

15th International Conference on

Clinical Nutrition

May 24-26, 2018 | Vienna, Austria

Meal by meal energy balance and level in blood habits and risk

Mario Ciampolini

University of Florence, Italy

This video is helpful to those who have poor health and want to learn sensations of hunger and sensations of lowering blood glucose. Three events per day are associated with a decrease of energy intake (20%-30%) and mean BG. Three lowering events per day as a habit diminish overall inflammation, suppress functional disorders, fattening/insulin resistance and prevent vascular and malignant diseases. The National Children's Study- N Engl J Med (2015) 372: 1486-1487: Obesity, diabetes, asthma, autism, birth defects, dyslexia, attention deficit-hyperactivity disorder, schizophrenia has increased in children in the last half century. We attribute these increases to expanded overall inflammation that starts with an increase of bacteria and bacteria species in small intestine. The complete (is completeness possible in Medicine?) assumption is reported in the enclosed Video. I can provide all references that are not reported in the video. A feedback of whatever nature is welcomed

Keywords: Blood Glucose; Diabetes; Insulin resistance; Overweight; Fattening; Energy balance; Energy intake; Limit in Energy Intake; Hunger; Meal Onset; Energy Availability; Bowel disorders; Malnutrition

Biography

Mario Ciampolini working in Preventive Gastroenterology Unit in the Department of Paediatrics, University of Florence, Italy

mciampolini@fastwebnet.it

Notes: