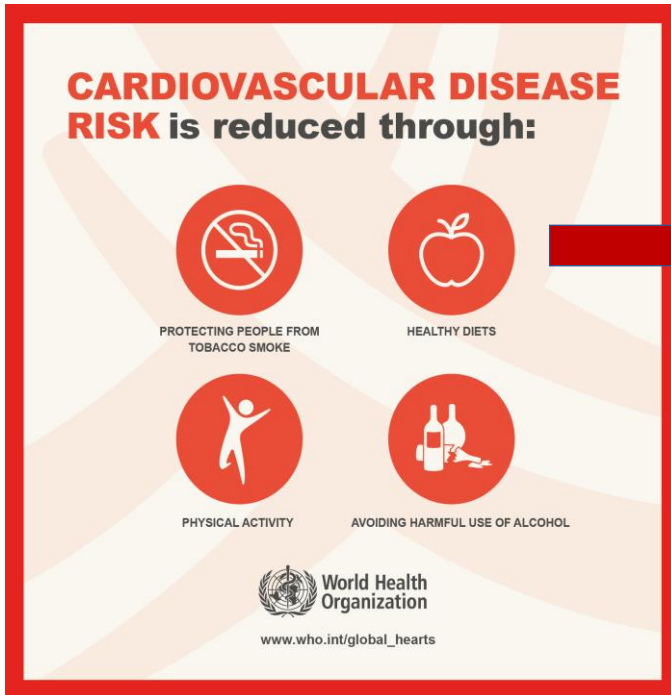


Kardiyovasküler Hastalıklarda Yumurta

Dr. Esmâ ASİL



- Yağ alımı
- Yağ örüntüsü
- Kolesterol miktarı
- Karbonhidrat alımı

Circulation 2006;114;82-96

- SFA < %7,
- Trans FA < %1,
- **Günlük kol. Alımı < 300mg/gün**

Circulation. 2014;129[suppl 2]:S76-S99

- SFA<%6
- Trans FA < %1,

Doymuş yağ alımını azaltırken pufa ve mufa alımını arttırmak

- Kaliteli protein

- Biyoaktif bileşen
(zeoksantin, lutein gibi)

- Çoklu DYA
- Tekli DYA



- **Kolesterol**

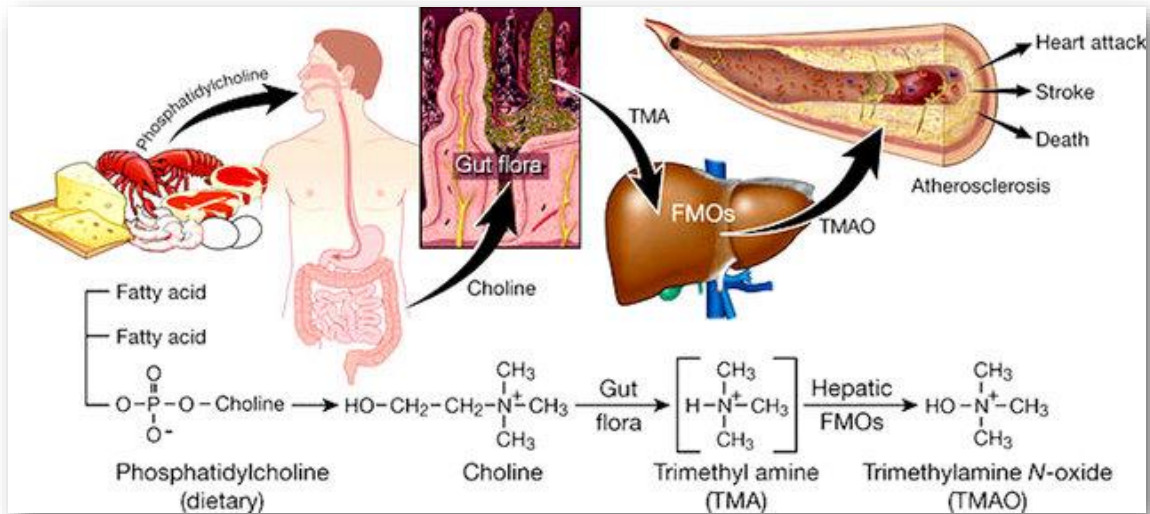
- Folat

- B Grubu vitaminler

- Yağda eriyen vitaminler

- Doymuş YA

TMAO ?



Circulation

Circulation. 2020;141:e39–e53. DOI: 10.1161/CIR.0000000000000743

AHA SCIENCE ADVISORY

Dietary Cholesterol and Cardiovascular Risk

A Science Advisory From the American Heart Association

KVH riski – diyet kolesterolü?
KVH riski- diyet doymuş yağ içeriği?

Cardiac risk factors and prevention



ORIGINAL RESEARCH ARTICLE

Associations of egg consumption with cardiovascular disease in a cohort study of 0.5 million Chinese adults

Chenxi Qin,¹ Jun Lv,¹ Yu Guo,² Zheng Bian,² Jiahui Si,¹ Ling Yang,³ Yiping Chen,³ Yonglin Zhou,⁴ Hao Zhang,⁵ Jianjun Liu,⁶ Junshi Chen,⁷ Zhengming Chen,³ Canqing Yu,¹ Liming Li,¹ on behalf of the China Kadoorie Biobank Collaborative Group

► Additional material is published online only. To view please visit the journal online (<http://dx.doi.org/10.1136/heartjnl-2017-312651>).

ABSTRACT

Objective To examine the associations between egg consumption and cardiovascular disease (CVD), ischaemic heart disease (IHD), major coronary events (MCE), haemorrhagic stroke as well as ischaemic stroke

Modifiable factors, such as smoking, alcohol, physical inactivity and dietary factors, play crucial roles in the development of CVD, as do non-modifiable factors such as age and sex. Eggs are a prominent source of dietary cholesterol, but they also

Heart: first published as 10.1136/heartjnl-2017-312651

Günlük 1 adet yumurta tüketimi; inme, KVH, iskemik kalp hastalığı, majör koroner olay riskini azaltıyor

Qin C, et al. *Heart* 2018;104:1756–1763. doi:10.1136/heartjnl-2017-312651

The Lancet Commissions

Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems



Walter Willett, Johan Rockström, Brent Loken, Marco Springmann, Tim Lang, Sonja Vermeulen, Tara Garnett, David Tilman, Fabrice DeClerck, Amanda Wood, Malin Jonell, Michael Clark, Line J Gordon, Jessica Fanzo, Corinna Hawkes, Rami Zurayk, Juan A Rivera, Wim De Vries, Lindwe Majele Sibanda, Ashkan Afshin, Abhishek Chaudhary, Mario Herrero, Rina Agustina, Francesco Branca, Anna Larrey, Shenggen Fan, Beatrice Crona, Elizabeth Fox, Victoria Bignet, Max Troell, Therese Lindahl, Sudhvir Singh, Sarah E Cornell, K Srinath Reddy, Sunita Narain, Sania Nishtar, Christopher J L Murray

Executive summary

we found with a high level of certainty that global adoption *Lancet* 2019; 393: 447–92

- Referans/standart bir diyet için **haftalık 1,5** yumurta tüketimi
- Düşük ekonomik düzeye sahip ülkelerde düşük diyet kalitesini arttırmak için daha fazla tüketilmesi önerilebilir.