



CAMFiC AL DIA
L'actualització en AP



CAMFiC
societat catalana de medicina
familiar i comunitària

IMPORTÀNCIA DE L'ALIMENTACIÓ EN LA PREVENCIÓ I PROMOCIÓ DE SALUT

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SENSE CONFLICTES D'INTERÈS



ÍNDEX

- 01 Alimentació, factor modificable
- 02 Parlem de dietes?
- 03 Només l'alimentació promou salut?

01

01

És important l'alimentació a l'hora de prevenir i promocionar la salut?





02

Dieta mediterrània

Dieta hiperproteica

Dieta "keto"

Dieta DASH

Dejú intermitent

Dieta de la carxofa




El llenguatge importa



■ Dejú intermitent

Calorie restriction in an obesogenic environment: reality or fiction?

Frank B Hu 

Published: July 11, 2019 • DOI: [https://doi.org/10.1016/S2213-8587\(19\)30196-2](https://doi.org/10.1016/S2213-8587(19)30196-2) • 

However, the feasibility, safety, and efficacy of long-term sustained calorie restriction in non-obese humans has not been rigorously investigated.





> J Clin Med. 2019 Oct 9;8(10):1645. doi: 10.3390/jcm8101645.

The Effectiveness of Intermittent Fasting to Reduce Body Mass Index and Glucose Metabolism: A Systematic Review and Meta-Analysis

Yongin Cho ^{1 2}, Namki Hong ³, Kyung-Won Kim ³, Sung Joon Cho ³, Minyoung Lee ³, Yeon-Hee Lee ³, Yong-Ho Lee ³, Eun Seok Kang ³, Bong-Soo Cha ³, Byung-Wan Lee ⁴

Systematic Review

Metabolic impact of intermittent energy restriction and periodic fasting in patients with type 2 diabetes: a systematic review

Elske L. van den Burg , Petra G. van Peet, Marjolein P. Schoonakker, Dionysia E. van de Haar, Mattijs E. Numans, and Hanno Pijl 

Context: The effectiveness of intermittent energy restriction (IER) and periodic fasting (PF) in the management of type 2 diabetes (T2D) remains a subject of discussion. **Objective:** The aim of this systematic review is to summarize current knowledge of the effects of IER and PF in patients with T2D on markers of metabolic control and the need for glucose-lowering medication. **Data Sources:** PubMed, Embase, Emtree, Web of Science, Cochrane Library, CENTRAL, Academic Search Premier, Science Direct, Google Scholar, Wiley Online Library, and LWW Health Library were searched for eligible articles on March 20, 2018 (last update performed November 11, 2022). Studies that evaluated the effects of IER or PF diets in adult patients with T2D were included. **Data Extraction:** This systematic review is reported according to PRISMA guidelines. Risk of bias was assessed through the Cochrane risk of bias tool. The search identified 692 unique records. Thirteen original studies were included. **Data Analysis:** A qualitative synthesis of the results was constructed because the studies differed widely in terms of dietary interventions, study design, and study duration. Glycated hemoglobin (HbA_{1c}) declined in response to IER or PF in 5 of 10 studies, and fasting glucose declined in 5 of 7 studies. In 4 studies, the dosage of glucose-lowering medication could be reduced during IER or PF. Two studies evaluated long-term effects (≥ 1 year after ending the intervention). The benefits to HbA_{1c} or fasting glucose were generally not sustained over the long term. There are a limited number of studies on IER and PF interventions in patients with T2D. Most were judged to have at least some risk of bias. **Conclusion:** The results of this systematic review suggest that IER and

02 PARLEM DE PATRONS ALIMENTARIS?

- Dieta mediterrània





SUBTÍTOL



■ Dieta mediterrània i risc cardiovascular

Associations of dietary protein intake with all-cause, cardiovascular disease, and cancer mortality: A systematic review and meta-analysis of cohort studies

Xiang-Xiu Qi • Peng Shen  



- Plant protein intake was associated with a reduced risk of all-cause and CVD mortality.
- Animal protein intake may be associated with an increased risk of CVD mortality.

- Dieta mediterrània i risc cardiovascular

petits canvis PER MENJAR MILLOR

més
FRUITES
I HORTALISSES

LLEGUMS

FRUITA SECA

VIDA ACTIVA
I SOCIAL

canvia a

AIGUA

ALIMENTS
INTEGRALS

OLI D'OLIVA
VERGE

ALIMENTS
DE TEMPORADA
I PROXIMITAT

menys
SAL

SUCRES

CARN VERMELLA
I PROCESSADA

ALIMENTS
ULTRAPROCESSATS



GAUDIM MENJANT



■ Dieta mediterrània i sobrepès-obesitat

JAMA Netw Open. 2023 Oct; 6(10): e2337994.

Published online 2023 Oct 18. doi: 10.1001/jamanetworkopen.2023.37994: 10.1001/jamanetworkopen.2023.37994

PMCID: PMC10585413

PMID: [37851444](https://pubmed.ncbi.nlm.nih.gov/37851444/)

An Energy-Reduced Mediterranean Diet, Physical Activity, and Body Composition

An Interim Subgroup Analysis of the PREDIMED-Plus Randomized Clinical Trial

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Millora la composició corporal

02 Parlem de patrons alimentaris?

- Dieta mediterrània i fragilitat

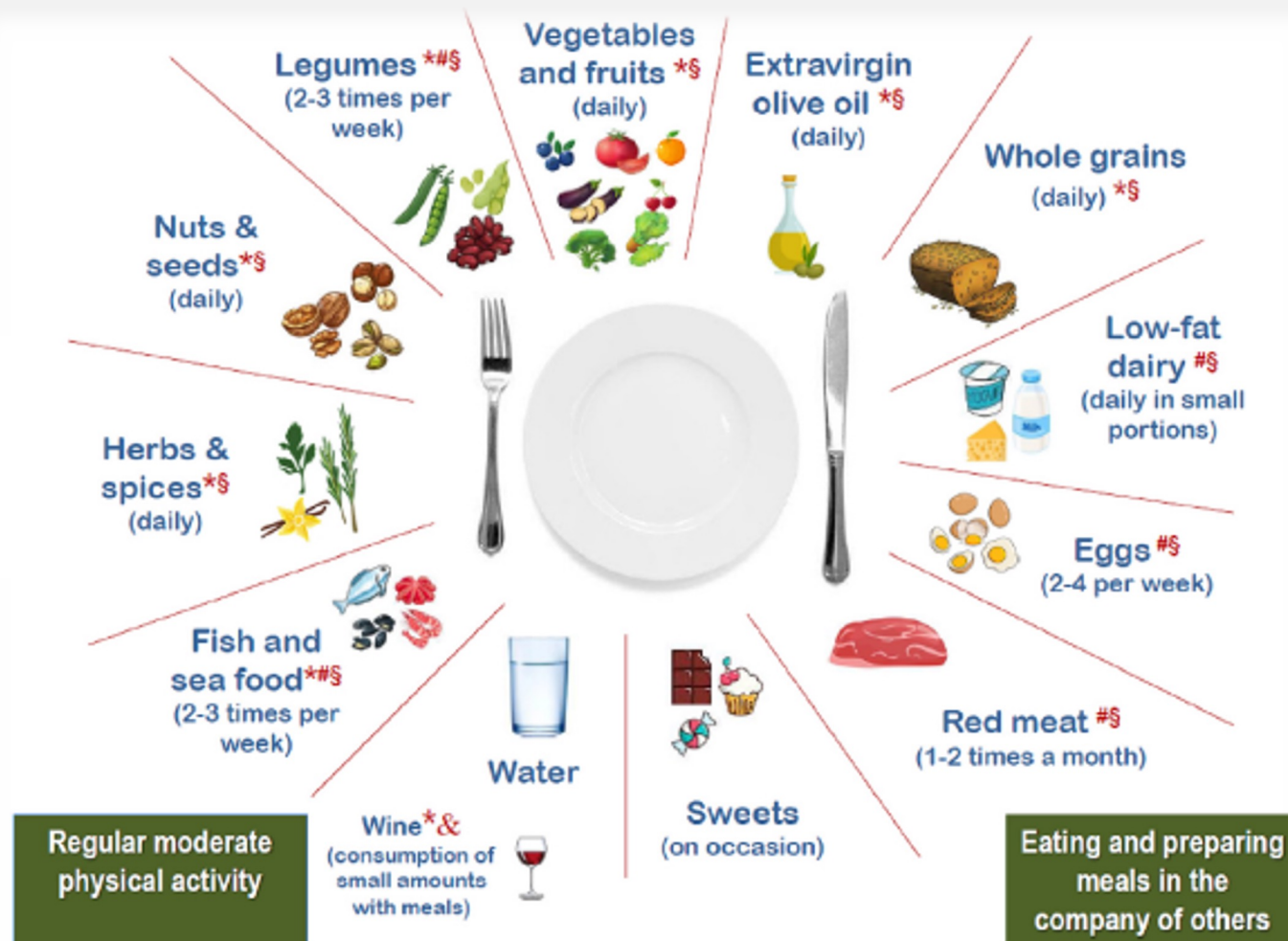
Rationale of the association between Mediterranean diet and the risk of frailty in older adults and systematic review and meta-analysis

Ligia J. Dominguez^{a,b,*}, Carolina Donat-Vargas^{c,d,e}, Carmen Sayon-Orea^{f,g,h}, Maria Barberia-Latasá^{f,g}, Nicola Veronese^b, Jimena Rey-García^{c,i}, Fernando Rodríguez-Artalejo^{c,d}, Pilar Guallar-Castillón^{c,d}, Miguel Àngel Martínez-González^{f,g,j}, Mario Barbagallo^b

Major adherència DietMed



Disminueix la fragilitat



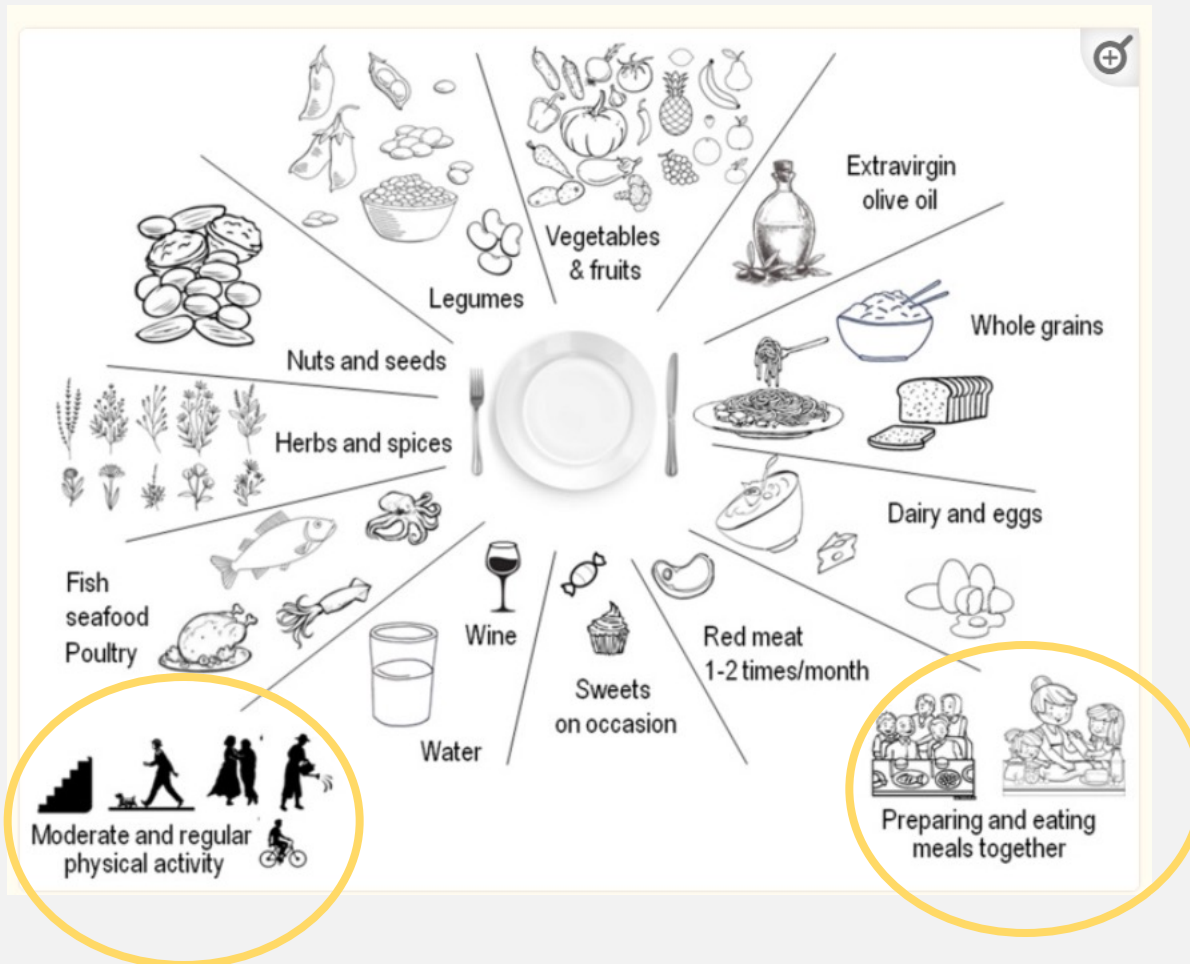


Organización Mundial de la Salud



03

03 Només l'alimentació promou la salut?



SIESTA

Vida social

“Compra menys i cuina més”

03 Què puc fer com a professional sanitari?

- 01 **Avaluació** nutricional exhaustiva (estil de vida, entorn...)
- 02 INFORMAR “Alcohol: quan menys, millor”
- 03 Evidència científica
- 04 Avaluar periòdicament i **individualitzar**



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