

Noorte toitumise põhitõed: mis juhtub kehas, kui söögikorrad on sassis?

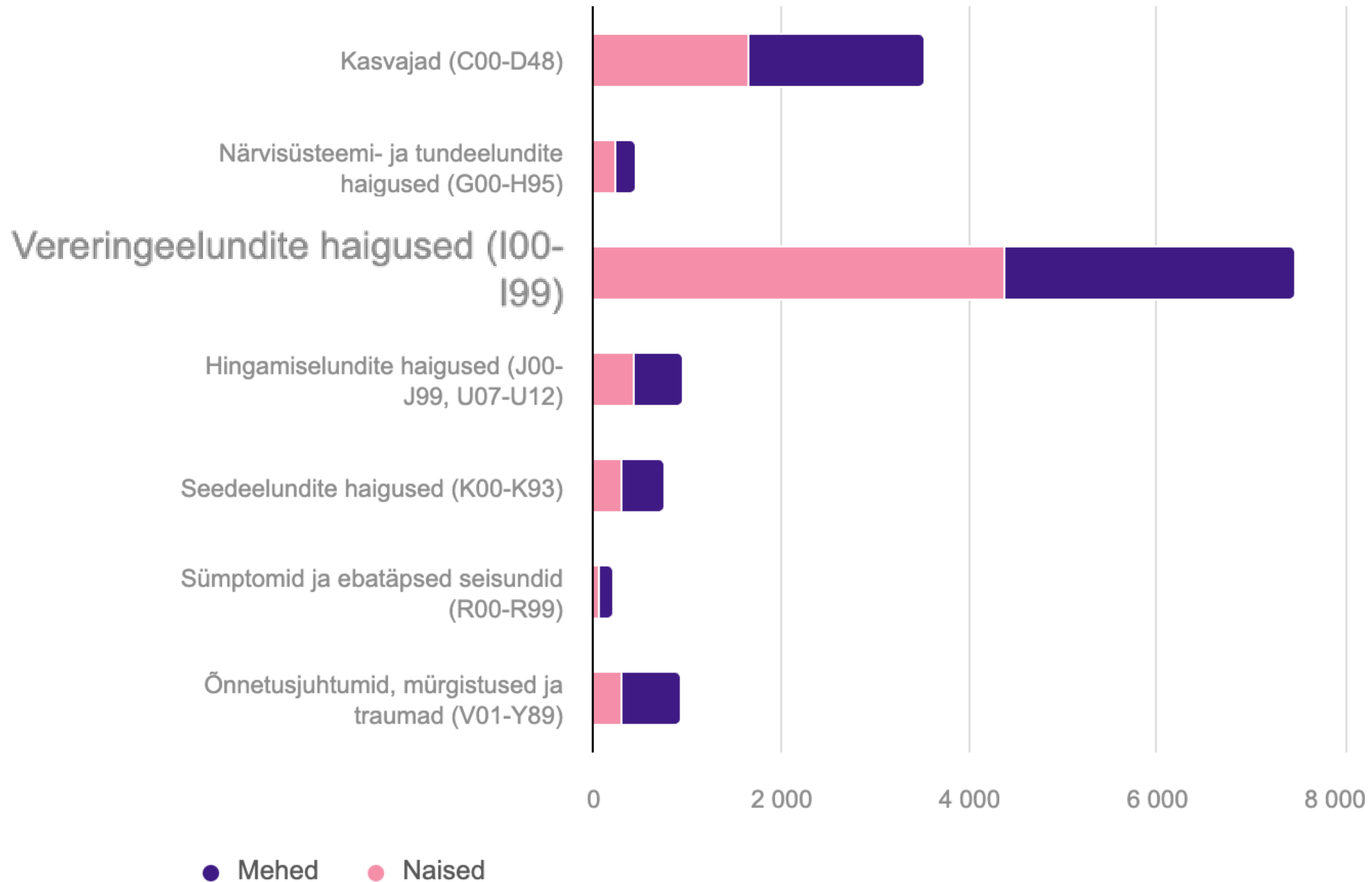
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Mis on Eesti levinuim
surmapõhjus?

Surmapõhjused | 2023

Allikas: statistikaamet



1. Kõige suurem terviserisk on vereringelundite haigused.
2. Üks suurimaid mõjureid on toitumine.
3. Täpsemalt on see ultratöödeldud toitude osakaal.

Mis on ultratöödeldu toit?

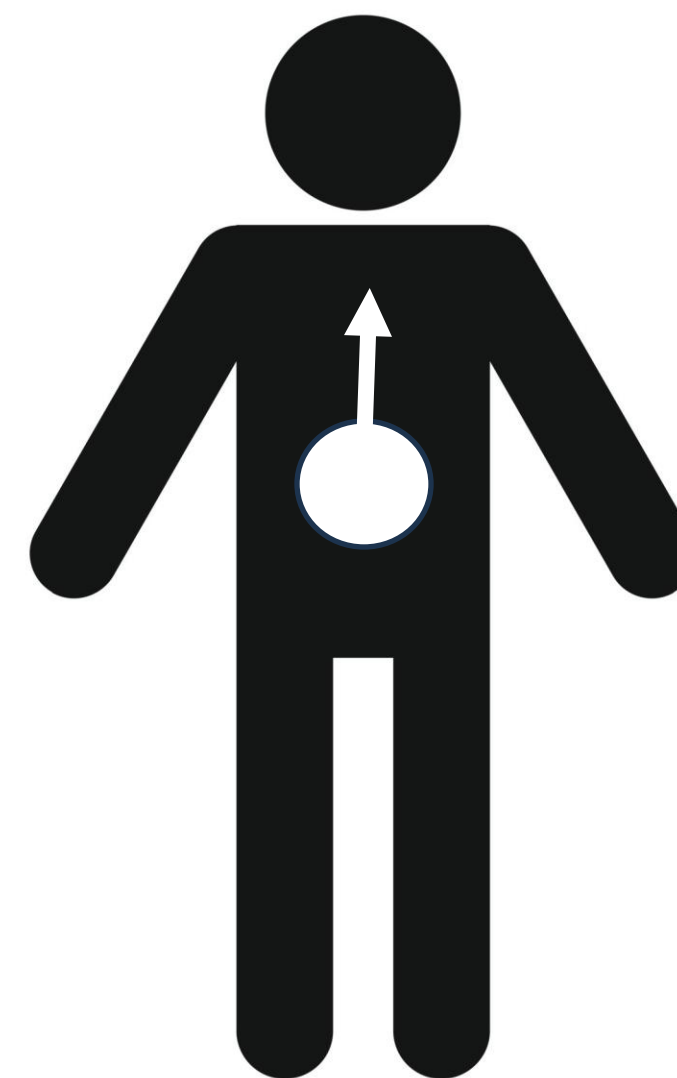
- Palju lisatud soola või suhkrut
- Valmis toit
- Töödeldud liha või kala
- Snäkid, krõbuskid
- Kas sul oleks võimalik seda oma köögis valmistada?

Kuidas me siia jõudsime?

Kuidas kehad reguleerivad
söögiisu?

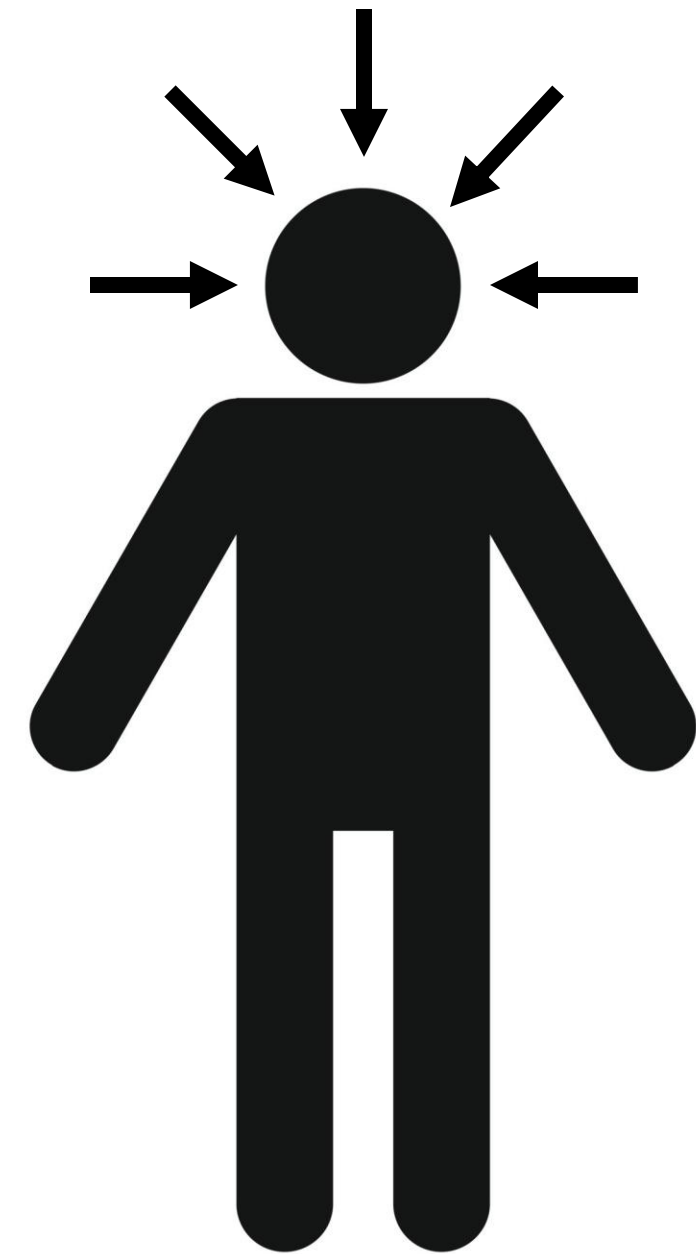
Sisemised signaalid

- Maitse ja tekstuur
- Magu
- Veres ringlevad ained
- Mikrobiom
- Tsirkadiaantsükkel
- ...aga võtavad aega et mõjuda



Välimised signaalid

- Lõhn ja väljanägemine
- Toidu kohta informatsioon
- Toidu nägemine
- Toidu kättesaadavus
- Toidu mitmekesisus
- Sotsiaalsed/kultuurilised tegurid



Ultratöödeldud toidu võlud

Ultratöödeldud toidu võlud

- Bioloogiliselt vastupandamatud
- Presentatsioon, nähtavus ja kättesaadavus
- Odavad
- Suured portsud
- Ekraanide ees söömine

Ultratöödeldud toidu valud

Ultratöödeldud toidu valud

- Süda ja veresoonkonna haigused
- Vere näitajad
- Ülekaalulisus
- Glükeemiline koormus
- Mikrobiom
- Hormoonid
- Lisaks veel...

Olulised sekkumisvõimalused

Olulised sekkumisvõimalused

1. Vähendada ultratöödeldud toitude nähtavust ja kättesaadavust.
2. Suurendada töötlemata toidu nähtavust ja kättesaadavust.
3. Anda koolilõuna kohta rohkem informatsiooni.
4. Liikumine peale sööki.
5. Eeskuju ja toitumise haridus.

Aitäh kuulamast!

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