eSupplement

Alternative Ernährungsformen

Teil 3: Ernährungsformen mit Gesundheitsversprechen im Vordergrund

Tobias Fischer

Literatur

1. *Fischer T: Alternative Ernährungsformen: Teil 1: Definitionen, Grundlagen und Bedeutung. Ernaehrungs Umschau 2024; 71(4): M207–M217.*
2. *Fischer T, Kaiser AL: Alternative Ernährungsformen: Teil 2: Ernährungsformen mit Gesundheitsversprechen im Vordergrund und/oder mit historischer, kultureller, religiöser oder weltanschaulicher Grundkomponente. Ernährungs Umschau 2025; 72(06): M354–65*
3. *Zingone F, Bertin L, Maniero D, et al.: Myths and Facts about Food Intolerance: A Narrative Review. Nutrients 2023; 15(23).*
4. *Acker WW, Plasek JM, Blumenthal KG, et al.: Prevalence of food allergies and intolerances documented in electronic health records. J Allergy Clin Immunol 2017; 140(6): 1587–91.e1.*
5. *Lerner A, O'Bryan T, Matthias T: Navigating the gluten-free boom: the dark side of gluten free diet. Frontiers in pediatrics 2019; 7: 414.*
6. *Newberry C, McKnight L, Sarav M, Pickett-Blakely O: Going gluten free: the history and nutritional implications of today's most popular diet. Curr Gastroenterol Rep 2017; 19(11): 54.*
7. *Andrewski E, Cheng K, Vanderpool C: Nutritional deficiencies in vegetarian, gluten-free, and ketogenic diets. Pediatr Rev 2022; 43(2): 61–70.*
8. *Shewry PR, Napier JA, Tatham AS: Seed storage proteins: structures and biosynthesis. Plant Cell 1995; 7(7): 945–56.*
9. *Field JM, Shewry PR, Miflin BJ: Solubilisation and characterisation of wheat gluten proteins: correlations between the amount of aggregated proteins and baking quality. J Sci Food Agric 1983; 34(4): 370–7.*
10. *Biesiekierski JR: What is gluten? J Gastroenterol Hepatol 2017; 32 Suppl 1: 78–81.*
11. *El Khoury D, Balfour-Ducharme S, Joye IJ: A Review on the Gluten-Free Diet: Technological and Nutritional Challenges. Nutrients 2018; 10(10).*
12. *Scherf K, Köhler P: Wheat and gluten: Technological and health aspects. Ernaehrungs Umschau 2016; 63(08): 166–75.*
13. *Davis W: Weizenwampe: Warum Weizen dick und krank macht. 22nd ed. München: Goldmann 2013.*
14. *Perlmutter D: Dumm wie Brot: Wie Weizen schleichend Ihr Gehirn zerstört. 5th ed. München: Mosaik-Verl. 2014.*
15. *Diez-Sampedro A, Olenick M, Maltseva T, Flowers M: A Gluten-free diet, not an appropriate choice without a medical diagnosis. J Nutr Metab 2019: 2438934.*
16. *Felber J, Bläker H, Fischbach W, et al.: Aktualisierte S2k-Leitlinie Zöliakie der Deutschen Gesellschaft für Gastroenterologie, Verdauungs- und Stoffwechselkrankheiten (DGVS). Z Gastroenterol 2022; 60(5): 790–856.*
17. *Bozorg SR, Lee AR, Mårild K, Murray JA: The economic Iceberg of celiac disease: More than the cost of gluten-free food. Gastroenterology 2024; 167(1): 172–82.*
18. *Melini V, Melini F: Gluten-Free Diet: Gaps and needs for a healthier diet. Nutrients 2019; 11(1).*
19. *Silvester JA, Weiten D, Graff LA, Walker JR, Duerksen DR: Is it gluten-free? Relationship between self-reported gluten-free diet adherence and knowledge of gluten content of foods. Nutrition 2016; 32(7-8): 777–83.*
20. *Halmos EP, Deng M, Knowles SR, Sainsbury K, Mullan B, Tye-Din JA: Food knowledge and psychological state predict adherence to a gluten-free diet in a survey of 5310 Australians and New Zealanders with coeliac disease. Aliment Pharmacol Ther 2018; 48(1): 78–86.*
21. *Taetzsch A, Das SK, Brown C, Krauss A, Silver RE, Roberts SB: Are gluten-free diets more nutritious? An evaluation of self-selected and recommended gluten-free and gluten-containing dietary patterns. Nutrients 2018; 10(12).*
22. *Defeudis G, Massari MC, Terrana G, Coppola L, Napoli N, Migliaccio S: Gluten-free diet and metabolic syndrome: Could be a not benevolent encounter? Nutrients 2023; 15(3).*
23. *Kambanis PE, Thomas JJ: Assessment and treatment of avoidant/restrictive food intake disorder. Curr Psychiatry Rep 2023; 25(2): 53–64.*
24. *Jagemann B, Schäfer C: Fructose: Vom Makronährstoff zum Schlüsselfaktor für Erkrankungen? Ernährungs Umschau 2024; Sonderheft 9: 76–87.*
25. *Shepherd SJ, Lomer MCE, Gibson PR: Short-chain carbohydrates and functional gastrointestinal disorders. Am J Gastroenterol 2013; 108(5): 707–17.*
26. *Jafari A, Faghfouri AH, Nikpayam O: The effect of low-fructose diet on anthropometric and metabolic factors: A systematic review and meta-analysis. Nutr Metab Cardiovasc Dis 2024; 34(2): 281–93.*
27. *Lee D, Chiavaroli L, Ayoub-Charette S, et al.: Important food sources of fructose-containing sugars and non-alcoholic fatty liver disease: A systematic review and meta-analysis of controlled trials. Nutrients 2022; 14(14).*
28. *Yerlikaya A, Dagel T, King C, et al.: Dietary and commercialized fructose: Sweet or sour? Int Urol Nephrol 2017; 49(9): 1611–20.*
29. *Catanzaro R, Sciuto M, Marotta F: Lactose intolerance: An update on its pathogenesis, diagnosis, and treatment. Nutr Res 2021; 89: 23–34.*
30. *Schäfer C: Laktoseintoleranz: Ein Update zu Entstehung und Therapie. Ernährungs Umschau 2019; 66(5): M288–300.*
31. *Misselwitz B, Pohl D, Frühauf H, Fried M, Vavricka SR, Fox M: Lactose malabsorption and intolerance: pathogenesis, diagnosis and treatment. United European Gastroenterol J 2013; 1(3): 151–9.*

32. *Micic D, Rao VL, Rubin DT: Clinical approach to lactose intolerance. JAMA 2019; 322(16): 1600–1.*
33. *Dekker PJT, Koenders D, Bruins MJ: Lactose-free dairy products: Market developments, production, nutrition and health benefits. Nutrients 2019; 11(3).*
34. *Wolff A: Studie: Laktosefrei Monitor 2020 – Splendid Research. Splendid Research GmbH 2020, 26 November 2020. www.splendid-research.com/de/news/verzicht-auf-laktose-nur-bei-einem-fuenftel-auf-grund-nachgewiesener-intoleranz/.*
35. *Facioni MS, Raspini B, Pivari F, Dogliotti E, Cena H: Nutritional management of lactose intolerance: the importance of diet and food labelling. J Transl Med 2020; 18.*
36. *Szilagyi A, Ishayek N: Lactose intolerance, dairy avoidance, and treatment options. Nutrients 2018; 10(12).*
37. *Del Toca MC, Fernández A, Orsi M, Tabacco O, Vinderola G: Intolerancia a la lactosa: mitos y verdades. Actualización. Arch Argent Pediatr 2022; 120(1): 59–66.*
38. *Soczynska I, Da Costa BR, O'Connor DL, et al.: A systematic review on the impact of plant-based milk consumption on growth and nutrition in children and adolescents. J Nutr 2024.*
39. *Schweiggert-Weisz U, Etzbach L, Gola S, et al.: Opinion Piece: New Plant-Based Food Products Between Technology and Physiology. Mol Nutr Food Res 2024: e2400376.*
40. *Richter M, Schäfer AC, Alexy U, Conrad J, Watzl B: Dairy and plant-based milk alternatives as part of a more sustainable diet: Position statement of the German Nutrition Society (DGE). Ernaehrungs Umschau 2024; 71(12): online first.*
41. *Forsgård RA: Lactose digestion in humans: intestinal lactase appears to be constitutive whereas the colonic microbiome is adaptable. Am J Clin Nutr 2019; 110(2): 273–9.*
42. *Staudacher HM, Harer KN: When clean eating goes dirty. Lancet Gastroenterol Hepatol 2018; 3(10): 668.*
43. *McCartney M: Margaret McCartney: Clean eating and the cult of healthism. BMJ 2016; 354: i4095.*
44. *Pilař L, Stanislavská LK, Kvasnička R, Hartman R, Tichá I: Healthy food on instagram social network: vegan, homemade and clean eating. Nutrients 2021; 13(6).*
45. *eatbetter-Redaktion – Deine Food-Experten: Clean Eating – Was ist das? Regeln und Rezepte. eatbetter 2022. www.eatbetter.de/clean-eating-was-ist-das-regeln-und-rezepte#10-regeln-des-clean-eating-dos-und-donts-9232 (last accessed on 08 April 2025).*
46. *Dickinson KM, Watson MS, Prichard I: Are clean eating blogs a source of healthy recipes? A comparative study of the nutrient composition of foods with and without clean eating claims. Nutrients 2018; 10(10).*
47. *Her ES, Seo S: Health halo effects in sequential food consumption: The moderating roles of health-consciousness and attribute framing. Int J Hosp Manag 2017; 62: 1–10.*
48. *Provencher V, Polivy J, Herman CP: Perceived healthiness of food. If it's healthy, you can eat more! Appetite 2009; 52(2): 340–4.*
49. *Provencher V, Jacob R: Impact of perceived healthiness of food on food choices and intake. Curr Obes Rep 2016; 5(1): 65–71.*
50. *Allen M, Dickinson KM, Prichard I: The Dirt on Clean Eating: A cross sectional analysis of dietary intake, restrained eating and opinions about clean eating among women. Nutrients 2018; 10(9).*
51. *Ambwani S, Shippe M, Gao Z, Austin SB: Is #cleaneating a healthy or harmful dietary strategy? Perceptions of clean eating and associations with disordered eating among young adults. J Eat Disord 2019; 7: 17.*
52. *Wu Y, Harford J, Petersen J, Prichard I: "Eat clean, train mean, get lean": Body image and health behaviours of women who engage with fitspiration and clean eating imagery on Instagram. Body Image 2022; 42: 25–31.*