



FRUTTA E VERDURA

confronto fra alimenti e nutrienti



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WHO

“Diet, Nutrition and Prevention of Chronic Diseases (1990)”

Consumo di frutta e verdura raccomandato
 ≥ 400 gr al giorno

Frutta e verdura ogni giorno Perché?

Frutta e verdura sono alla base di una dieta sana e varia. Il loro prezioso contenuto in acqua, vitamine, minerali, fibre e sostanze colorate protettive garantisce al nostro organismo un pieno di vitalità e salute, rinforza le difese e riduce il rischio di obesità, diabete, tumori e malattie cardiovascolari. Grazie all'elevato apporto di fibra, frutta e verdura regolizzano il transito intestinale e conferiscono un senso di sazietà, limitando il consumo di cibo. Alcune fibre contribuiscono ad abbassare i livelli di colesterolo nel sangue e il rischio di ipertensione.



CAMPAGNA FINANZIATA CON IL CONTRIBUTO DELL'UNIONE EUROPEA E DELLO STATO ITALIANO



UNIONE NAZIONALE TAA LE
ORGANIZZAZIONI DI PRODUTTORI
FRUTTA E VERDURA
E DI FRUTTA IN GIARDINO ITALIANI

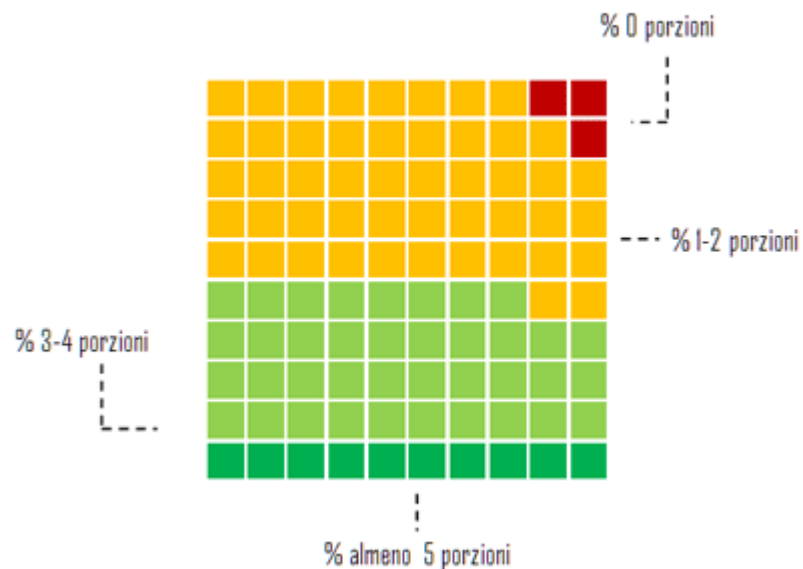


EAT 5 A DAY
for better health

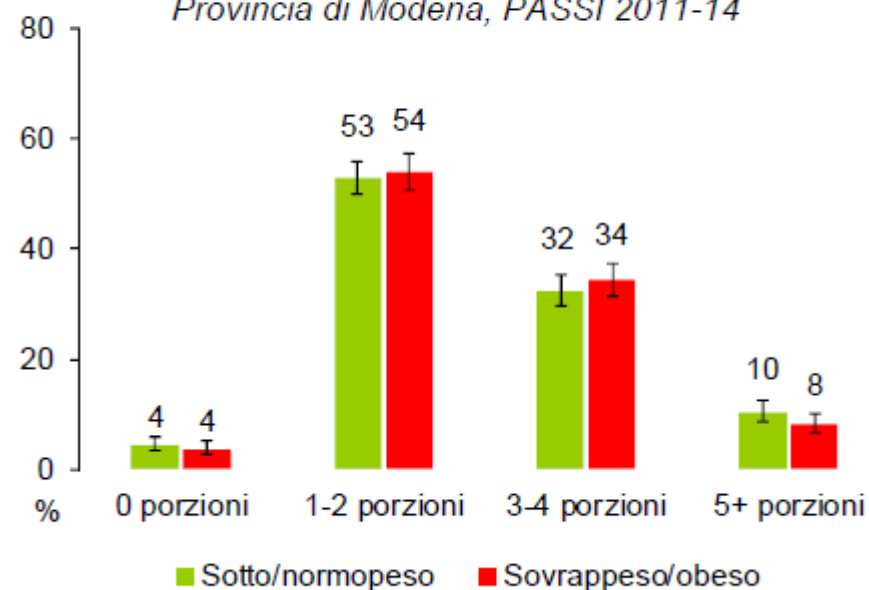


Sorveglianza PASSI (18 – 69 anni)

Consumo quotidiano di frutta e verdura
Passi 2010-2013 (n=151.589)



*Numero di porzioni di
frutta e verdura consumate al giorno
per stato nutrizionale (%)*
Provincia di Modena, PASSI 2011-14



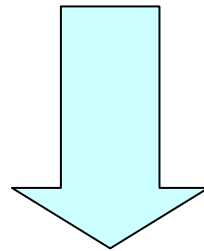
Progressi delle Aziende Sanitarie per la Salute in Italia

PERCHÉ?



PREVENZIONE OBESITÀ

- Alimenti a bassa densità calorica
- Alto contenuto di fibra alimentare, soprattutto solubile



**RIDUZIONE DELL'APPORTO
ENERGETICO TOTALE**

PREVENZIONE e CONTROLLO DIABETE

Higher intake of fruits, vegetables or their fiber reduces the risk of type 2 diabetes: A meta-analysis

Ping-Yu Wang¹, Jun-Chao Fang¹, Zong-Hua Gao¹, Can Zhang², Shu-Yang Xie^{1*}

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J Diabetes Investig 2016; 7: 56–69

Conclusions: A higher intake of fruit, especially berries, and green leafy vegetables, yellow vegetables, cruciferous vegetables or their fiber is associated with a lower risk of type 2 diabetes.

PREVENZIONE MALATTIE CARDIOVASCOLARI

Fruit and vegetable intake and risk of cardiovascular disease: the Women's Health Study^{1,2}

Simin Liu, JoAnn E Manson, I-Min Lee, Stephen R Cole, Charles H Hennekens, Walter C Willett, and Julie E Buring

Am J Clin Nutr. 2000 Oct;72(4):922-8.

Consumption of fruit and vegetable and risk of coronary heart disease: A meta-analysis of prospective cohort studies



Yong Gan^a, Xinyue Tong^a, Liqing Li^b, Shiyi Cao^a, Xiaoxv Yin^a, Chao Gao^c, Chulani Herath^a, Wenzhen Li^a,
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Int J Cardiol. 2015 Mar 15;183:129-37. doi: 10.1016/j.ijcard.2015.01.077. Epub 2015 Jan 27.

PREVENZIONE MALATTIE CARDIOVASCOLARI

Dietary fibre intake and risk of cardiovascular disease: systematic review and meta-analysis



OPEN ACCESS

Diane E Threapleton *doctoral student*¹, Darren C Greenwood *senior lecturer in biostatistics*², Charlotte E L Evans *lecturer in nutritional epidemiology*¹, Christine L Cleghorn *research fellow*¹, Camilla Nykjaer *research assistant*¹, Charlotte Woodhead *research assistant*¹, Janet E Cade *professor of nutritional epidemiology group*¹, Christopher P Gale *associate professor of cardiovascular health sciences*², Victoria J Burley *senior lecturer in nutritional epidemiology*¹

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BMJ 2013;347:f6879 doi: 10.1136/bmj.f6879 (Published 19 December 2013)

PREVENZIONE MALATTIE CARDIOVASCOLARI

Fruit and vegetable consumption and all-cause, cancer and CVD mortality: analysis of Health Survey for England data

Oyinlola Oyebode, Vanessa Gordon-Dseagu, Alice Walker, Jennifer S Mindell

Oyebode O, et al. *J Epidemiol Community Health* 2014;**68**:856–862. doi:10.1136/jech-2013-203500

DISCUSSION

We found a strong inverse relationship between fruit and vegetable consumption and all-cause mortality which was stronger when deaths within a year of baseline were excluded and when fully adjusting for physical activity. Fruit and vegetable consumption was significantly associated with reductions in cancer and CVD mortality, with increasing benefits being seen with up to more than seven portions of fruit and vegetables daily for the latter. Consumption of vegetables appeared to be significantly better than similar quantities of fruit. When different types of fruit and vegetable were examined separately, increased consumption of portions of vegetables, salad, fresh and dried fruit showed significant associations with lower mortality. However, frozen/canned fruit consumption was apparently associated with a higher risk of mortality.

PREVENZIONE TUMORI

European Prospective Investigation into Cancer



International Agency for Research on Cancer

World Health Organization

EPIC study

in RSS

ABOUT EPIC CENTRES RESEARCH HIGHLIGHTS PUBLICATIONS ACCESS CONTACT US INTRANET

PREVENZIONE TUMORI



PREVENZIONE TUMORI



Diet



Have a healthy diet:

- Eat plenty of whole grains, pulses, vegetables and fruits.
- Limit high-calorie foods (foods high in sugar or fat) and avoid sugary drinks.
- Avoid processed meat; limit red meat and foods high in salt.

International Agency for Research on Cancer



UTILIZZO DI INTEGRATORI

Published in final edited form as:

Arch Intern Med. 2009 February 9; 169(3): . doi:10.1001/archinternmed.2008.540.

MULTIVITAMIN USE AND RISK OF CANCER AND CARDIOVASCULAR DISEASE IN THE WOMEN'S HEALTH INITIATIVE COHORTS

Marian L. Neuhouser¹, Sylvia Wassertheil-Smoller², Cynthia Thomson³, Aaron Aragaki¹,
Garnet L. Anderson¹, JoAnn Manson⁴, Ruth E. Patterson^{1,5}, Thomas E. Rohan², Linda van
Horn⁶, James M. Shikany⁷, Asha Thomas⁸, Andrea LaCroix¹, and Ross L. Prentice¹

Conclusion—After a median follow-up of 8.0 and 7.9 years in the CT and OS, respectively, the WHI cohorts provide convincing evidence that multivitamin use has little or no influence on the risk of common cancers, cardiovascular disease or total mortality in postmenopausal women.

UTILIZZO DI INTEGRATORI

Published in final edited form as:

JAMA. 2012 November 7; 308(17): 1751–1760. doi:10.1001/jama.2012.14805.

Multivitamins in the Prevention of Cardiovascular Disease in Men: The Physicians' Health Study II Randomized Controlled Trial

Howard D. Sesso, ScD, William G. Christen, ScD, Vadim Bubes, PhD, Joanne P. Smith, BA, Jean MacFadyen, BA, Miriam Schvartz, MD, JoAnn E. Manson, MD, DrPH, Robert J. Glynn, ScD, Julie E. Buring, ScD, and J. Michael Gaziano, MD

Conclusions—A daily multivitamin did not reduce major cardiovascular events, MI, stroke, and CVD mortality after more than a decade of treatment and follow-up.

UTILIZZO DI INTEGRATORI

Multivitamins in the Prevention of Cancer in Men The Physicians' Health Study II Randomized Controlled Trial

FREE

J. Michael Gaziano, MD, MPH; Howard D. Sesso, ScD, MPH; William G. Christen, ScD; Vadim Bubes, PhD; Joanne P. Smith, BA; Jean MacFadyen, BA; Miriam Schwartz, MD; JoAnn E. Manson, MD, DrPH; Robert J. Glynn, ScD; Julie E. Buring, ScD

[\[+\] Author Affiliations](#)

JAMA. 2012;308(18):1871-1880. doi:10.1001/jama.2012.14641.

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Conclusion In this large prevention trial of male physicians, daily multivitamin supplementation modestly but significantly reduced the risk of total cancer.

UTILIZZO DI INTEGRATORI

- Efficacia maggiore per l'introduzione dell'intero alimento rispetto al singolo componente attraverso un integratore
- Effetti sulla salute evidenziati in studi sperimentali ma non sull'uomo. Non ci sono ancora evidenze per la protezione sulle malattie croniche per l'uso regolare di supplementi vitaminici. Anzi...

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THE EFFECT OF VITAMIN E AND BETA CAROTENE ON THE INCIDENCE OF LUNG CANCER AND OTHER CANCERS IN MALE SMOKERS

THE ALPHA-TOCOPHEROL, BETA CAROTENE CANCER PREVENTION STUDY GROUP*

[CANCER RESEARCH (SUPPL.) 54, 2038s-2043s, April 1, 1994]

The β -Carotene and Retinol Efficacy Trial (CARET) for Chemoprevention of Lung Cancer in High Risk Populations: Smokers and Asbestos-exposed Workers¹

**Gilbert S. Omenn,² Gary Goodman, Mark Thornquist, James Grizzle, Linda Rosenstock, Scott Barnhart,
John Balmes, Martin G. Cherniack, Mark R. Cullen, Andrew Glass, James Keogh, Frank Meyskens,
Jr., Barbara Valanis, and James Williams, Jr.**

UTILIZZO DI INTEGRATORI

Dietary Supplements and Mortality Rate in Older Women

The Iowa Women's Health Study

*Jaakko Mursu, PhD; Kim Robien, PhD; Lisa J. Harnack, DrPH, MPH;
Kyong Park, PhD; David R. Jacobs Jr, PhD*

Conclusions: In older women, several commonly used dietary vitamin and mineral supplements may be associated with increased total mortality risk; this association is strongest with supplemental iron. In contrast to the findings of many studies, calcium is associated with decreased risk.

Arch Intern Med. 2011;171(18):1625-1633

UTILIZZO DI INTEGRATORI

JAMA Clinical Evidence Synopsis

Antioxidant Supplements to Prevent Mortality

Goran Bjelakovic, MD, Dr Med Sci; Dimitrinka Nikolova, MA; Christian Gluud, MD, Dr Med Sci

CLINICAL QUESTION Are antioxidant supplements associated with higher or lower all-cause mortality?

BOTTOM LINE Antioxidant supplements are not associated with lower all-cause mortality. Beta carotene, vitamin E, and higher doses of vitamin A may be associated with higher all-cause mortality.

UTILIZZO DI INTEGRATORI



Does taking dietary supplements reduce my risk of cancer?

Several nutrients and other food components have been suggested to specifically protect against certain cancers, but the evidence is too weak to recommend them for cancer prevention – these include selenium, lycopene, and vitamin D. Intervention studies that have tested these dietary supplements and other nutrients have not established any benefit, and sometimes have found unexpected harm, especially when high doses are used; therefore, it is not recommended to take dietary supplements for cancer prevention. It is best to have a diet of ordinary foods that will provide all the nutrients you need.

There are circumstances when dietary supplements might be valuable – such as folic acid for women planning to become pregnant, or vitamin D for people at risk of deficiency; your doctor can advise you about this.

If you have already been diagnosed with cancer, don't take any supplements without first checking with your doctor – some have been shown to interfere with cancer treatments.

