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## Anti-inflammatorisk kost

Her finder du referencer og links til interessante og seriøse artikler omkring antiinflammatorisk kost. Mange er anvendt som research til bogen '21 helbredende dage med antiinflammatorisk kost' (Politikens Forlag 2018).  
<https://www.politikensforlag.dk/21-nye-helbredende-dage/t-0/9788740046595>

Listen er et uddrag af den videnskabelige litteratur samt anden kompetent omtale. Opdateres løbende.  
Fra de faglige artikler kan du via referencerne komme videre i faglitteraturen.

## ANTI-INFLAMMATORISK KOST

Anti-Inflammatory Diet in Clinical Practice: A Review  
Nutrition and Inflammation, June 2017, 318-325  
<https://onlinelibrary.wiley.com/doi/full/10.1177/0884533617700353>

Low-grade inflammation, diet composition and health: current research evidence and its translation.  
British Journal of Nutrition (2015), 114, 999–1012  
<https://doi.org/10.1017/S0007114515002093>

The importance of a balanced  $\omega$ -6 to  $\omega$ -3 ratio in the prevention and management of obesity.  
Open Heart 2016;3:e000385. doi:10.1136/openhrt-2015-000385  
<https://openheart.bmj.com/content/openhrt/3/2/e000385.full.pdf>

Whole grain-rich diet reduces body weight and systemic low-grade inflammation without inducing major changes of the gut microbiome: a randomised cross-over trial.  
Gut 2017;0:1–11. doi:10.1136/gutjnl-2017-314786  
<https://gut.bmj.com/content/early/2017/10/27/gutjnl-2017-314786>

The effect of dietary approaches to stop hypertension (DASH) on serum inflammatory markers: A systematic review and meta-analysis of randomized trials.  
Clinical Nutrition 2018, 37, 2, 542–550  
<https://doi.org/10.1016/j.clnu.2017.02.018>

A diet based on multiple functional concepts improves cardiometabolic risk parameters in healthy subjects  
Nutrition & Metabolism 2012, 9:29  
<https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-9-29>

A diet based on multiple functional concepts improves cognitive performance in healthy subjects

Nutrition & Metabolism 2013, 10:49

<https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/1743-7075-10-49>

## FLERE ANTI-INFLAMMATORISKE SPISEMÅDER

Mediterranean diet pyramid today. Science and cultural updates

Public Health Nutrition. 14(12A), 2274–2284

<https://www.cambridge.org/core/services/aop-cambridge-core/content/view/70359644D12A038AC003B935AA04E120/S1368980011002515a.pdf>

The Mediterranean Diet's Fight Against Frailty

JAMA. 2018;319(19):1971-1972

<https://jamanetwork.com/journals/jama/article-abstract/2679958>

The 2015 Dutch food-based dietary guidelines

European Journal of Clinical Nutrition (2016) 70, 869–878

<https://www.nature.com/articles/ejcn201652.pdf>

MIND diet slows cognitive decline with aging

Alzheimer's & Dementia: The Journal of the Alzheimer's Association 2015: 11: 9: 1015-1022

[https://www.alzheimersanddementia.com/article/S1552-5260\(15\)00194-6/fulltext](https://www.alzheimersanddementia.com/article/S1552-5260(15)00194-6/fulltext)

Influence of Dietary Approaches to Stop Hypertension (DASH) diet on blood pressure: A systematic review and meta-analysis on randomized controlled trials.

Nutrition, Metabolism and Cardiovascular Diseases 2014, 24 ,12 ,1253–1261

[https://www.nmcd-journal.com/article/S0939-4753\(14\)00205-1/fulltext](https://www.nmcd-journal.com/article/S0939-4753(14)00205-1/fulltext)

Nye internationale anbefalinger til type 2-diabetes-mad: Spis mere grøn mad, og få færre symptomer

Politiken 10.11.2018

<http://politiken.dk/6805654>

Effect of Low-Fat vs Low-Carbohydrate Diet on 12-Month Weight Loss in Overweight Adults and the Association With Genotype Pattern or Insulin Secretion. The DIETFITS Randomized

JAMA. 2018;319(7):667-679

<https://jamanetwork.com/journals/jama/fullarticle/2673150>

Dietary intake and age at natural menopause: results from the UK Women's Cohort Study

J Epidemiol Community Health 2018;0:1–8

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## INFLAMMATION OG SYGDOM

Low-grade inflammation, diet composition and health: current research evidence and its translation

British Journal of Nutrition (2015), 114, 999–1012

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/lowgrade-inflammation-diet-composition-and-health-current-research-evidence-and-its-translation/6b2d26f3fa0e0b1d8e8bd77da2a9f4c1>

Playing with the fire of inflammation

Harvard Medical School. August 2016

<https://www.health.harvard.edu/staying-healthy/playing-with-the-fire-of-inflammation>

Understanding Inflammation

Harvard Medical School Guides 2018

<https://www.health.harvard.edu/staying-healthy/understanding-inflammation>

Elevated C-Reactive Protein Levels, Psychological Distress, and Depression in 73.131 Individuals

JAMA Psychiatry. 2013;70(2):176-184

<https://jamanetwork.com/journals/jamapsychiatry/fullarticle/1485898>

Midlife systemic inflammatory markers are associated with late-life brain volume: The ARIC study.

Neurology. 2017 Nov 28;89(22):2262-2270.

<https://www.alzforum.org/papers/midlife-systemic-inflammatory-markers-are-associated-late-life-brain-volume-aric-study>

Inflammation in Midlife Portends Late-Life Brain Shrinkage

Alzforum. 17.11.2017

<https://www.alzforum.org/news/research-news/inflammation-midlife-portends-late-life-brain-shrinkage>

Metabolic Responses to Reduced Daily Steps in Healthy Nonexercising Men.

JAMA. 2008; 299:1261-3

<https://jamanetwork.com/journals/jama/fullarticle/181635>

Linoleic acid, a dietary n-6 polyunsaturated fatty acid, and the aetiology of ulcerative colitis: a nested case-control study within a European prospective cohort study

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<https://gut.bmj.com/content/58/12/1606>

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Nete Hornung, speciallæge. 6.6.2017

<https://www.sundhed.dk/borger/patienthaandbogen/undersoegelser/blod-og-urinproever/c-reaktivt-protein-p/>

Assessment of Risk Factors and Biomarkers Associated With Risk of Cardiovascular Disease Among Women Consuming a Mediterranean Diet. JAMA Netw Open. 2018;1(8):e185708  
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2717565>

An update on diet and nutritional factors in systemic lupus erythematosus management  
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<https://doi.org/10.1017/S0954422417000026>

Inflammation during pregnancy is linked to baby's brain  
ScienceDaily, 9 April 2018.  
<https://www.sciencedaily.com/releases/2018/04/180409185305.htm>  
Originalartikel: <https://www.nature.com/articles/s41593-018-0128-y>

## **MAVEFEDT – intraabdominal fedme, taljemål**

Taking aim at belly fat  
Harvard Medical School. August, 2010.  
<https://www.health.harvard.edu/staying-healthy/taking-aim-at-belly-fat>

Abdominal obesity and your health  
Harvard Medical School. January 20, 2017.  
<https://www.health.harvard.edu/staying-healthy/abdominal-obesity-and-your-health>

A proposal for a primary screening tool: 'Keep your waist circumference to less than half your height'  
BMC Med. 2014; 12: 207  
<https://bmcmmedicine.biomedcentral.com/articles/10.1186/s12916-014-0207-1>

Structural and Functional Properties of Deep Abdominal Subcutaneous Adipose Tissue Explain Its Association With Insulin Resistance and Cardiovascular Risk in Men  
Diabetes Care 2014 Mar; 37(3): 821-829  
<http://care.diabetesjournals.org/content/37/3/821.long>

Postmenopausal Women With a "Normal" BMI Might Be Overweight or Even Obese  
JAMA. 2018;319(12):1185-1187  
<https://jamanetwork.com/journals/jama/fullarticle/2674709>

Normal Weight Adiposity and Postmenopausal Breast Cancer Risk  
JAMA Oncology, Published online December 6, 2018  
<https://jamanetwork.com/journals/jamaoncology/fullarticle/2717230>

Association of Body Fat and Risk of Breast Cancer in Postmenopausal Women With Normal Body Mass Index  
JAMA Oncol. 2019;5(2):155-163  
<https://jamanetwork.com/journals/jamaoncology/fullarticle/2717235>

What's the Best Way to Treat Normal-Weight People With Metabolic Abnormalities?  
JAMA. 2018;320(3):223-225  
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## **FEDTLEVER**

Non-alkoholisk fedtleversygdom (NAFLD): Diagnostik og behandling  
Dansk Selskab for Gastroenterologi & Hepatologi. 7.09.2018  
<https://www.dsgh.dk/index.php/lever/non-alkoholisk-fedtleversygdom-nafld-diagnostik-behandling>

Fast-food-based hyper-alimentation can induce rapid and profound elevation of serum alanine aminotransferase in healthy subjects.  
Gut 2008;57:649-654  
<https://gut.bmj.com/content/57/5/649.info>

## **FATIGUE – TRÆTHED**

Træthed (fatigue) og gigt – det kan du selv gøre  
Gigtforeningen 13.2.2017  
<https://www.gigtforeningen.dk/nyheder/2017/1-halvaar/traethed-og-gigt-det-kan-du-selv-goere/>

Gigt og træthed (fatigue) – få viden og gode råd  
Gigtforeningen 1.11.2018  
<https://www.gigtforeningen.dk/et-sundt-liv/traethed/>

## **SPISEADFÆRD OG PORTIONER**

Our gigantic problem with portions: why are we all eating too much?  
Guardian. 25.4.2016  
<https://www.theguardian.com/lifeandstyle/2016/apr/25/problem-portions-eating-too-much-food-control-cutting-down>

7 tips for heart-healthy eating away from home. Harvard Medical School  
<http://www.health.harvard.edu/healthbeat/7-tips-for-heart-healthy-eating-away-from-home>

Exploring the Role of Family Functioning in the Association Between Frequency of Family Dinners and Dietary Intake Among Adolescents and Young Adults  
JAMA Netw Open. 2018;1(7):e185217  
<https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2715616>

## **SØVN**

Fiber and saturated fat are associated with sleep arousals and slow wave sleep.

J Clin Sleep Med 2016;12(1):19–24

<http://jcs.m.aasm.org/viewabstract.aspx?pid=30412>

Effects of Inadequate Sleep on Blood Pressure and Endothelial Inflammation in Women.

Journal of the American Heart Association. 2018;7:e008590

<https://doi.org/10.1161/JAHA.118.008590>

## **FISK OG OMEGA-3**

The importance of a balanced  $\omega$ -6 to  $\omega$ -3 ratio in the prevention and management of obesity

Open Heart 2016;3:e000385

<https://openheart.bmj.com/content/openhrt/3/2/e000385.full.pdf>

Fish Consumption, Fish Oil, Omega-3 Fatty Acids, and Cardiovascular Disease  
Circulation. 2002;106:2747–2757

<https://www.ahajournals.org/doi/10.1161/01.cir.0000038493.65177.94>

Omega-3 og vitamin D pr. 100 g. 2 gange om ugen

[http://www.2gangeomugen.dk/fileadmin/filer/2gangeomugen/Dokumenter/Dokumenter\\_01/N\\_ringsv\\_rdier.pdf](http://www.2gangeomugen.dk/fileadmin/filer/2gangeomugen/Dokumenter/Dokumenter_01/N_ringsv_rdier.pdf)

Higher PUFA and n-3 PUFA, conjugated linoleic acid,  $\alpha$ -tocopherol and iron, but lower iodine and selenium concentrations in organic milk: a systematic literature review and meta- and redundancy analyses

British Journal of Nutrition 2016, 115, 6, 1043-1060

<https://europepmc.org/abstract/med/26878105>

Study finds clear differences between organic and non-organic products

Newcastle University 16.2.2016

<https://www.ncl.ac.uk/press/articles/archive/2016/02/organicandnon-organicmilkandmeat/>

A meta-analysis of the analgesic effects of omega-3 polyunsaturated fatty acid supplementation for inflammatory joint pain

Pain. 2007 May;129(1-2):210-23. Epub 2007 Mar 1.

<https://insights.ovid.com/pubmed?pmid=17335973>

## **GRØNTSAGER - PLANTEMAD**

Danske afgrøder er væsentligt oftere fri for pesticidrester. DTU Fødevareinstituttet 2017  
<http://www.food.dtu.dk/nyheder/nyhed?id=926A10F2-575F-4370-B6BD-43798D7949C7&>

Meals based on vegetable protein sources (beans and peas) are more satiating than meals based on animal protein sources (veal and pork) - a randomized cross-over meal test study.  
Food & Nutrition Research 2016  
<https://foodandnutritionresearch.net/index.php/fnr/article/view/972>

Nut Consumption and Risk of Cardiovascular Disease.  
Journal of the American College of Cardiology 2017, 70 (20) 2519-2532  
<http://www.onlinejacc.org/content/70/20/2519>

Association of Nut Consumption with Total and Cause-Specific Mortality.  
N Engl J Med 2013; 369:2001-2011  
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Potatoes are actually a healthy food — without butter and other fixings  
Washington Post 12.11.2018  
[https://www.washingtonpost.com/national/health-science/potatoes-are-actually-a-healthy-food--without-butter-and-other-fixings/2018/11/09/3156fd76-d96d-11e8-a10f-b51546b10756\\_story.html](https://www.washingtonpost.com/national/health-science/potatoes-are-actually-a-healthy-food--without-butter-and-other-fixings/2018/11/09/3156fd76-d96d-11e8-a10f-b51546b10756_story.html)

Association of Frequency of Organic Food Consumption With Cancer Risk. Findings From the NutriNet-Santé Prospective Cohort Study  
JAMA Intern Med. 2018;178(12):1597-1606  
<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2707948>

## **FULDKORN**

Whole-grain products and whole-grain types are associated with lower all-cause and cause-specific mortality in the Scandinavian HELGA cohort  
British Journal of Nutrition 2015; 114: 4, 608-623  
<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/whole-grain-products-and-whole-grain-types-are-associated-with-lower-all-cause-and-cause-specific-mortality-in-the-scandinavian-helga-cohort/97b416e79101669ca3e539a01c714127>

Dietary Fiber Intake and Mortality in the NIH-AARP Diet and Health Study  
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<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/227566>

Whole grain-rich diet reduces body weight and systemic low-grade inflammation without inducing major changes of the gut microbiome: a randomised cross-over trial

Gut Published Online First: 01 November 2017

<https://gut.bmj.com/content/early/2018/03/08/gutjnl-2017-314786>

Fuldkorn er sundt af flere årsager

DTU Fødevareinstituttet 2.11.2017

<http://www.food.dtu.dk/nyheder/2017/11/fuldkorn-er-sundt-af-flere-aarsager>

## TARMFLORA – MIKROBIOTA

The Microbiome and Risk for Atherosclerosis

JAMA. 2018;319(23):2381-2382

<https://jamanetwork.com/journals/jama/article-abstract/2681622>

Your Microbes at Work: Fiber Fermenters Keep Us Healthy

Nature 518, S9 (26 February 2015)

<https://www.nature.com/articles/518S9a>

Intestinal microbiota metabolism of L-carnitine, a nutrient in red meat, promotes atherosclerosis.

Nature Medicine 2013; 19, 576–585

<https://www.nature.com/articles/nm.3145>

Colonic transit time is related to bacterial metabolism and mucosal turnover in the gut

Nature Microbiology volume 1, 16093 (2016)

<https://www.nature.com/articles/nmicrobiol201693>

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Healthy gut, healthy heart?

Harvard Medical School June 2018

<https://www.health.harvard.edu/heart-health/healthy-gut-healthy-heart>

Keeping Your Gut in Check

National Institutes of Health. May 2017

<https://newsinhealth.nih.gov/2017/05/keeping-your-gut-check>

A low-gluten diet induces changes in the intestinal microbiome of healthy Danish adults

Nature Communications; 9: 4630 (2018)

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## **FASTE - MORGENMAD**

Can a Diet That Mimics Fasting Turn Back the Clock?

JAMA. 2017;318(3):227-229

<https://jamanetwork.com/journals/jama/fullarticle/2636710>

Intermittent fasting vs. daily calorie-cutting diets: Both help you lose weight

Washington Post 17.9.2017

[https://www.washingtonpost.com/national/health-science/intermittent-fasting-vs-daily-calorie-cutting-diets-both-help-you-lose-weight/2017/09/15/55c319c4-76ea-11e7-8839-ec48ec4cae25\\_story.html](https://www.washingtonpost.com/national/health-science/intermittent-fasting-vs-daily-calorie-cutting-diets-both-help-you-lose-weight/2017/09/15/55c319c4-76ea-11e7-8839-ec48ec4cae25_story.html)

Fasting Diets Are Gaining Acceptance

New York Times 7.3.16

<https://well.blogs.nytimes.com/2016/03/07/intermittent-fasting-diets-are-gaining-acceptance/>

Intermittent fasting: Surprising update

Harvard Medical School 29.6.2018

<https://www.health.harvard.edu/blog/intermittent-fasting-surprising-update-2018062914156>

How lobbyists made breakfast 'the most important meal of the day'. The

Guardian 28. november 2016

<https://www.theguardian.com/lifeandstyle/2016/nov/28/breakfast-health-america-kellog-food-lifestyle>

Is breakfast really the most important meal of the day? BBC 28. november 2018

<http://www.bbc.com/future/story/20181126-is-breakfast-good-for-your-health>

## **KRYDDERIER**

Consumption of spicy foods and total and cause specific mortality: population based cohort study

BMJ 2015;351:h3942

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## MÆTTET FEDT

Whole-Fat or Nonfat Dairy? The Debate Continues  
JAMA. Published online December 5, 2018  
<https://jamanetwork.com/journals/jama/fullarticle/2718080>

Fedtstoffernes betydning for forebyggelse af hjerte-kar-sygdom i Danmark  
Ugeskrift for Læger 2014;176:V12130740  
<http://ugeskriftet.dk/videnskab/fedtstoffernes-betydning-forebyggelse-af-hjerte-kar-sygdom-i-danmark>

Mættet fedt – ven eller fjende af hjertet?  
Food Culture, Arne Astrup 17.3.2015  
<https://foodculture.dk/debat/foedevarer/2015/maettet-fedt--ven-eller-fjende-af-hjertet>

Is Coconut Oil Good or Bad for You?  
New York Times 21.8.2018  
<https://www.nytimes.com/2018/08/21/well/eat/coconut-oil-good-bad-health.html>

Good Fats, Bad Fats  
New York Times 29.1.2018  
<https://www.nytimes.com/2018/01/29/well/good-fats-bad-fats.html>

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Association Between Ultraprocessed Food Consumption and Risk of Mortality Among Middle-aged Adults in France  
JAMA Intern Med. doi:10.1001/jamainternmed.2018.7289  
<https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2723626>

No Compelling Evidence of Health Benefits From Nonsugar Sweeteners.  
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<https://jamanetwork.com/journals/jama/fullarticle/2725894>

## OLIER

Oversigt over olier.  
Hjerteforeningen 2015  
<https://hjerteforeningen.dk/forebyggelse/kost/styr-paa-foedevarerne/oversigt-over-olier/>

Evaluation of Chemical and Physical Changes in Different Commercial Oils during Heating".  
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Æg øger ikke risikoen for hjerte-kar-sygdomme og kan indtages som del af en hjertevenlig kost.

Ugeskrift for Læger 2017; 179: V11160792

<http://ugeskriftet.dk/videnskab/aeg-oeger-ikke-risikoen-hjerte-kar-sygdomme-og-kan-indtages-som-del-af-en-hjertevenlig>

## ALKOHOL

Skal man blive afholdsmand, eller er et par glas øl eller vin om ugen fortsat sundt

Arne Astrup. Propatienter 20.11.2018

<https://propatienter.dk/nyheder/1733-arne-astrup-skal-man-blive-afholdsmand-eller-er-et-par-glas-ol-eller-vin-om-ugen-fortsat-sundt.html>

Risk thresholds for alcohol consumption

Lancet 2018, nov. 17

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(18\)32192-5/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(18)32192-5/fulltext)

## SALT

Effects of low sodium diet versus high sodium diet on blood pressure, renin, aldosterone, catecholamines, cholesterol, and triglyceride.

Cochrane Database of Systematic Reviews 2017, Issue 4. Art. No.: CD004022.

DOI: 10.1002/14651858.CD004022.pub4

[http://www.cochrane.org/CD004022/HTN\\_effect-low-salt-diet-blood-pressure-and-some-hormones-and-lipids-people-normal-and-elevated-blood](http://www.cochrane.org/CD004022/HTN_effect-low-salt-diet-blood-pressure-and-some-hormones-and-lipids-people-normal-and-elevated-blood)

Role of salt intake in prevention of cardiovascular disease: controversies and challenges.

Nature Reviews Cardiology 2018; 15,371–377

<https://www.nature.com/articles/s41569-018-0004-1>

Arne Astrup: Er det slut med at spare på saltet?

Propatienter 2.7.2018

<https://propatienter.dk/nyheder/1408-er-det-slut-med-at-spare-pa-saltet.html>

The wrong white crystals: not salt but sugar as aetiological in hypertension and cardiometabolic disease

Open Heart 2014;1:e000167

<https://openheart.bmj.com/content/1/1/e000167>

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Coffee Drinking and Mortality in 10 European Countries: A Multinational Cohort Study.

Ann Intern Med. 2017;167(4):236-247

<http://annals.org/aim/article-abstract/2643435/coffee-drinking-mortality-10-european-countries-multinational-cohort-study>

Coffee consumption and risk of hypertension: a systematic review and dose-response meta-analysis of cohort studies.

Journal of Human Hypertension 2018; 32, 83–93

<https://www.nature.com/articles/s41371-017-0007-0>

Effect of green tea consumption on blood pressure: A meta-analysis of 13 randomized controlled trials.

Scientific Reports 2014; 4: 6251

<https://www.nature.com/articles/srep06251>

Genetics, metabolism and individual responses to caffeine.

Coffee&Health 2018

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