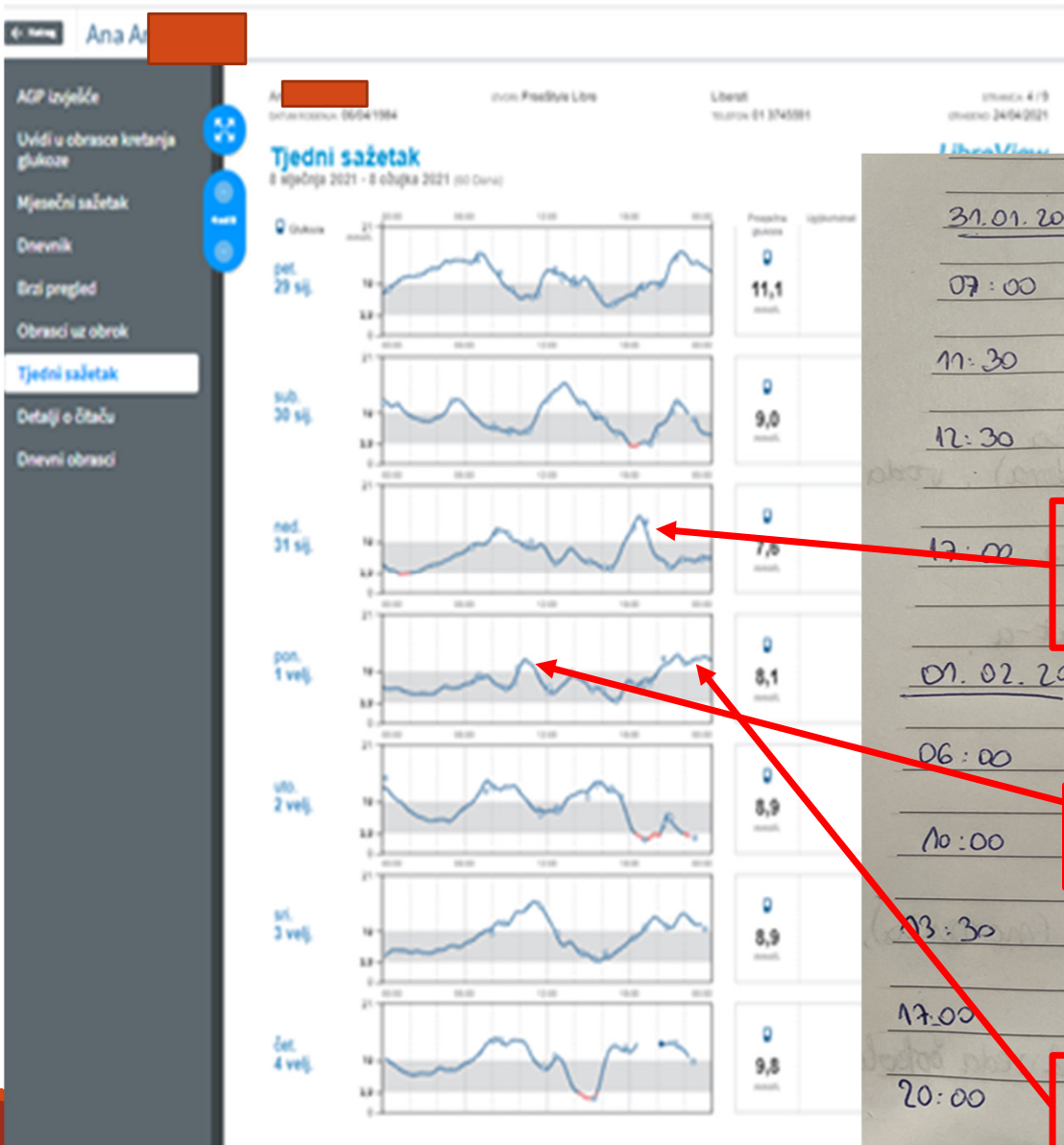
20:00 pizza sa šunkom - 3 cut-a,
Cola Zero

30.01.2021.

05:00 1 banana, kapučino

11:30 Big Mac, 1 čaša soka (naranča),
pomfrit (srednji)

20:00 zdjelica zob i mlijeka, 2 reda čokolade



31.01.2021.

07:00 sir i vrnje, 4 snate dinje

11:30 kakao od bademovog mlijeka (bez šećera)

12:30 juha od teleće koljenice, lišo blitva i batat, češnjak

12:00 2 sendviča sa sirom, šunkom, majonezom, krastavcima, putrom

01.02.2021.

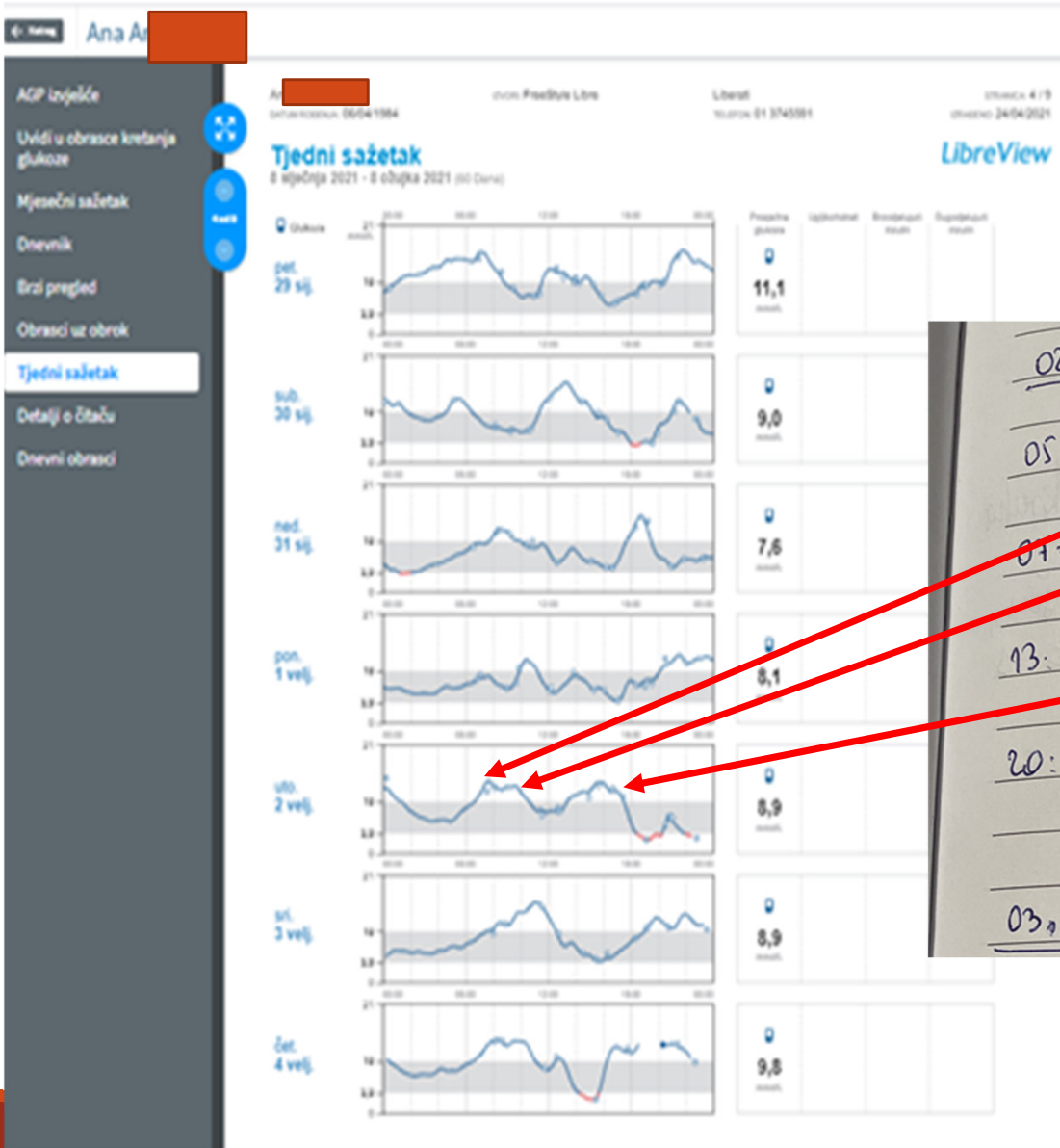
06:00 2 kuhana jaja, kava, roškvice, sir

10:00 jabuka, banana, šaka lješnjaka

13:30 lignje sa žara, blitva, češnjak

17:00 3 rižina krekeri

20:00 lasagnje s mesom i sirom



02. 02. 2021.

05:30 krafna, kroasan, Salica kakao

07:00 pudding vanilija (kondija)

13:00 čevapi i lepinja, bezalkoholna piva

20:00 sir i vthnje

03. 02. 2021.

Diabetes-“friendly” namirnice

....dugogodišnje iskustvo obogaćeno saznanjima dobivenima korištenjem sustava za kontinuirano praćenje glikemije, u kombinaciji s detaljnim dnevnicima prehrane....

...kupas...



10. 10. 02. 2021. – SRIJEDA

Doručak – 07.15-07.45



1 šnita kruha, 2 jaja na oko, 1 šalica čaja od vrbovice, 1 šalica crne kave

Međubrok 12.55-13.05



1 banana, 1 pogačica sa čvarcima

Ručak 14.00-14.10



1 tanjur – pirjane mahune, meso u saftu sa mrkvom i šampinjonima, 1,5 dcl bijelog vina i 0,5 dcl mineralne vode

Kava 17.05-17.30



1 šalica nescafea

Večera 18.06-18.15

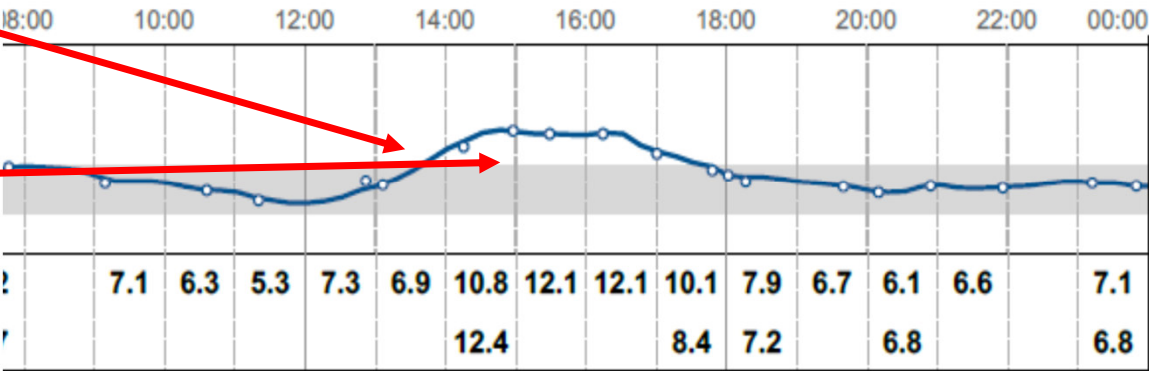


1 šnita kukuruznog kruha, cikla, kiselo zelje, pirjane mahune

Kasni obrok – 20.11-20.20



1 jabuka, 3 badema



10. 10. 02. 2021. – SRIJEDA

Doručak – 07.15-07.45



1 šnita kruha, 2 jaja na oko, 1 šalica čaja od vrbovice, 1 šalica crne kave

Međubrok 12.55-13.05



1 banana, 1 pogačica sa čvarcima

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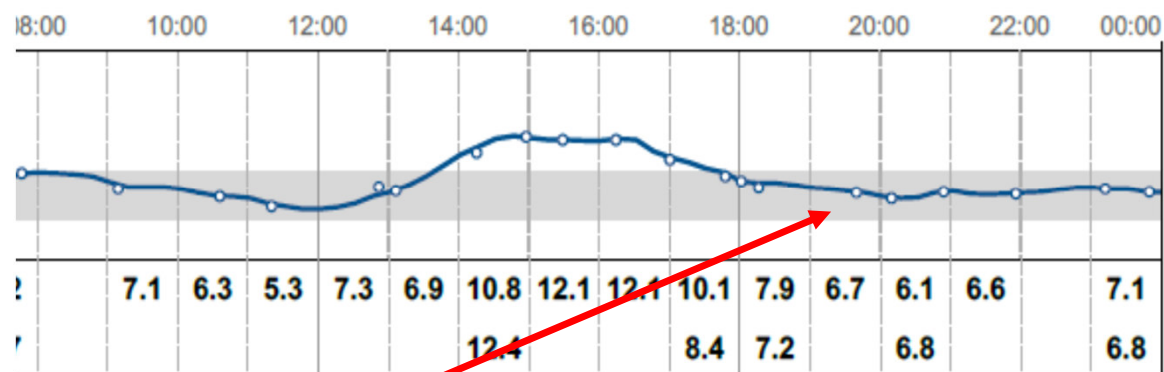


1 šnita kukuruznog kruha, cikla, kiselo zelje, pirjane mahune

Kasni obrok – 20.11-20.20



1 jabuka, 3 badema



10. 10. 02. 2021. – SRIJEDA

Doručak – 07.15-07.45



1 šnita kruha, 2 jaja na oko, 1 šalica čaja od vrbovice, 1 šalica crne kave

Međuobrok 12.55-13.05



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1 šalica nescafea

Večera 18.06-18.15

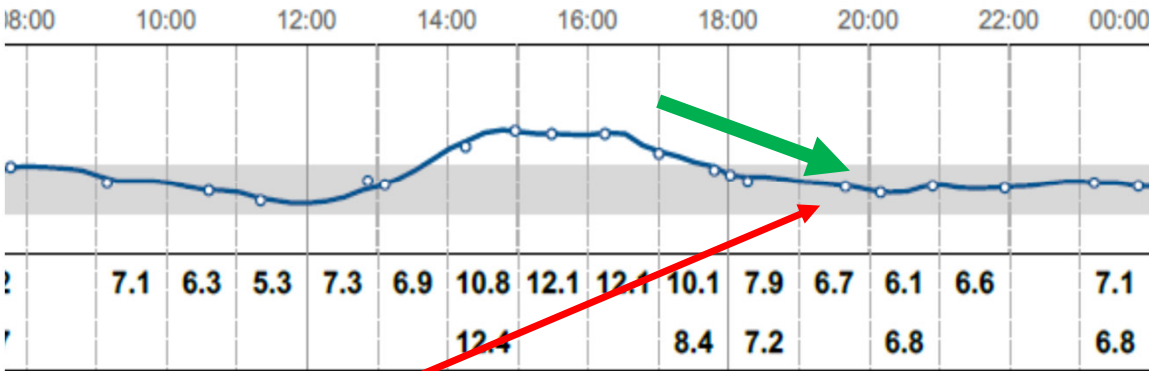


1 šnita kukuruznog kruha, cikle, kiselo zelje, pirjane mahune

Kasni obrok – 20.11-20.20



1 jabuka, 3 badema

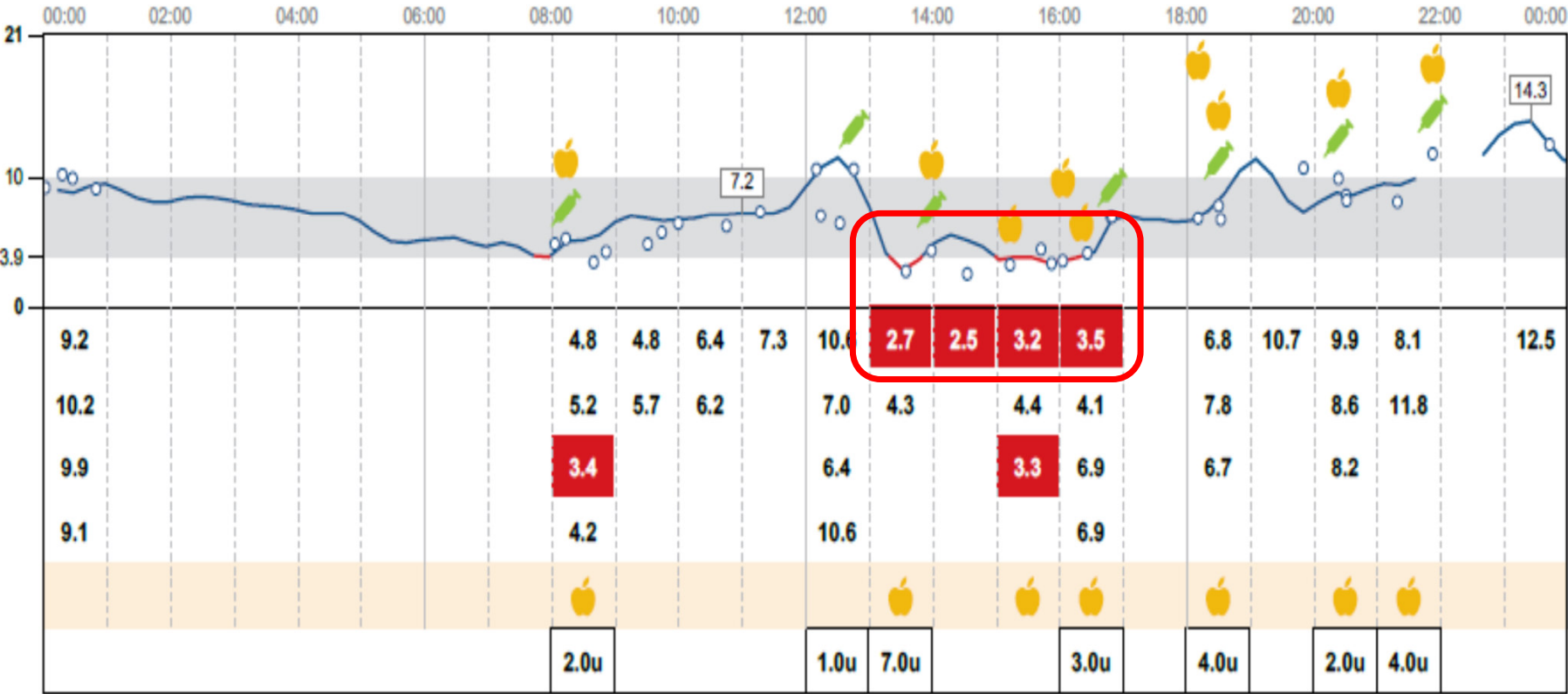


SAT 20 Feb

Glucose mmol/L

Carbs grams

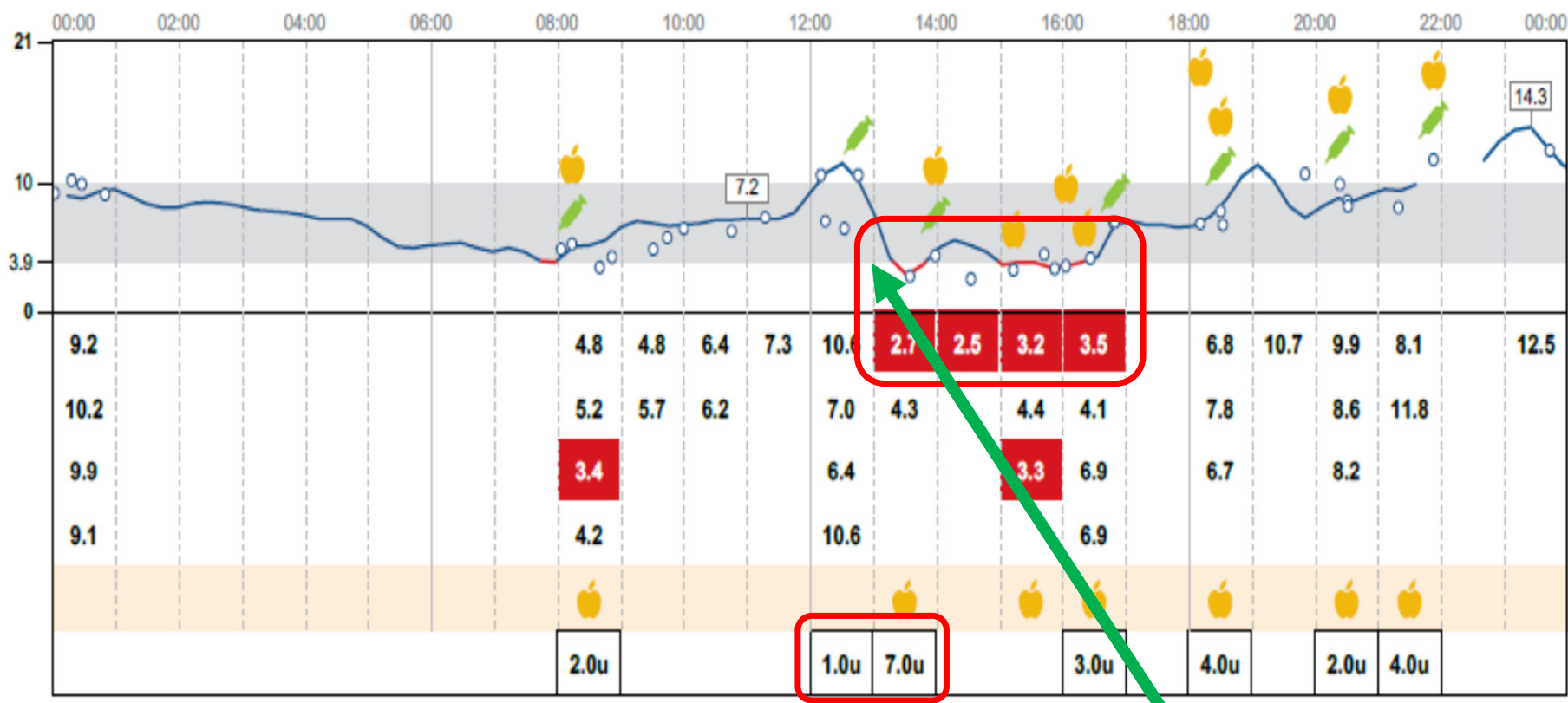
Rapid-Acting Insulin



Notes

- 2x integralni dvopek, 2x kuhano jaje, zdenka sir, majoneza light
- Repa s grahom (1 tanjur)
- Exercise
- Jabuka
- Vocna salata, štrudla
- Mg direct, corny cokoladica
- Piletina kfc bijelo (2kom)
- Zagrebacki odrezak, blitva s krumpirom, salata zelje
- Pivo 0.3
- Pomfrit (100g)

SAT 20 Feb



Notes

- 2x integralni dvopek, 2x kuhano jaje, zdenka sir, majoneza light
- Exercise
- Jabuka
- Mg direct, candy cokoladica
- Zagrebacki odrezak, blitva s krumpirom, salata zelje
- Pomirt (100g)
- Repa s grahom (1 tanjur)
- Vocna salata, štrudla
- Piletina kfc bijelo (2kom)
- Pivo 0.3

FRI 5 Mar



Glucose mmol/L

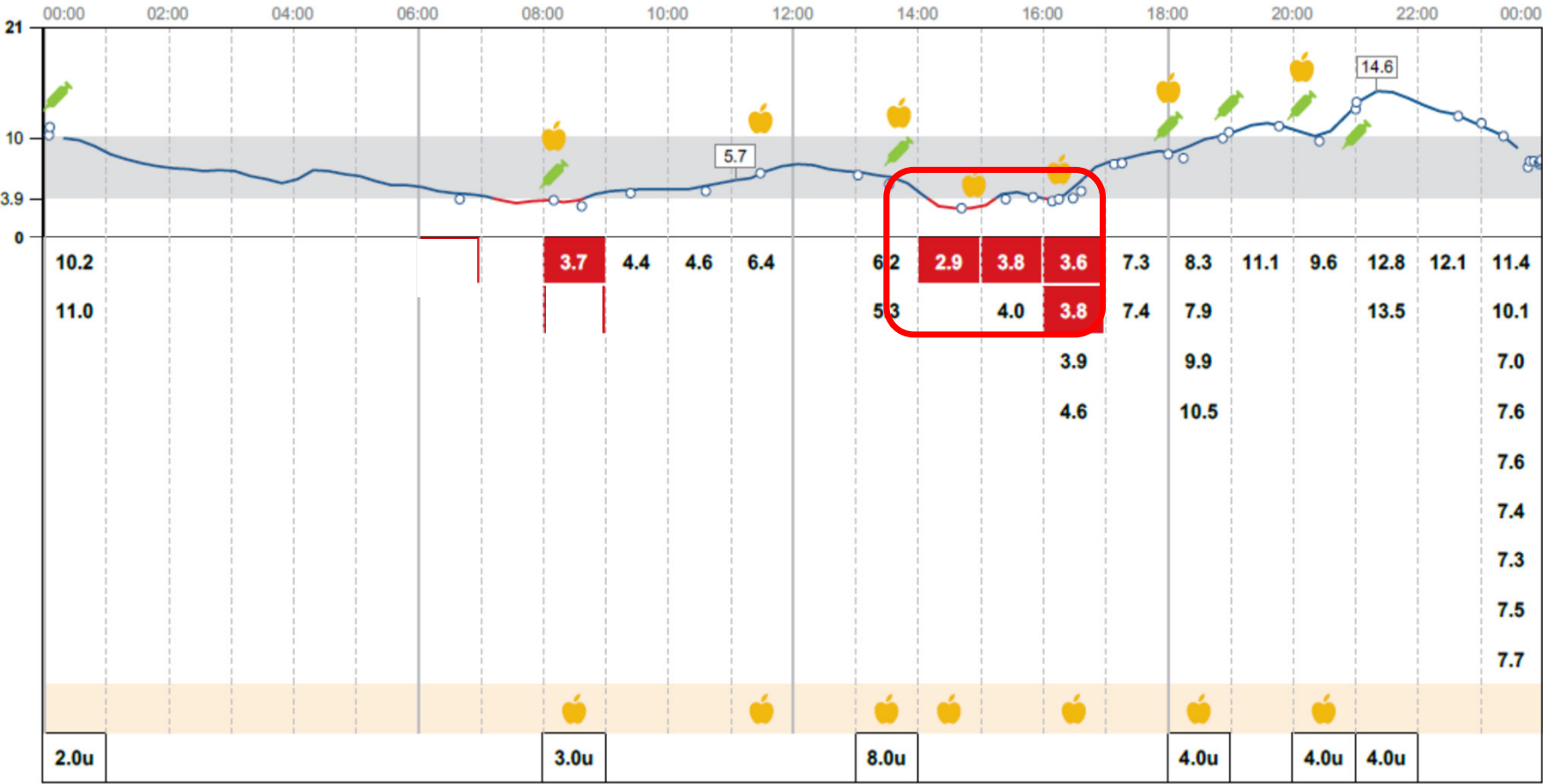


Carbs grams



Rapid-Acting Insulin

Notes



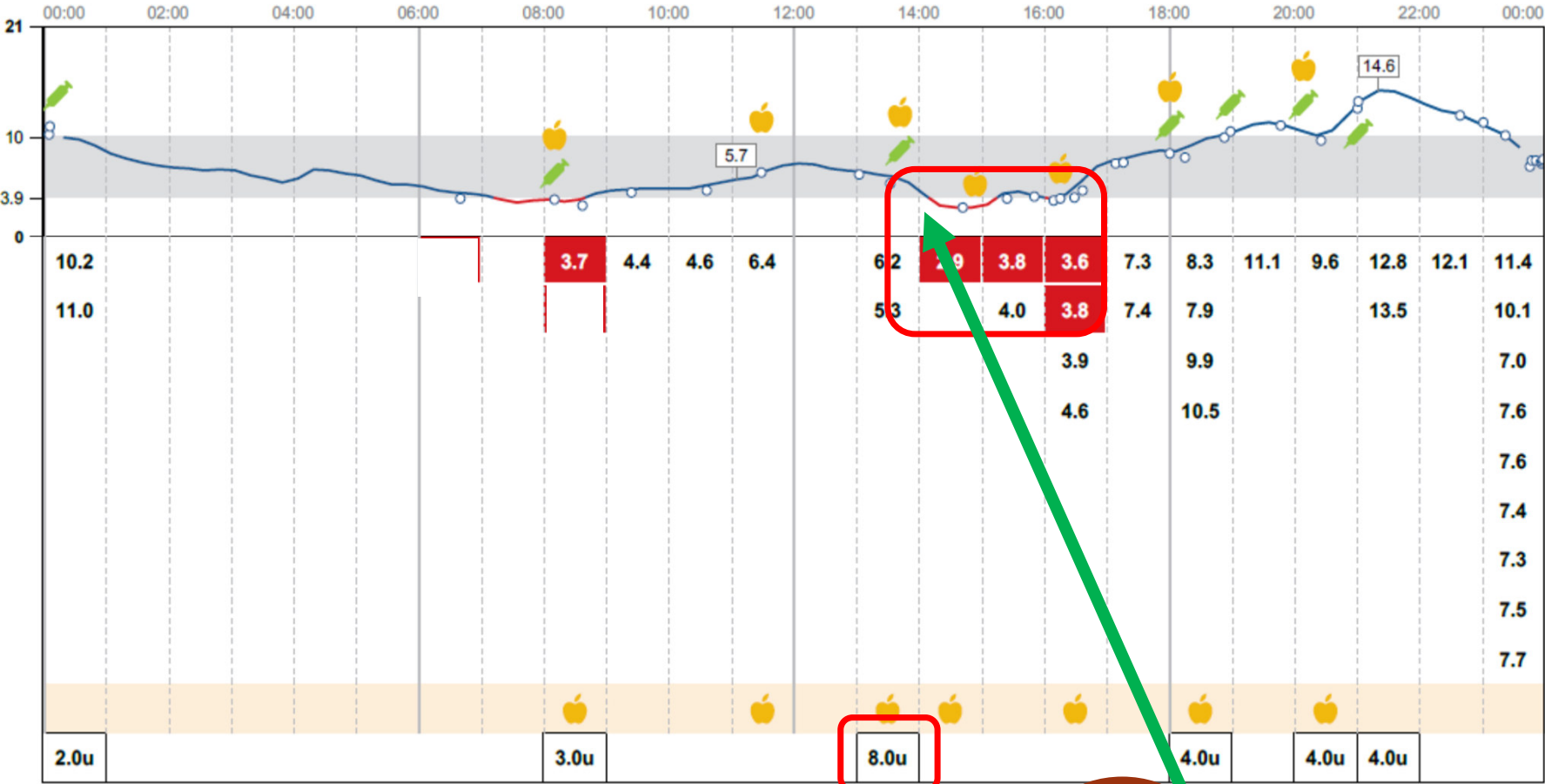
- Kuhano jaje, 2xdvopek, majoneza, kis krastavac, sunka 2 snite
► Kava s mlijekom
► Pastirva, pire krumpir 100g, salata zelje
► Rizin puding 200g (20g UH), jabuka
► Sir bovidur 15 g, rizin puding 80 g
► Vocni jogurt, Cola zero 0,2
► Cikla 100g Rizin puding 1/2 (10g Uh) ◀
Posni sir 100g, vrhnje, 2x dvopek, šunka, sir bovidur 30g, cikla 100 g, majoneza light, 1/2 rizin puding ◀
► Exercise

FRI 5 Mar

Glucose mmol/L

Carbs grams
Rapid-Acting Insulin

Notes



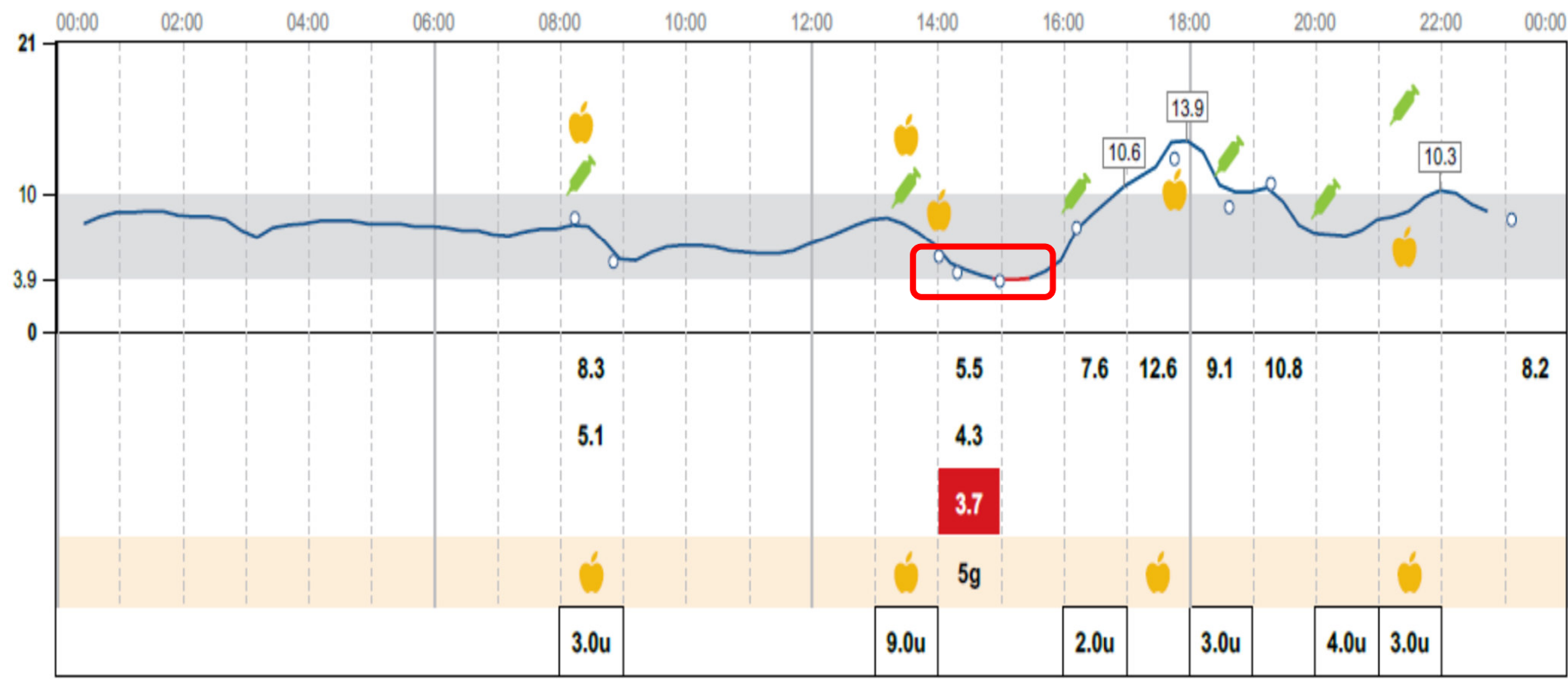
- Kuhano jaje, 2xdvopek, majoneza, kis krastavac, sunka 2 snite
- Kava s mlijekom
- Pastirva, pire krumpir 100g, salata zelje
- Rizin puding 20g (20g Uh), jabuka
- Sir bovidur 15 g, rizin puding 80 g
- Posni sir 100g, vrhnje, 2x dvopek, šunka, sir bovidur 30g, cikla 100 g, majoneza light, 1/2 rizin puding
- Exercise
- Cikla 100g Rizin puding 1/2 (10g Uh)
- Voćni jogurt, Cola zero 0,2

SUN 7 Mar

 Glucose mmol/L

 Carbs grams

 Rapid-Acting Insulin



Notes

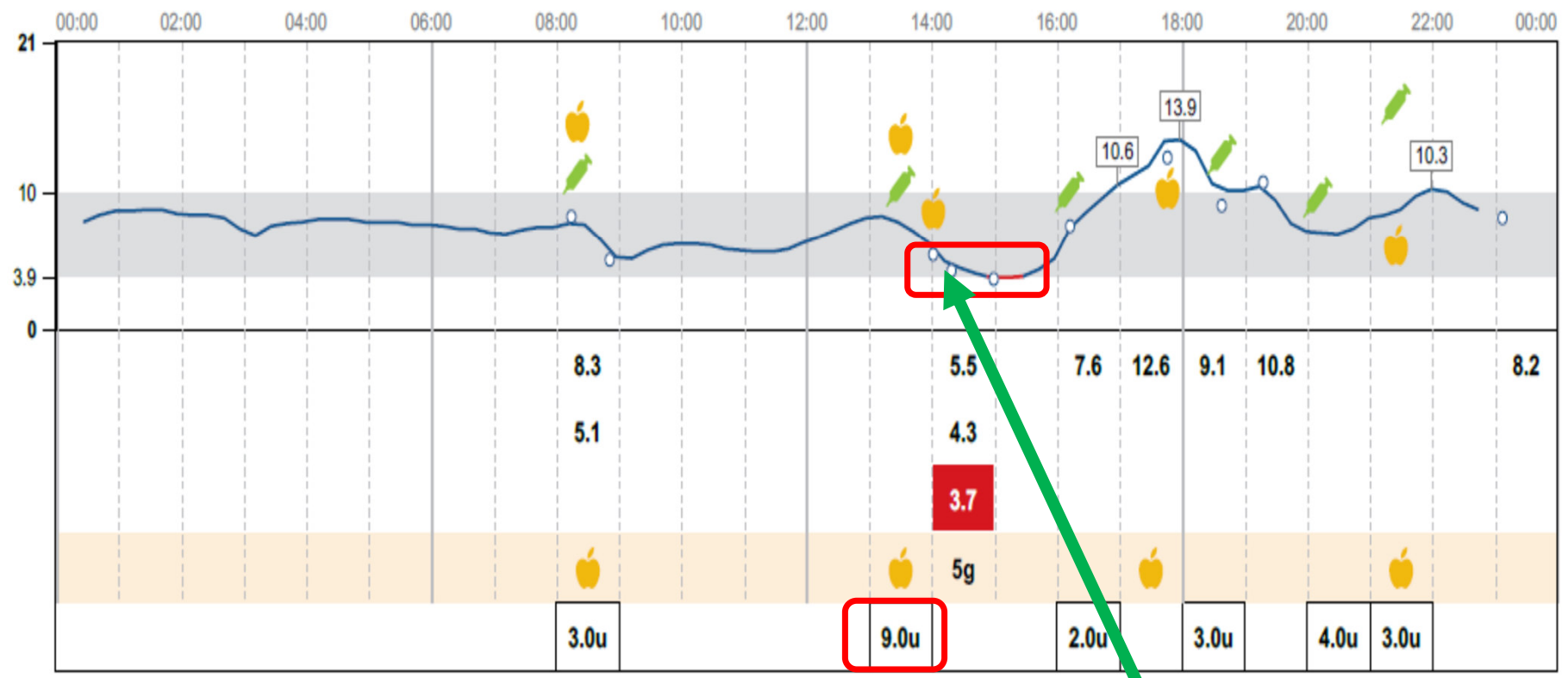
- 1 kuhano jaje, 2x dvopek, 1 sir trokut varazdinec
- Kava s mlijekom
- Jabuka
- Exercise
- Rizin puding 100 g, kokice 30 g
- Grah varivo, 2 pileca filea na zaru, salata zelje
- Rizin puding 50g
- Tortilla cips par kom
- Kava s mlijekom, rizin puding 50 g
- 2x dvopek, kuhano jaje, šunka 1 snita, krastavac, majoneza, posni sir

SUN 7 Mar

Glucose mmol/L

Carbs grams

Rapid-Acting Insulin

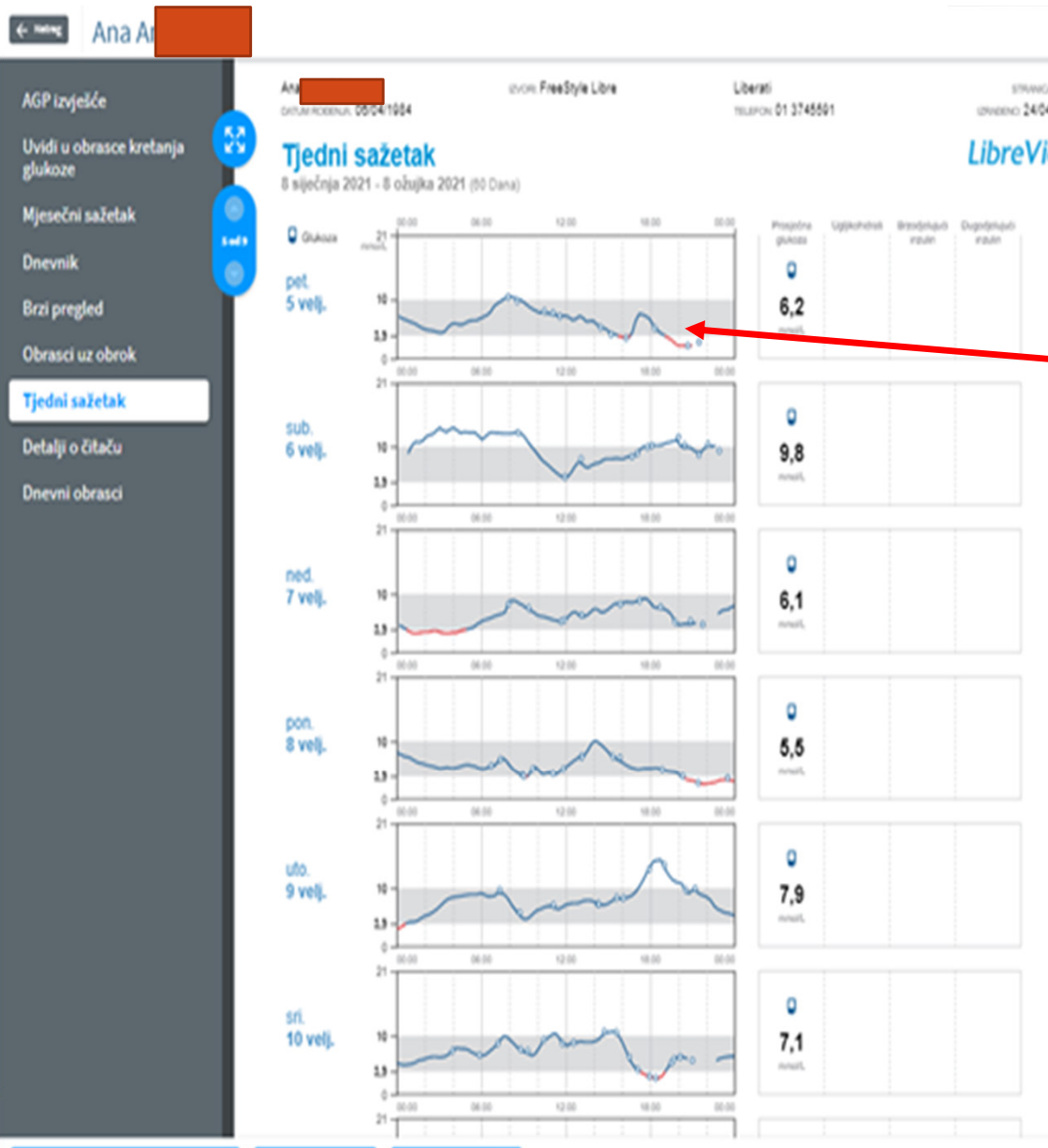


Notes

- 1 kuhano jaje, 2x dvopek, 1 sir trokut varazdinec
- Kava s mlijekom
- Grah varivo, 2 pileca filea na žaru, salata zelje
- Rizin puding 50g
- Kava s mlijekom, rizin puding 50 g
- Jabuka
- Exercise
- Rizin puding 100 g, kokice 30 g
- Čedilla cips s majonezom
- 2x dvopek, kuhano jaje, šunka 1 snita, krastavac, majoneza, posni sir

...bobičasto voće...





02.2021.

oo omlet 2 jaja, šnita proteinskog kruha

oo pileća juha bez rezanaca, peršin, kuhana pileтина, zelena salata s rotkvicama i češnjakom

jagode, malo svježeg sira

zeleni čaj

2.2021.

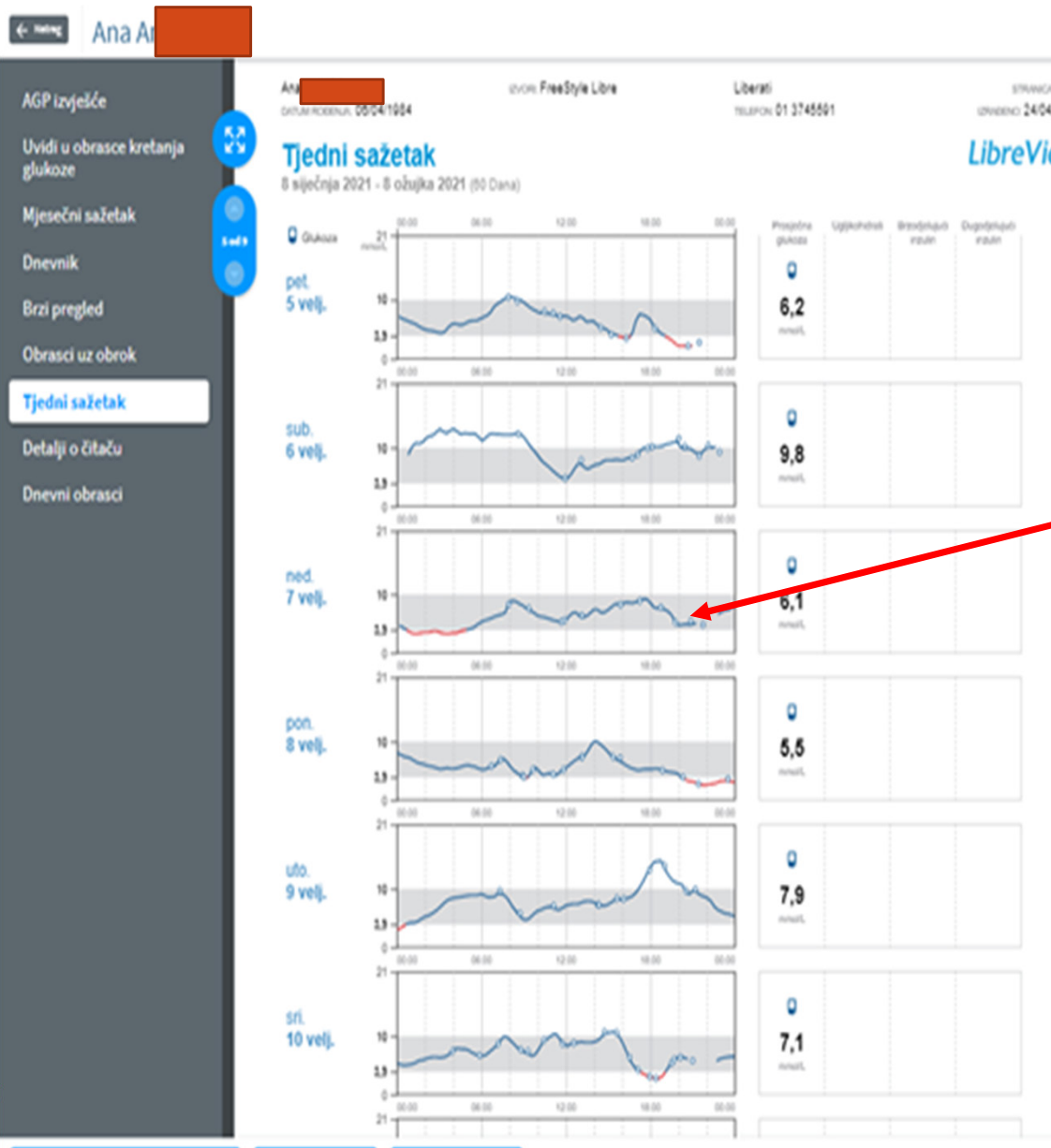
svježi sir, paprika, češnjak

varivo od batata, tikvica, celera, graška i peršina

čaša crnog vina

piletina na naglo, kupus salata, integralna riža

zeleni čaj



il

07. 02. 2021.

06:00 proteinski kruh (1 šnita), pureća šunka, krastavci, jogurt

08:00 kava bez mlijeka

12:00 Rio Mare tuna salata + zelena salata

16:00 borovnice, 4 oraha

20:00 sir i vrhnje, luk

08.02. 2021.

06:00 3 kuhana jaja (bjelanjci), 1 šnita proteinskog kruha

08:00 Zeleni čaj

12:30 rožoto sa sirom, zelena salata, češnjak

18:00 svježi sir, šaka malina, Zeleni čaj

...kava i zeleni čaj...



4.2.2021

7:45 kava

9:30 2 x šnita kruh, kuhana šunka, škripavac, mlijeko

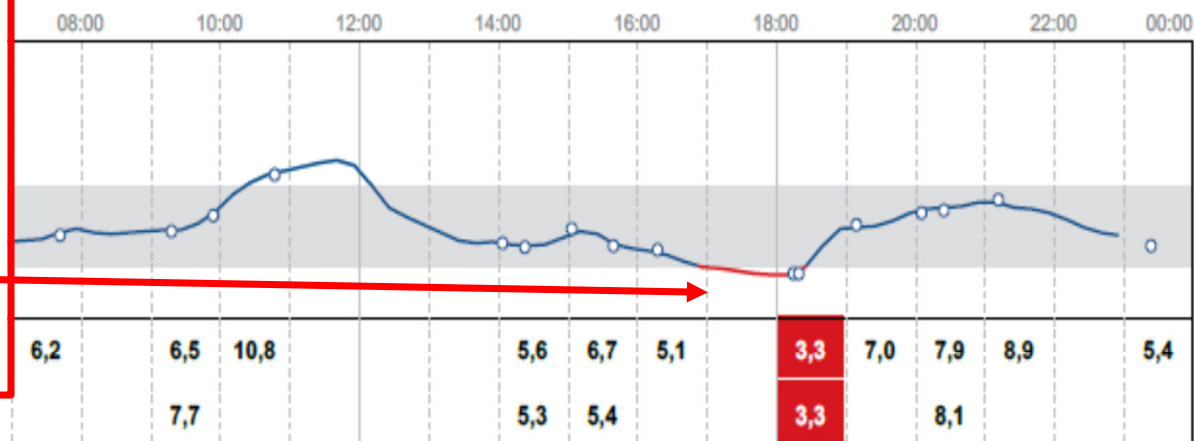
10:45 mrkva sirova

13:00 šnita kolača od šljiva

14:30 lignje pečene, kuhani krumpir, rikola, mandarina

16:00 kava

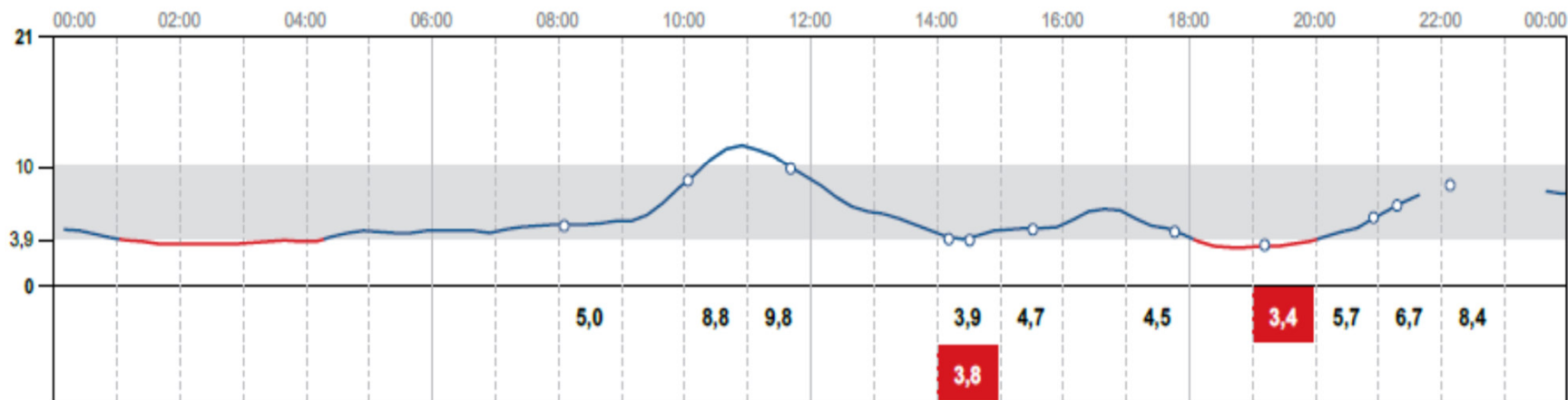
18:15 mandarina



PET. 5 velj.



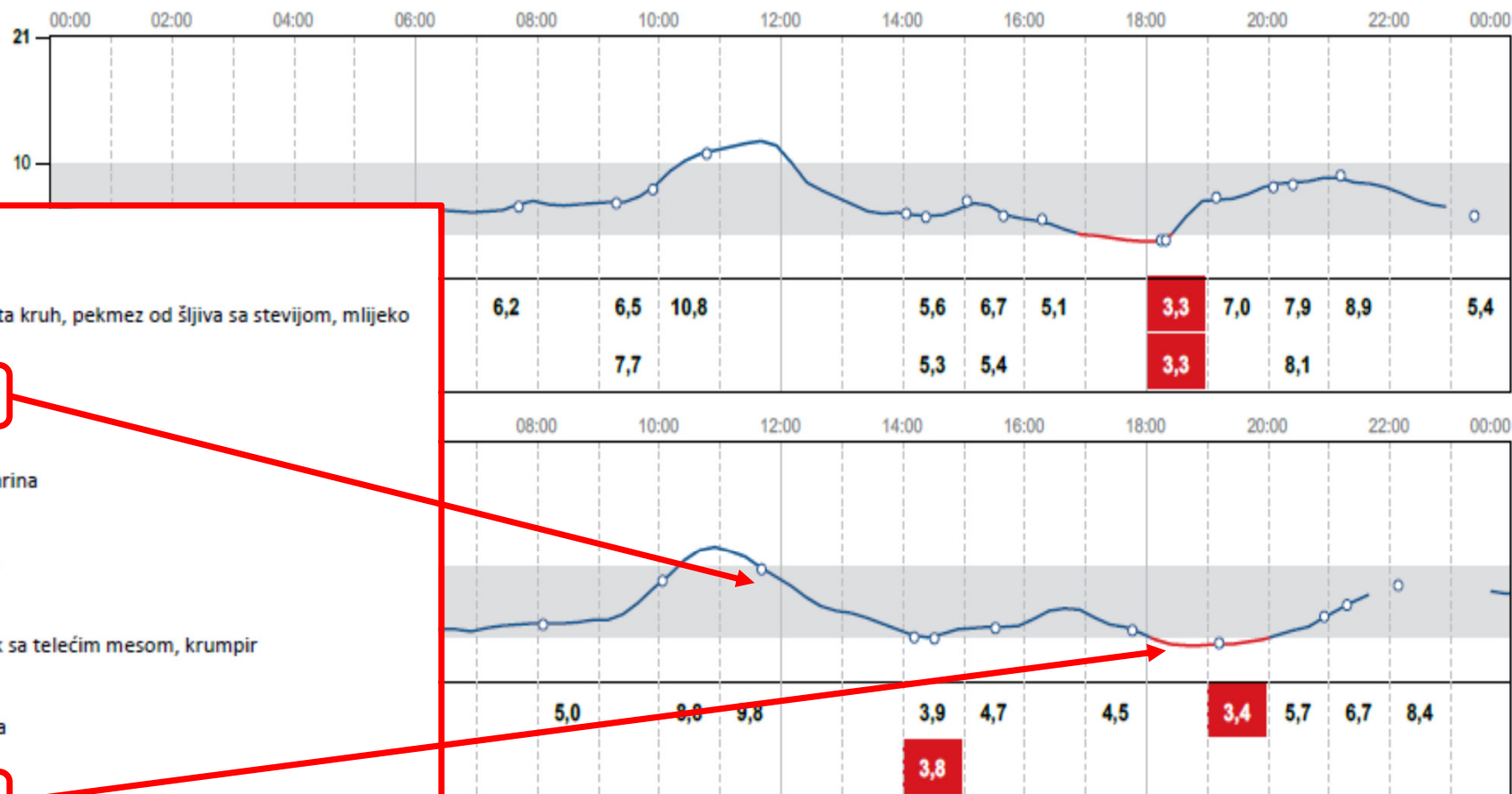
Glukoza mmol/L



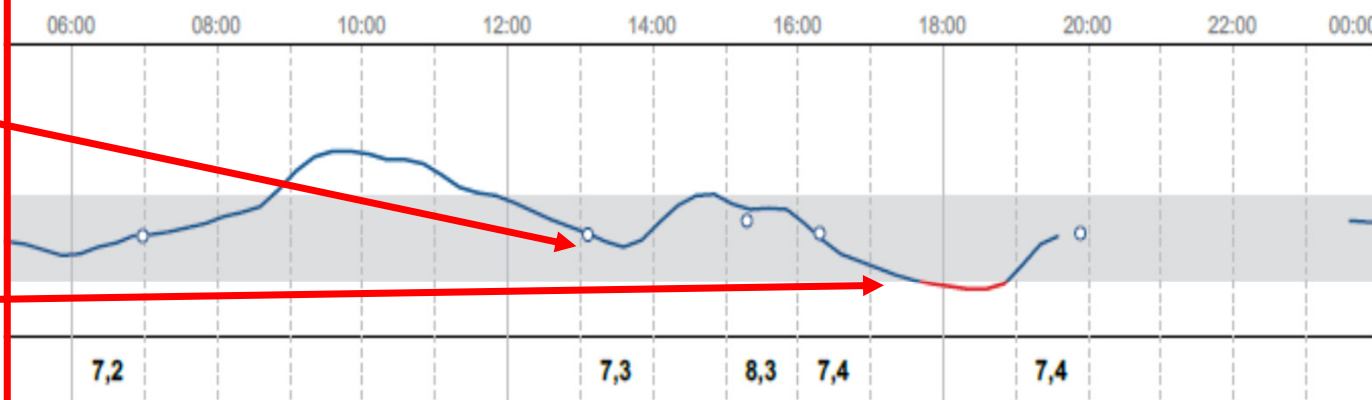
ČET. 4 velj.

5.2.2021

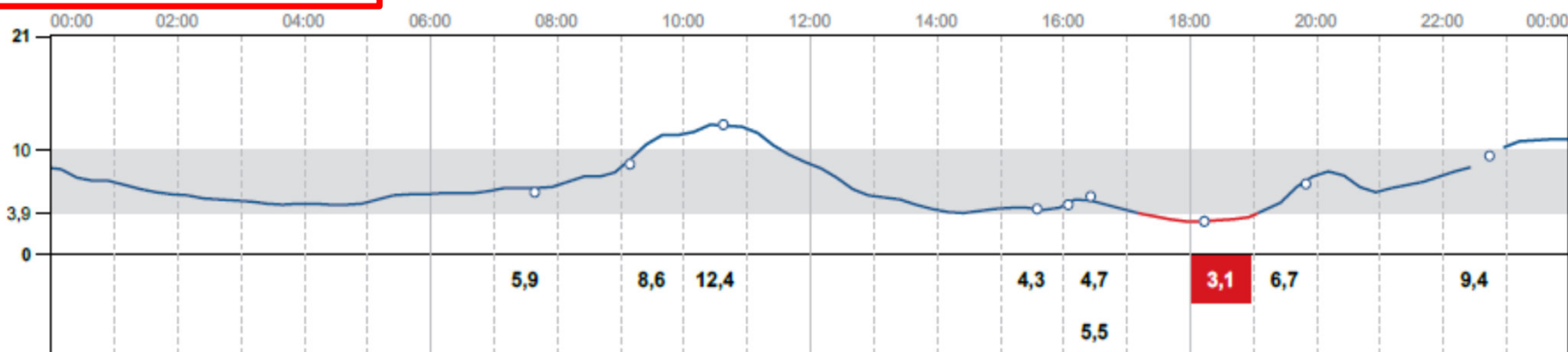
8:00	kava
9:15	2 x šnita kruh, pekmez od šljiva sa stevijom, mlijeko
11:40	kava
12:30	mandarina
14:10	kruška
15:30	poriluk sa telečim mesom, krumpir
16:10	banana
17:30	kava



10.2.2021	7:15	kava
	8:30	zobene pahuljice, jogurt
	10:30	kruška
	12:15	kava
	15:30	varivo mahune
	16:30	kava
	19:00	banana, tuc keksi

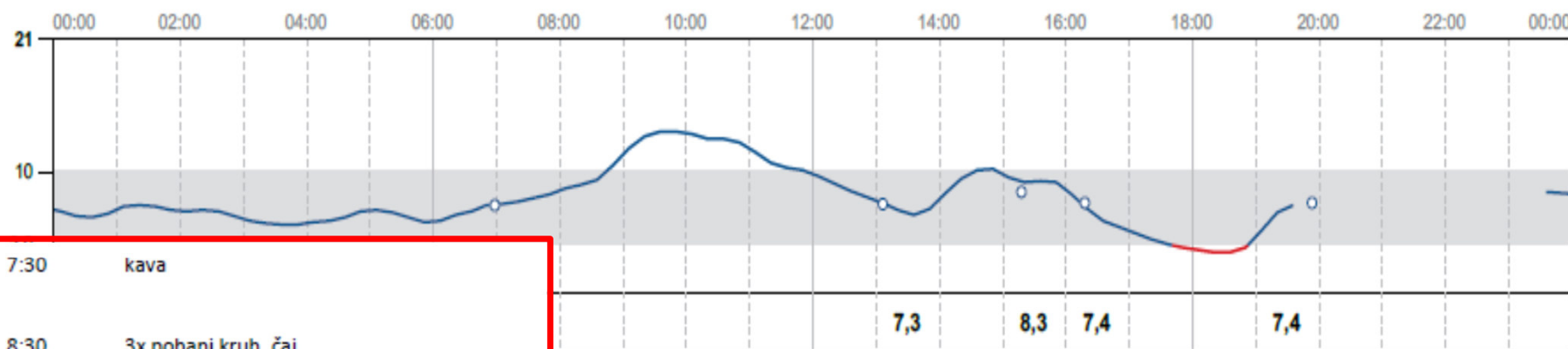


PON. 22 velj.

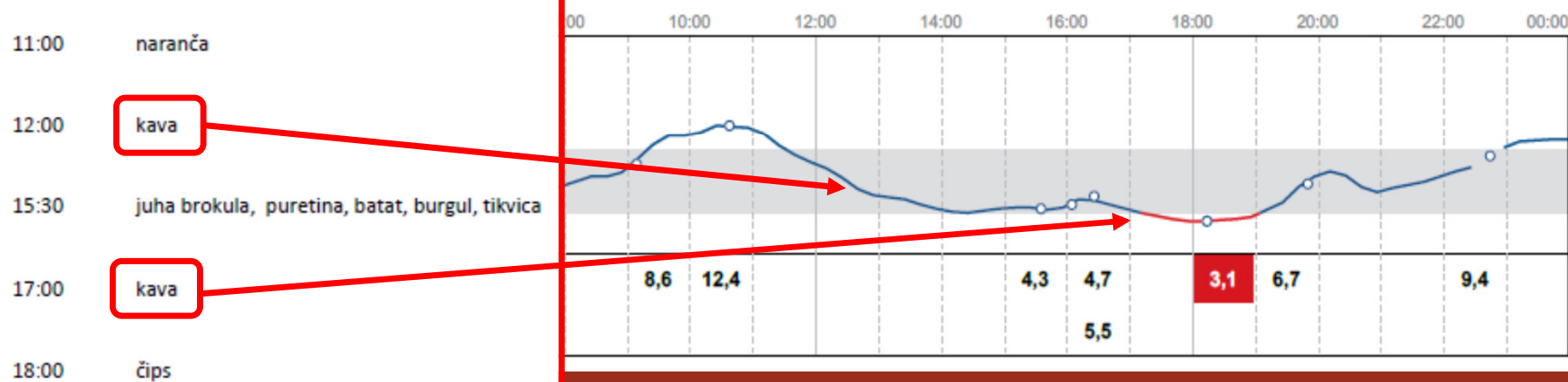


Glukoza mmol/L

SRI. 10 velj.



PON. 22 ve



Sustavi za kontinuirani monitoring glukoze / senzori – sustavi samokontrole, samopomoći i samodiscipline

- Uvođenjem sustava za kontinuirano mjerenje glikemije u samokontrolu, bolesnici (i njihove obitelji) postaju svjesniji o utjecaju pojedinih namirnica / vrste hrane na njihovu glikemiju
- 1/3 bolesnika se po uvođenju sustava za kontinuirano mjerenje glikemije odlučuje na redukciju unosa UH, prelaze na dijete nižeg glikemijskog indeksa (radi benefita u glukoregulaciji, preporuka uvrštena i u Kanadske smjernice za liječenje šećerne bolesti)
- Korištenjem sustava za kontinuirano mjerenje glikemije bolesnici postaju sigurniji u korekcijama doza prandijalnog inzulina i u modifikaciji unosa UH za pojedinačni obrok

Arnason, T., Cameron, A., Nour, M., Inman, M., & Mansell, K. (2022). A survey of reported changes in diet and activity with the FreeStyle Libre flash glucose monitor: a pilot study. *Practical Diabetes*, 39(1), 12-17a.

Sustavi za kontinuirani monitoring glukoze / senzori – sustavi za personalizaciju dijete

- Postprandijalna hiperglikemija → okosnica glukovarijabilnosti + faktor rizika za razvoj šećerne bolesti tip 2
- Kontrola postprandijalne glikemije: izazov...izvor frustracija...ključan korak u optimizaciji glukoregulacije
- Osvješćivanje utjecaja pojedinih namirnica / vrste hrane na (postprandijalnu) glikemiju preduvjet je za uspješnu personalizaciju prehrane
- VAŽNOST PERSONALIZACIJE: **visoka interindividualna varijabilnost** u postprandijalnom glikemijskom odgovoru (PPGR)

„...universal dietary
recommendations may have
limited utility”:

Zeevi, David et al. “Personalized
Nutrition by Prediction of Glycemic Responses.” *Cell* vol. 163,5
(2015): 1079-1094



Multifaktorijalni utjecaj na postprandijalnu glikemiju

Interindividualne razlike u glikemijskom odgovoru (PPGR):

Multifaktorijalni utjecaj na postprandijalnu glikemiju

Interindividualne razlike u glikemijskom odgovoru (PPGR):

- Genetski čimbenici ...nutrigenomika (Marcum, J. A. (2020). Nutrigenetics / nutrigenomics, personalized nutrition, and precision healthcare. *Current nutrition reports*, 9(4), 338-345.), farmakogenimika (Cecchin, E., & Stocco, G. (2020). Pharmacogenomics and personalized medicine. *Genes*, 11(6), 679.)

Multifaktorijalni utjecaj na postprandijalnu glikemiju

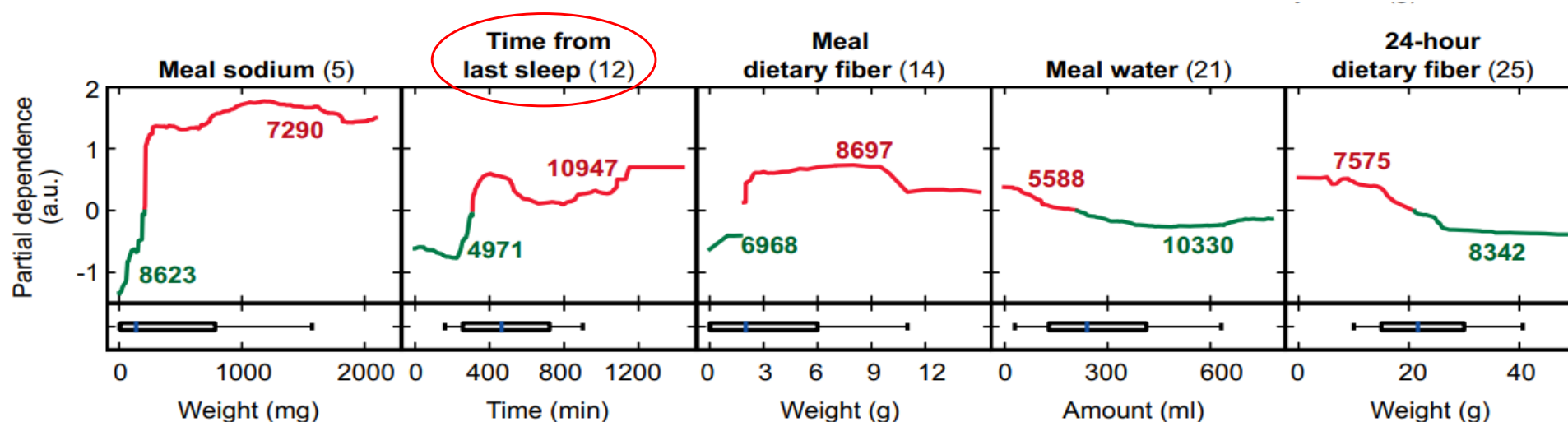
Interindividualne razlike u glikemijskom odgovoru (PPGR):

- Životne navike, ritam spavanja/budnosti ([Dunstan et al., 2012](#); Tsereteli, N., Vallat, R., Fernandez-Tajes, J., Delahanty, L. M., Ordovas, J. M., Drew, D. A., ... & Franks, P. W. (2022). Impact of insufficient sleep on dysregulated blood glucose control under standardised meal conditions. *Diabetologia*, 65(2), 356-365.)

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Multifaktorijski utjecaj na postprandijalnu glikemiju

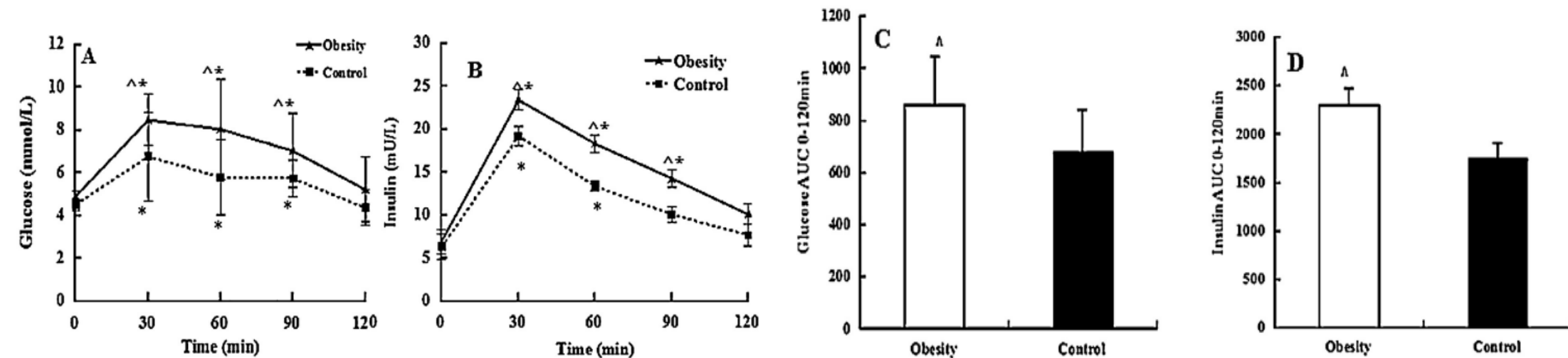
Interindividualne razlike u glikemijskom odgovoru (PPGR):

- Antropometrijski čimbenici, osjetljivost na inzulin ([Himsworth, 1934](#), [Gibbs et al., 1995](#); Zeevi, D., Korem, T., Zmora, N., Israeli, D., Rothschild, D., et al. (2015). Personalized nutrition by prediction of glycemic responses. *Cell*, 163(5), 1079-1094.)

Multifaktorijalni utjecaj na postprandijalnu glikemiju

Interindividualne razlike u glikemijskom odgovoru (PPGR):

- Antropometrijski čimbenici, osjetljivost na inzulin ([Himsworth, 1934](#), [Gibbs et al., 1995](#); Zeevi, D., Korem, T., Zmora, N., Israeli, D., Rothschild, D., et al (2015). Personalized nutrition by prediction of glycemic responses. *Cell*, 163(5), 1079-1094.)



Multifaktorijalni utjecaj na postprandijalnu glikemiju

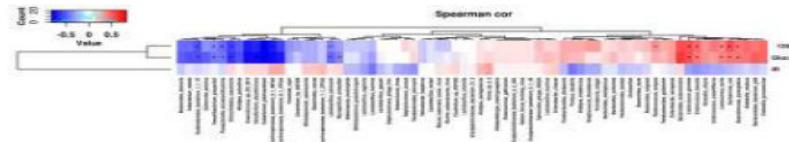
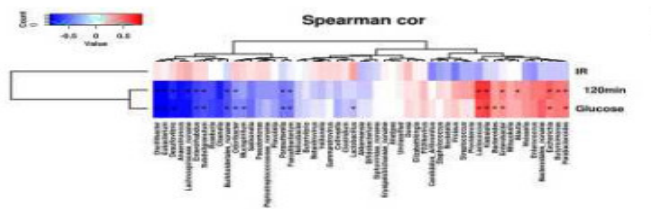
Interindividualne razlike u glikemijskom odgovoru (PPGR):

- Crijevna mikrobiota ([Le Chatelier et al., 2013](#), [Suez et al., 2014](#), [Turnbaugh et al., 2006](#), [Zhang et al., 2013](#); Nestel, N., Hvass, J. D., et al (2021). The Gut Microbiome and Abiotic Factors as Potential Determinants of Postprandial Glucose Responses: A Single-Arm Meal Study. *Frontiers in nutrition*, 7, 337.)

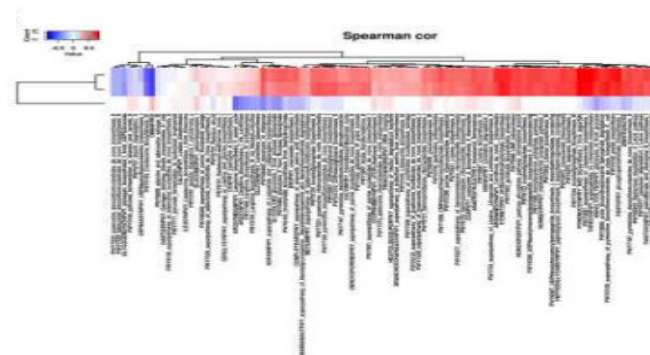
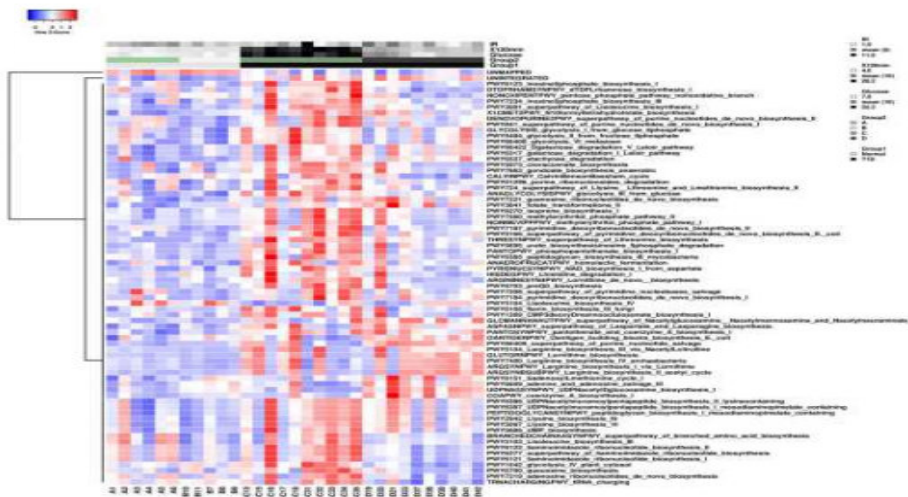
Multifaktorijalni utjecaj na postprandijalnu glikemiju

Interindividualne razlike u glikemijskom odgovoru (PPGR):

- Crijevna mikrobiota ([Le Chatelier et al., 2013](#), [Suez et al., 2014](#), [Turnbaugh et al., 2006](#), [Zhang et al., 2013](#); Nestel, N., Hvass, J. D., et al (2021). The Gut Microbiome and Abiotic Factors as Potential Determinants of Postprandial Glucose Responses: A Single-Arm Meal Study. *Frontiers in nutrition*, 7, 337.)

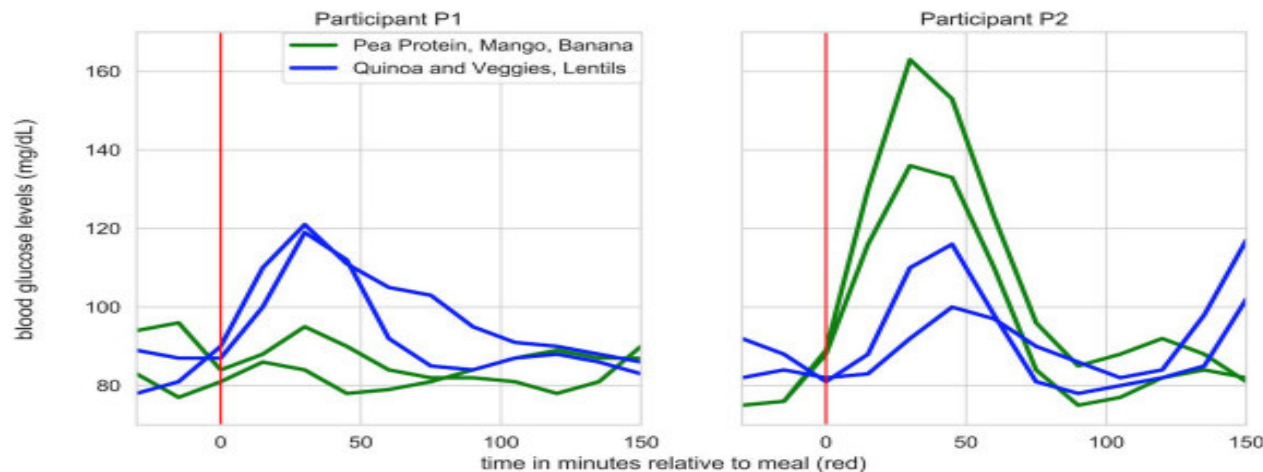


Correlation analysis between gut microbiota and glucose/insulin levels.

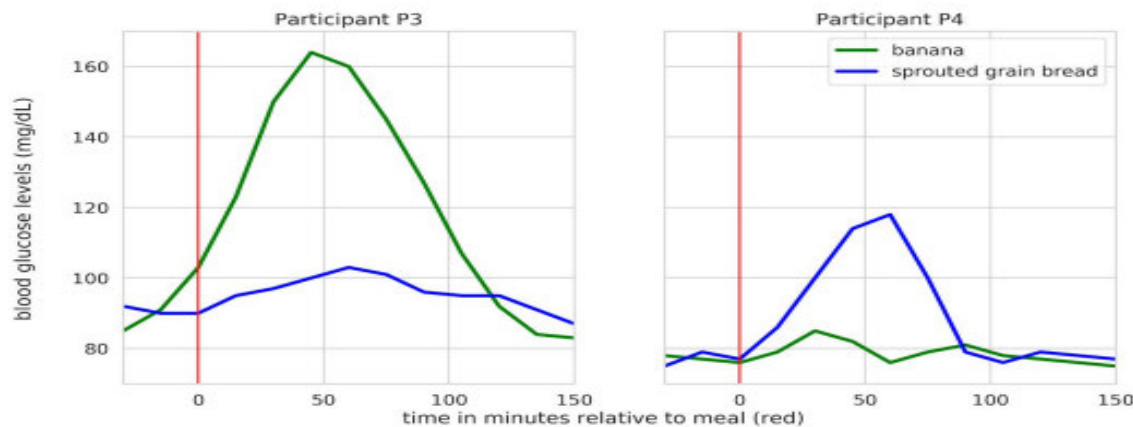


The correlation between abundance of gut microbiota at genus level and glucose/insulin levels were determined by Spearman correlation analysis; Heatmap and clustering of all samples based on functional composition of the metatranscriptome.

INTER i INTRA-individualne razlike u PPGR

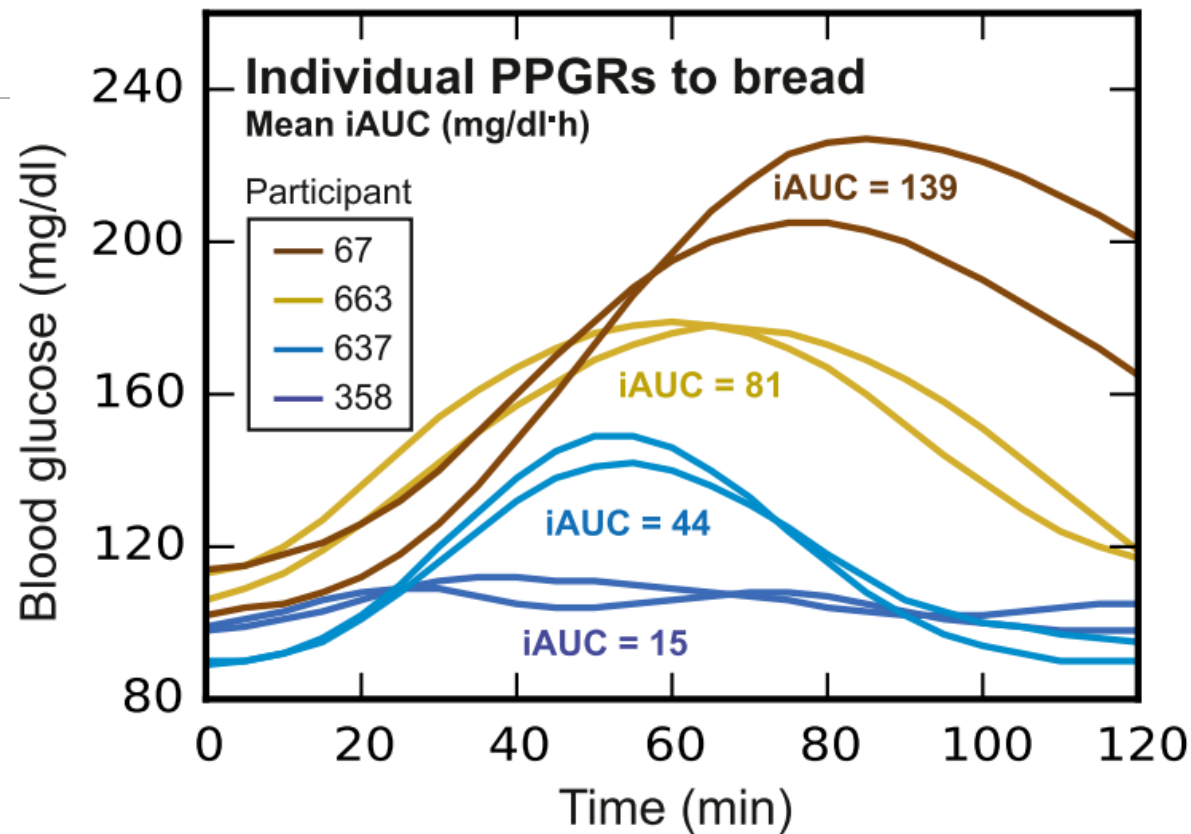


Ingestion of two of the repeated meals result in opposite blood glucose response in two participants



Ingestion of two free meals results in opposite blood glucose response in two participants

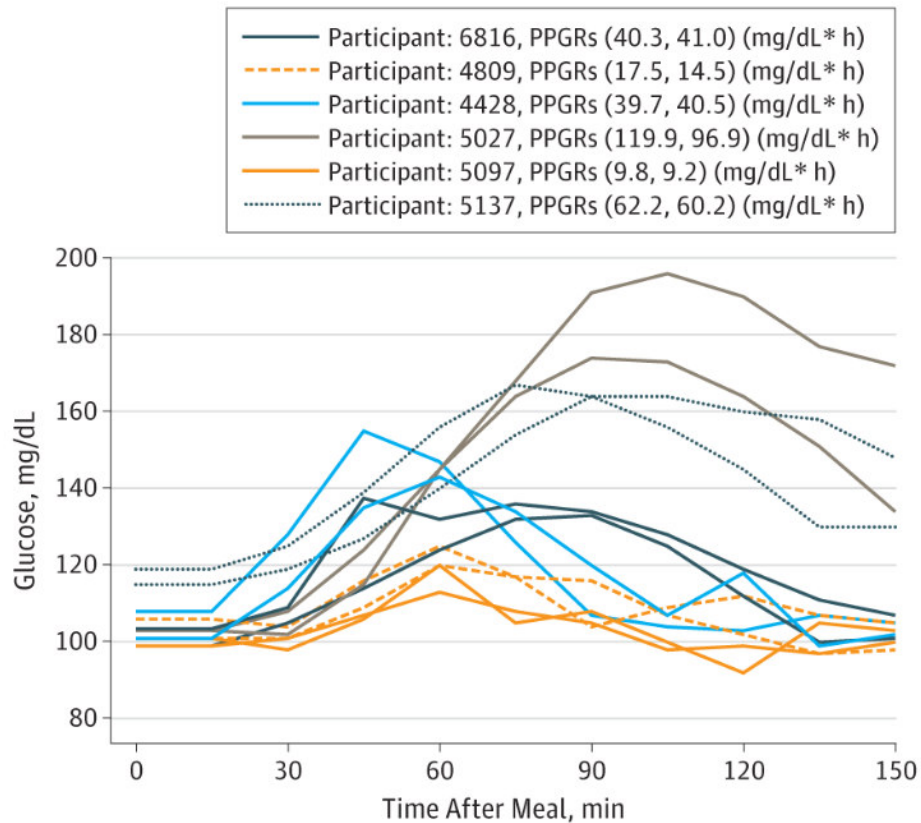
INTER- i INTRA- individualne razlike u PPGR



Example of high interpersonal variability and low intra-personal variability in the PPGR to bread across four participants (two replicates per participant consumed on two different mornings).

INTER- i INTRA- individualne razlike u PPGR

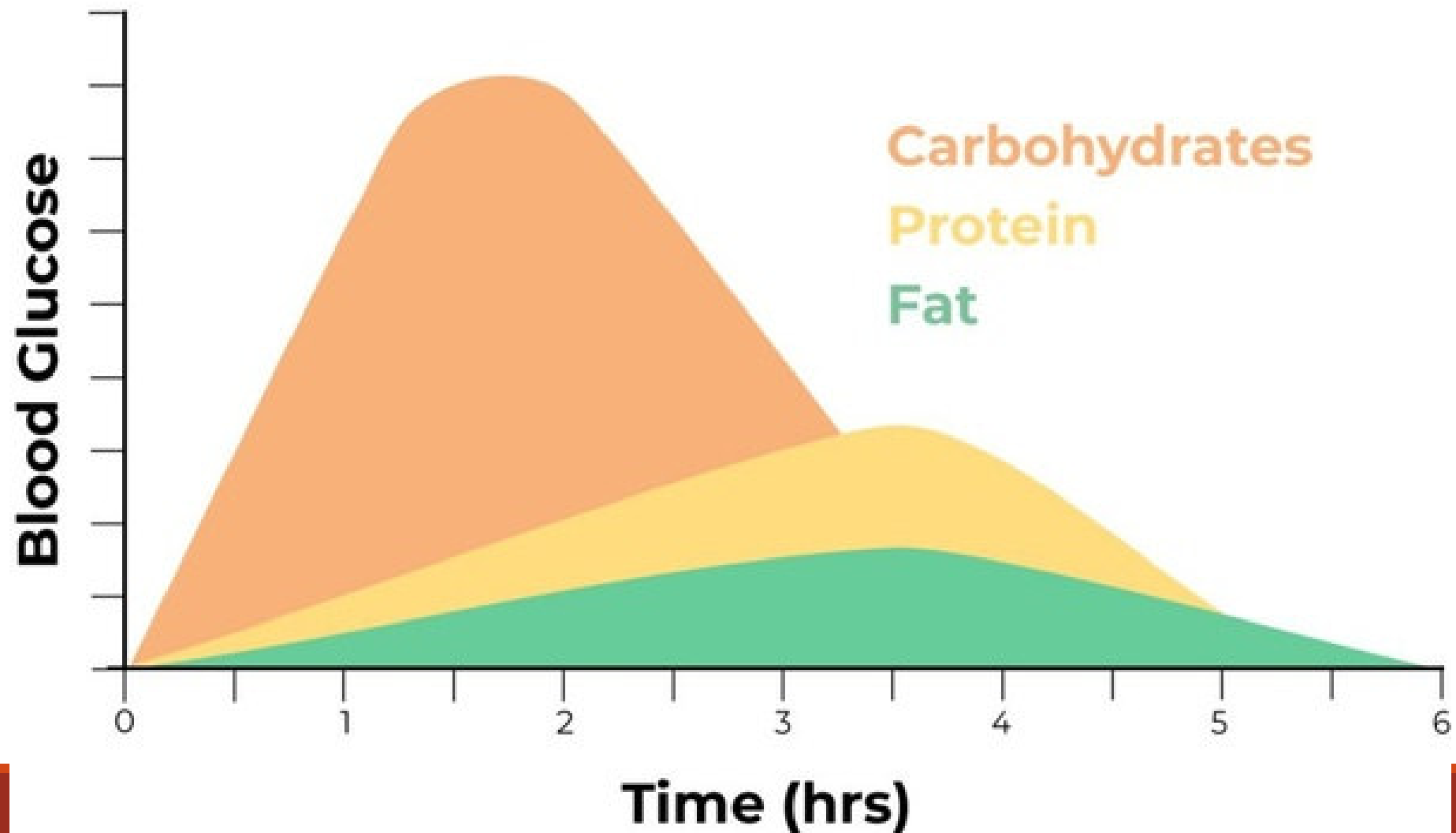
A Glycemic responses to food

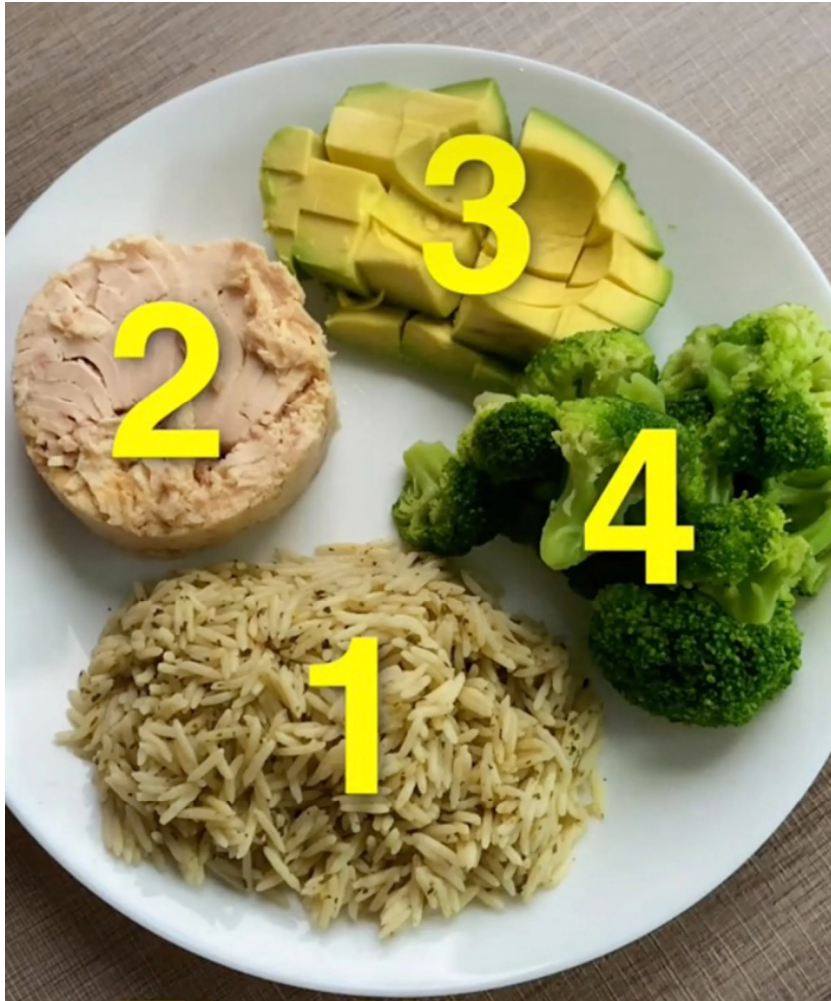


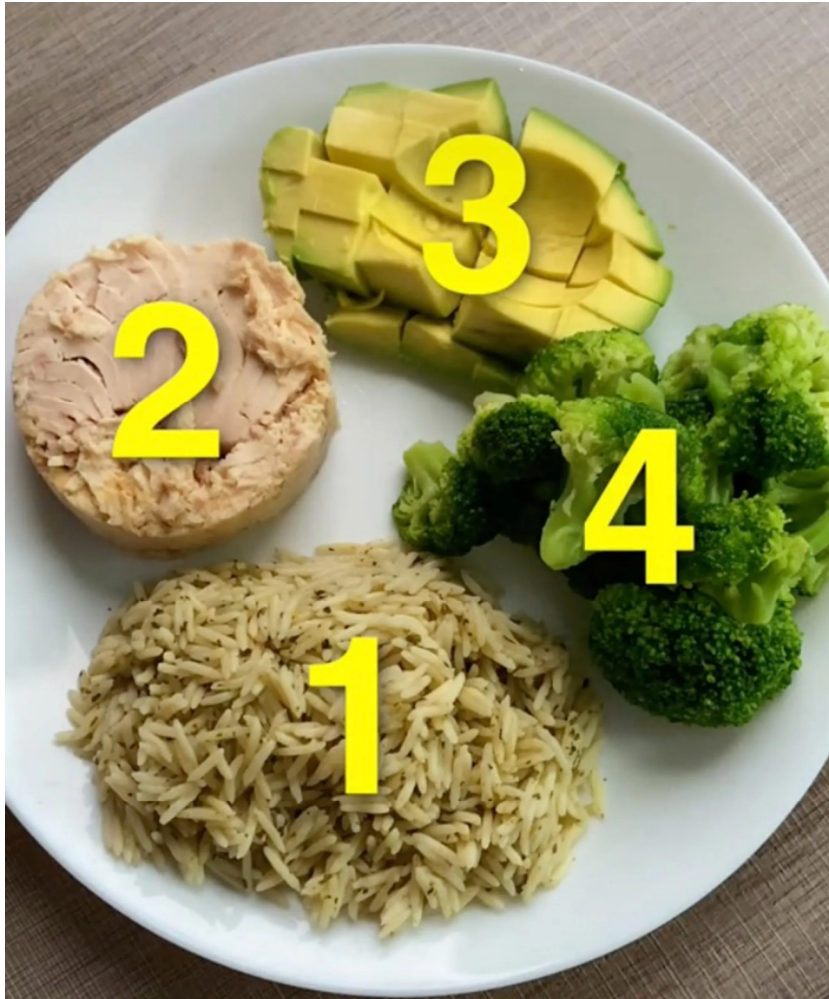
Intraindividual and interindividual variability in response to the bagel and cream cheese meal. The key shows the participant number and the computed postprandial glycemic response (PPGR) for meals eaten by the same participant on different days.

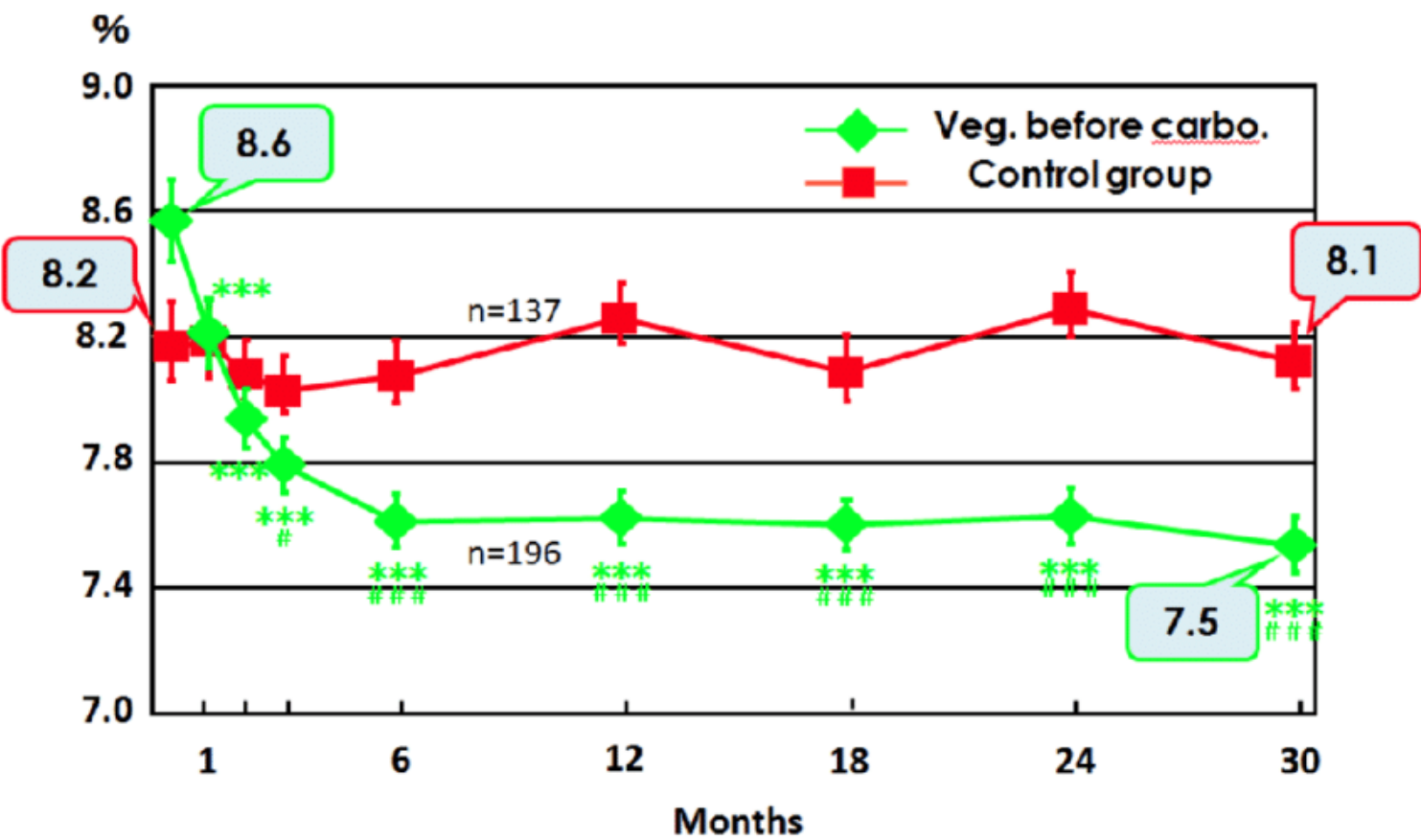
Mendes-Soares H, Raveh-Sadka T, Azulay S, et al. Assessment of a Personalized Approach to Predicting Postprandial Glycemic Responses to Food Among Individuals Without Diabetes. *JAMA Netw Open.* 2019;2(2):e188102.

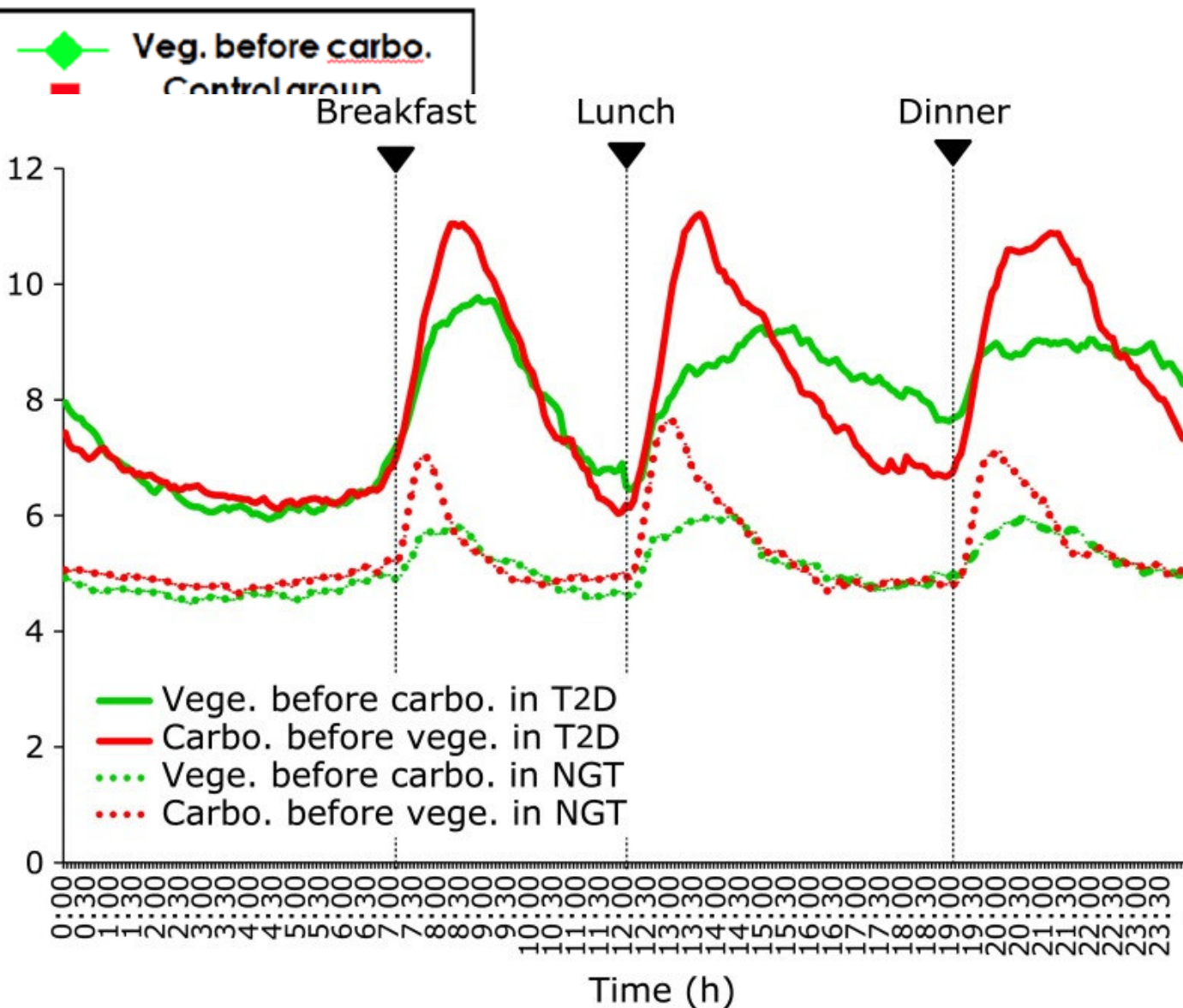
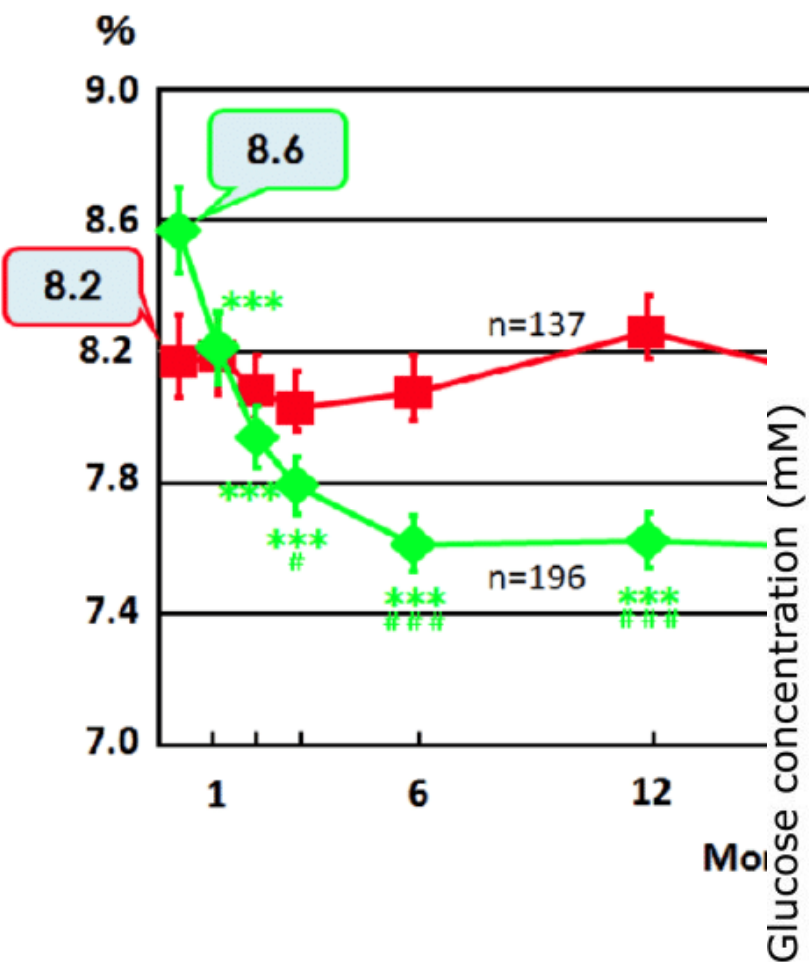
EFFECTS ON BLOOD GLUCOSE OVER TIME



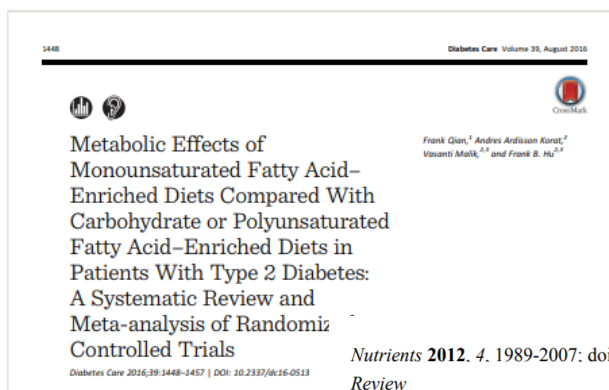








DIJETA BOGATA MONONEZASIĆENIM MASNIM KISELINAMA (MUFA) KOD OSOBA OBOLJELIH OD ŠEĆERNE BOLESTI



Monounsaturated Fatty Acids and Risk of Cardiovascular Disease: Synopsis of the Evidence Available from Systematic Reviews and Meta-Analyses

Lukas Schwingshackl and Georg Hoffmann *

Dijeta bogata mononezasićenim masnim kiselinama (MUFA) potiče:

1. porast dobrog HDL kolesterola
2. sniženje razine triglicerida
3. smanjenje krvnog tlaka
4. hipoglikemijski učinak
5. smanjenje glikiranog hemoglobina

Table 5. Study characteristics of meta-analyses.

Reference	No. Studies	Statistical Method	Min. Duration	Participants	Effects of MUFA
Hegsted <i>et al.</i> 1993 [45]	<i>n</i> = 77	Multiple regression	n.d.	n.d.	↔ TC, LDL-C, HDL-C
Mensink <i>et al.</i> 1992 [61]	<i>n</i> = 28	meta-regression	14 days	682	↓ TG, HDL-C:LDL-C ↑ HDL-C ↔ TC, LDL
Gardner <i>et al.</i> 1995 ** [47]	<i>n</i> = 14	Standardized effect size	3 weeks	439	↑ TG *
Yu <i>et al.</i> 1995 [48]	<i>n</i> = 18	Meta-regression analysis	n.d.	804	↔ LDL-C, HDL-C ↓ TC, LDL-C ↑ HDL-C
Clarke <i>et al.</i> 1997 [49]	<i>n</i> = 91	Multilevel regression analysis	2 weeks	5910	↑ HDL-C ↔ TC, LDL-C
rg 1998 [50]	<i>n</i> = 9	meta-analysis	2 weeks	133	↓ TG, TC, VLDL-C, FG ↑ HDL-C, Apo A-1 ↔ LDL-C, Apo B, FI, HbA1c
Mensink <i>et al.</i> 2003 [30]	<i>n</i> = 60	meta-regression	13 days	1672	↓ TG, LDL-C, Apo B, TC:HDL-C ↑ HDL-C, Apo A-1 ↔ TC
Shah <i>et al.</i> 2007 [46]	<i>n</i> = 10	Random effect modell	3 weeks	400	↓ SBP, DBP *
Cao <i>et al.</i> 2009 [51]	<i>n</i> = 30	Random effect modell	2 weeks	1213	↓ TG ↑ HDL-C, Apo A 1 ↔ LDL-C
Jakobsen <i>et al.</i> 2009 [52]	<i>n</i> = 11	Random effect meta-analysis	4 years	344,696	↑ risk of CHD events ↔ risk of CHD death
Kodama <i>et al.</i> 2009 [53]	<i>n</i> = 11	Fixed effect modell	10 days	329	↓ TG ↔ FG, FI, TC, HDL-C, LDL-C
Mente <i>et al.</i> 2009 [54]	<i>n</i> = 146	Random effect meta-analysis	n.d.	101,521	↓ CHD events
Mozaffarian and Clarke 2009 [55]	<i>n</i> = 13	Multilevel regression analysis	2 weeks	554	↓ TC, TG, LDL-C, Apo B, TC:HDL-C ↑ HDL-C, Apo A-1
Skeaff <i>et al.</i> 2009 [56]	<i>n</i> = 28	Random effect meta-analysis	4 years	280,000	↔ risk of CHD death/events
Schwingshackl <i>et al.</i> 2011 [57]	<i>n</i> = 12	Random effect meta-analysis	6 months	1990	↓ FM, SBP, DBP ↔ W, WC, TC, LDL-C, HDL-C, TG, CRP
Schwingshackl <i>et al.</i> 2011 [58]	<i>n</i> = 9	Random effect meta-analysis	6 months	1547	↓ HbA1c, FG ↔ FI, HOMA-IR

↑ significant increase; ↓ significant decrease; ↔ no significant effects; * *p* = 0.05; ** MUFA vs. PUFA; MUFA/PUFA for SFA decrease
LDL-Cholesterol; n.d.: no data.

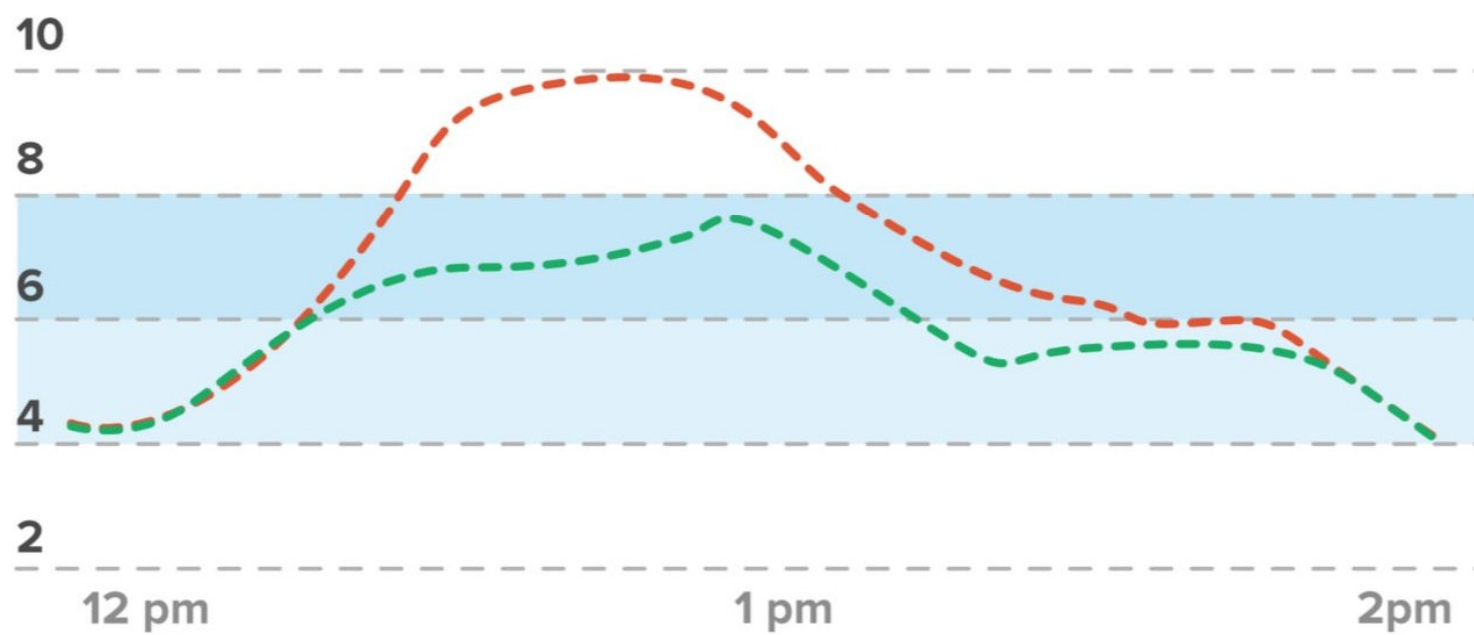


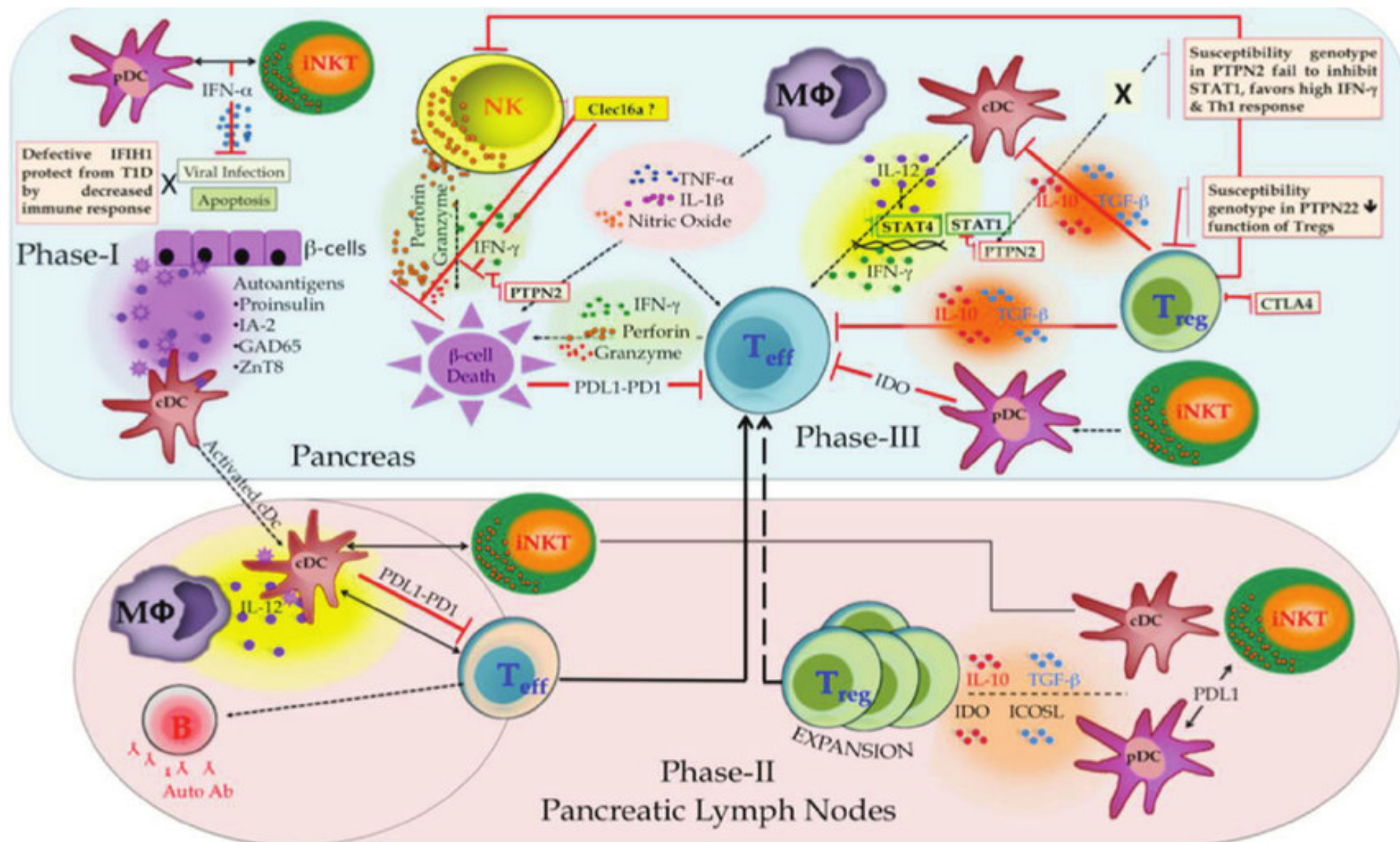
Fried Rice

Lunch 12 pm

Without Activity

Walking 30 mins







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- MULTIDISCIPLINARNI PRISTUP
 - ANGAŽIRANOST SVIH SOCIJALNIH STRUKTURA
 - TRAJNA EDUKACIJA