



***PREVENZIONE PRIMARIA DI POPOLAZIONE***  
***ALIMENTARSI A BRESCIA:***  
***COMUNE E FAMIGLIE INSIEME***

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COMUNE DI BRESCIA



# ALIMENTARSI IMPARIAMO MANGIANDO





Ending  
Childhood  
Obesity  
Jan 25, 2016

# Linee guida per la ristorazione collettiva del Comune di Brescia

- I tre concetti cardine delle linee guida:
  - Densità energetica
  - Moderazione delle dosi
  - Indice glicemico
- Il piatto della Harvard University



COMUNE DI BRESCIA



Giunta, Ottobre 2015

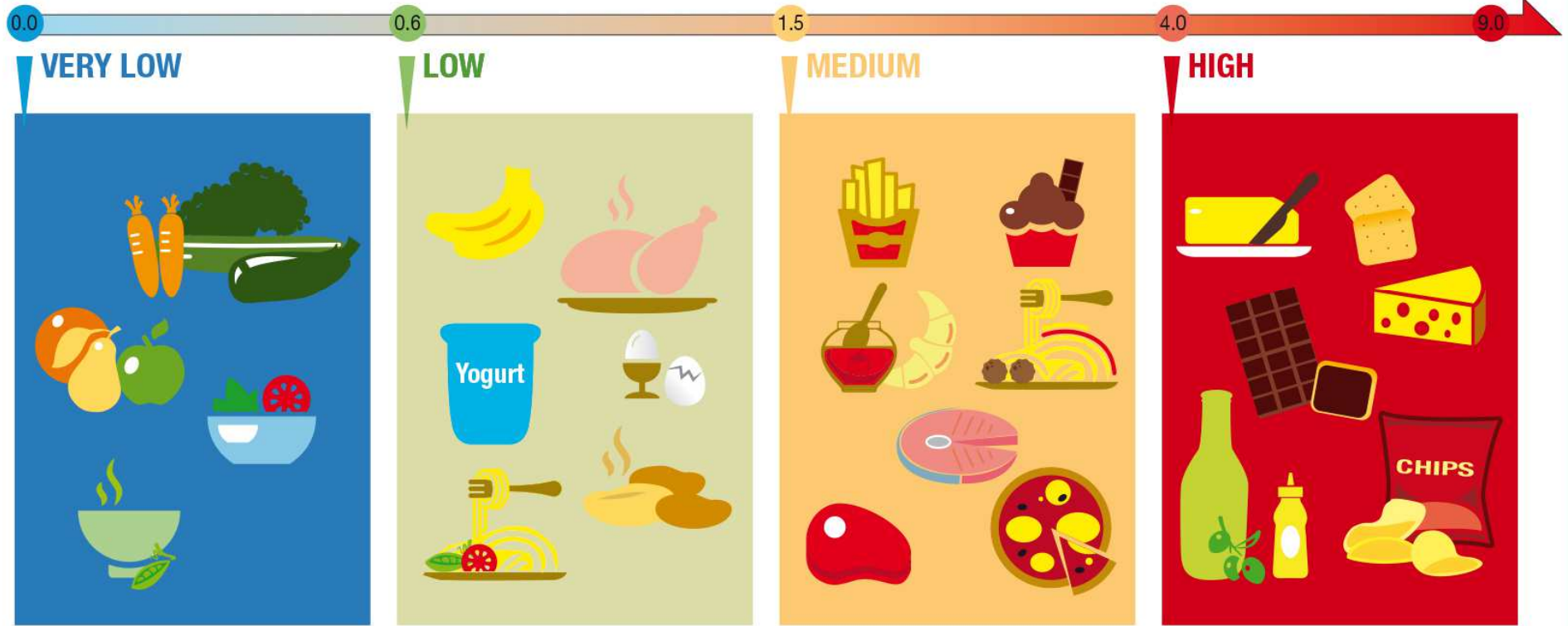
# Densità energetica

- Contenuto di calorie per massa di prodotto (kcal/g)
- Privilegiare i cibi a bassa densità energetica
- Acqua e fibra riducono la d.e.
- La presenza di grassi aumenta la d.e.



Prentice et al. 2003, Obesity Reviews

## ENERGY DENSITY (kcal/g)



Una ciotola di insalata (150 grammi, 0.14 kcal/g)

2 cucchiaini di olio EVO (20 grammi 8 kcal/g)

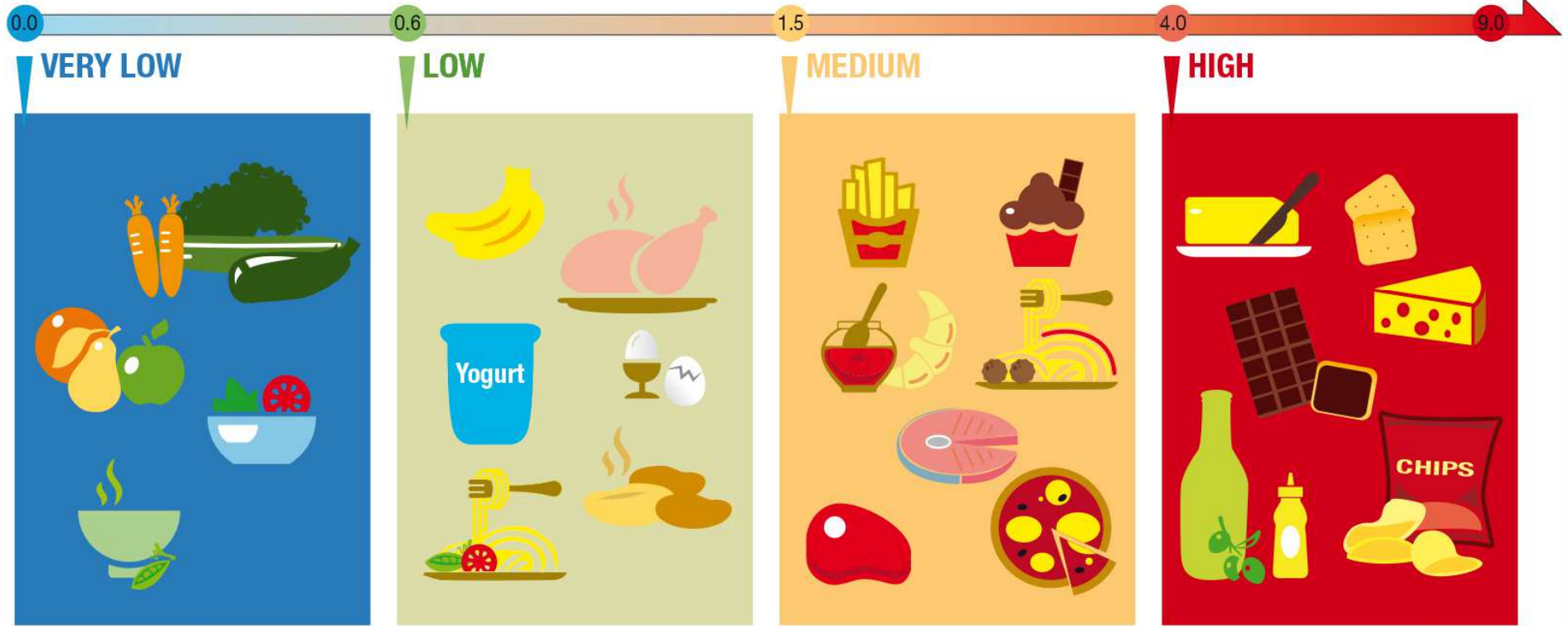
Una bistecca di petto di pollo (150 grammi 1.5 kcal/g)

Totale di 406 kcal in 320 grammi: d.e. di circa 1.27





## ENERGY DENSITY (kcal/g)



Una porzione di patatine fritte (70 grammi, 3.12 kcal/g)

1 panino farina 00 (50 grammi, 2.75 kcal/g)

Un hamburger medio (110 grammi, 1.5 kcal/g)

Totale di 521 kcal in 230 grammi: d.e. di circa 2.27





Lower-ED meal  
(100%)

Higher-ED meal  
(142%)

100% portion size



150% portion size

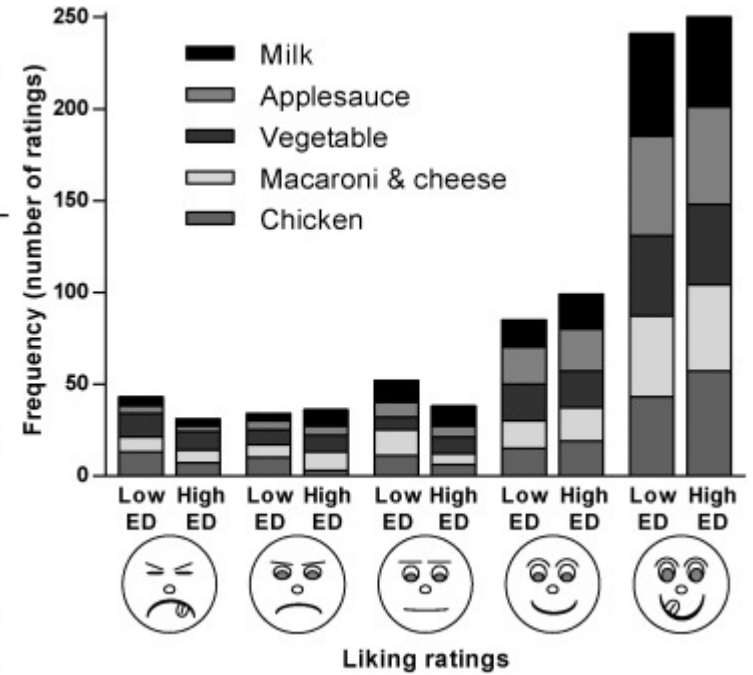
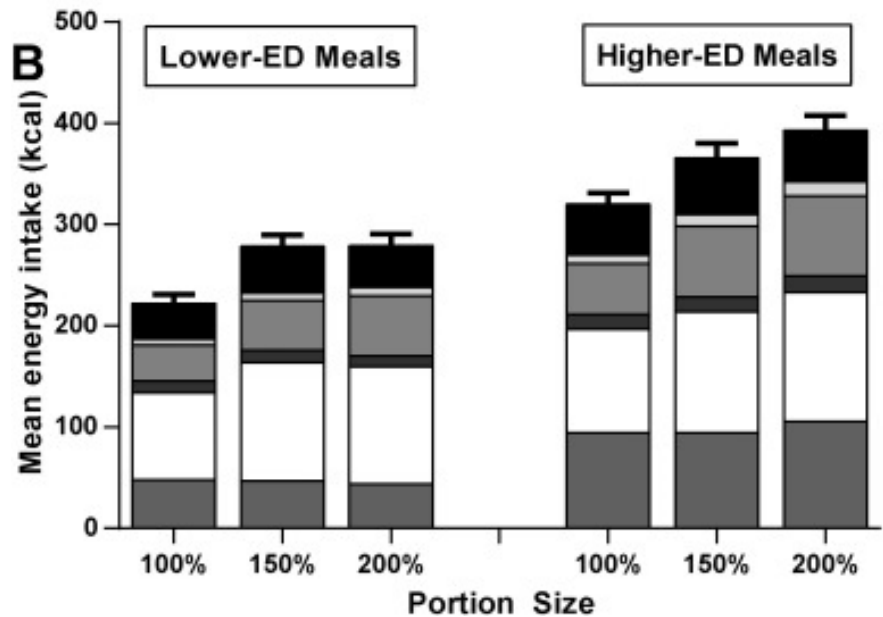
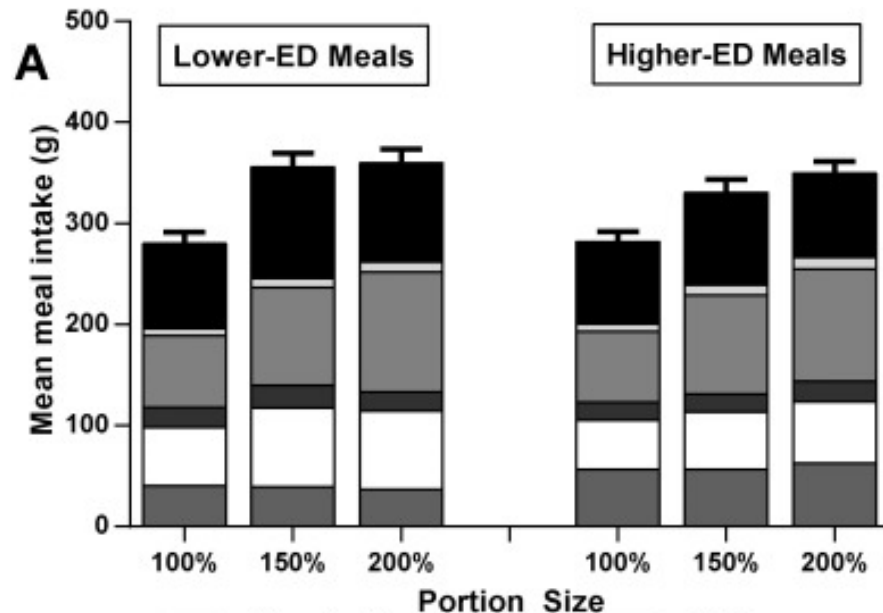


200% portion size



Kling et al. 2016, *Physiol Behav*

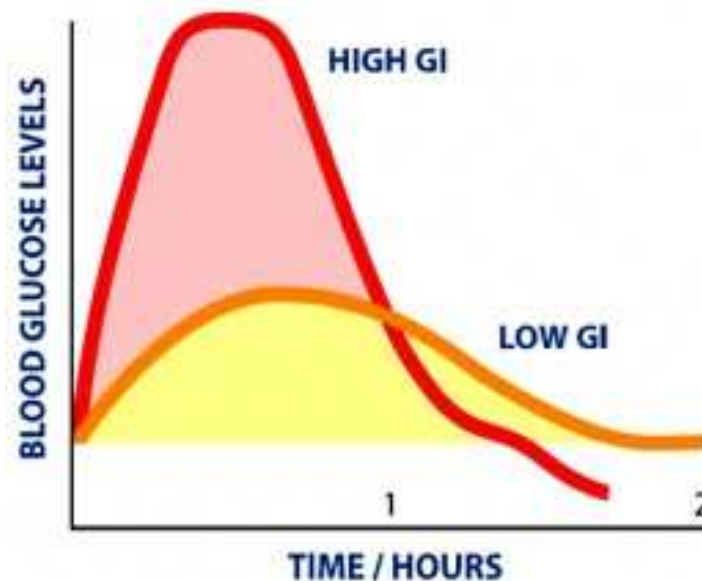




Kling et al. 2016, *Physiol Behav*

# Indice glicemico

- Misura della velocità con cui un alimento aumenta la glicemia nelle 2 ore successive alla sua assunzione



Jenkins et al. 1981, Am J Clin Nutr  
Rohuani et al. 2014, Adv Biomed Res





# HEALTHY EATING PLATE



Use healthy oils (like olive and canola oil) for cooking, on salad, and at the table. Limit butter. Avoid trans fat.

The more veggies – and the greater the variety – the better. Potatoes and French fries don't count.

Eat plenty of fruits of all colors.



**STAY ACTIVE!**

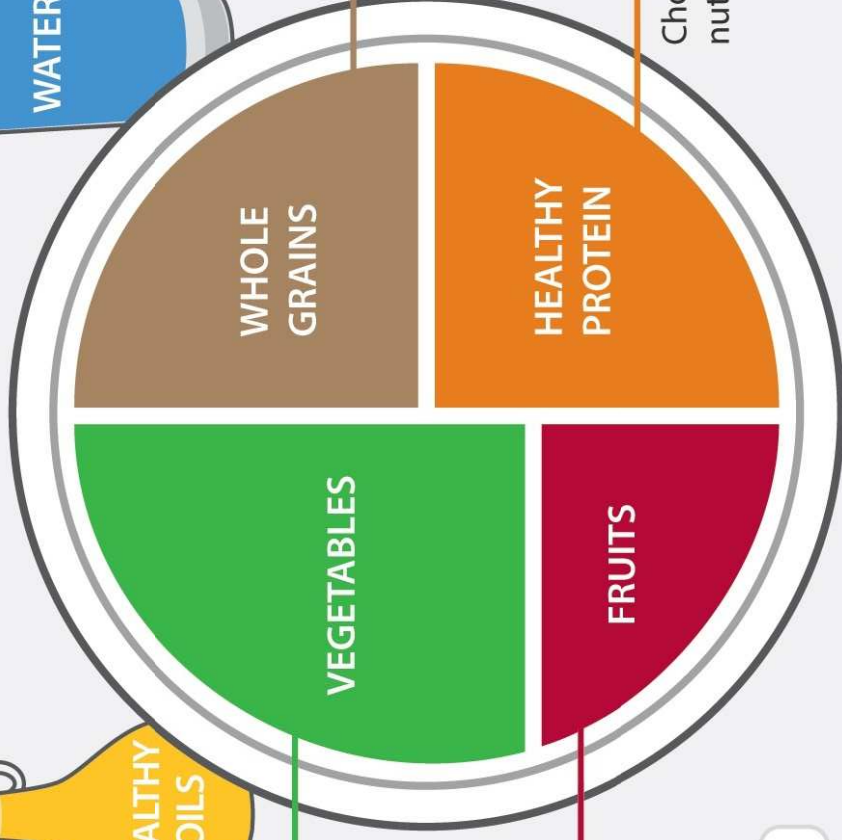
© Harvard University



Drink water, tea, or coffee (with little or no sugar). Limit milk/dairy (1-2 servings/day) and juice (1 small glass/day). Avoid sugary drinks.

Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).

Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.



Harvard School of Public Health  
The Nutrition Source  
[www.hsph.harvard.edu/nutritionsource](http://www.hsph.harvard.edu/nutritionsource)



Harvard Medical School  
Harvard Health Publications  
[www.health.harvard.edu](http://www.health.harvard.edu)



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**25 years after the CRC, it's time to ask:  
Is the world a better place for children?**

