

ER DET HER SUNDT?



MYTER OG FAKTA

- Myter vi tror på
- Fakta om kosten
- Undgå mangler
- 10 fordele ved kosten



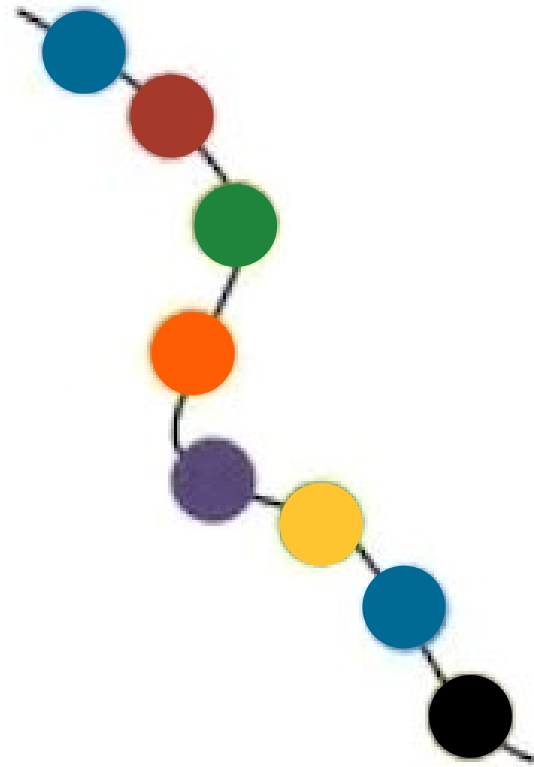
FÅ KLARHED OG ARGUMENTER

PROTEIN MYTEN

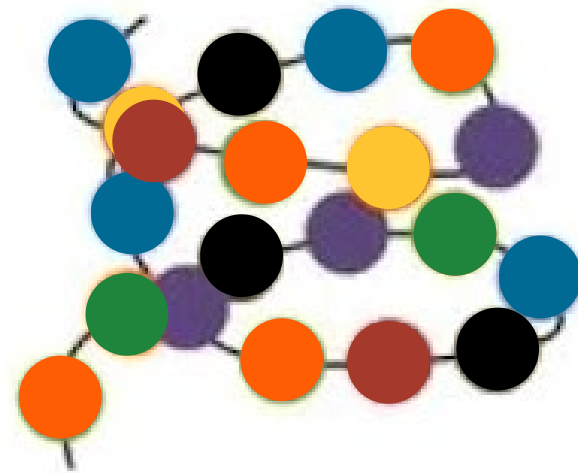


MAN FÅR DA PROTEINMANGEL!

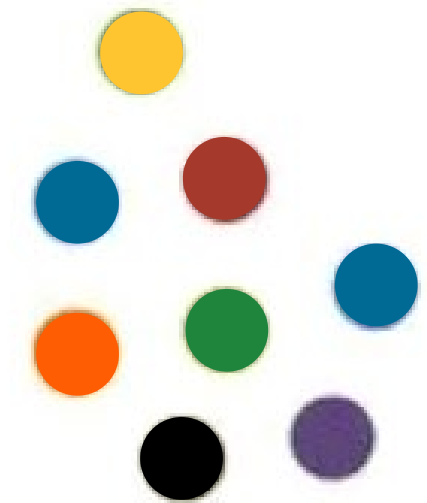
PROTEINER



PEPTIDER



PROTEIN

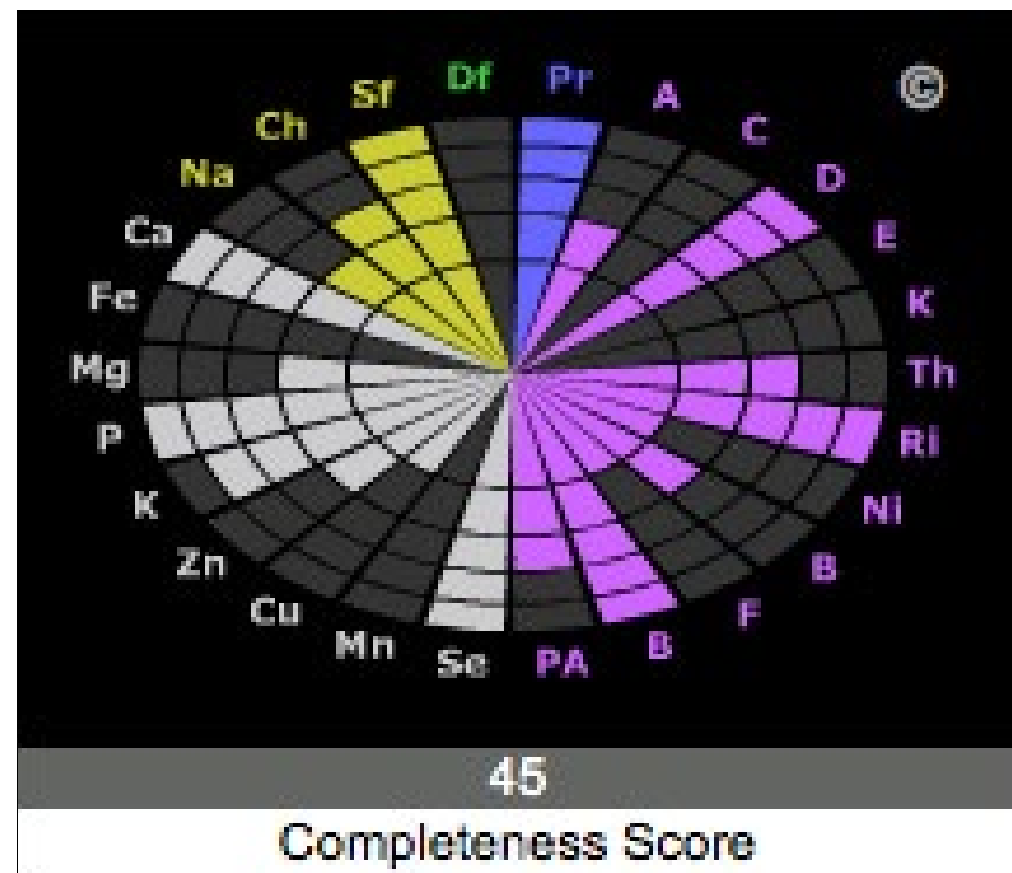


AMINOSYRE

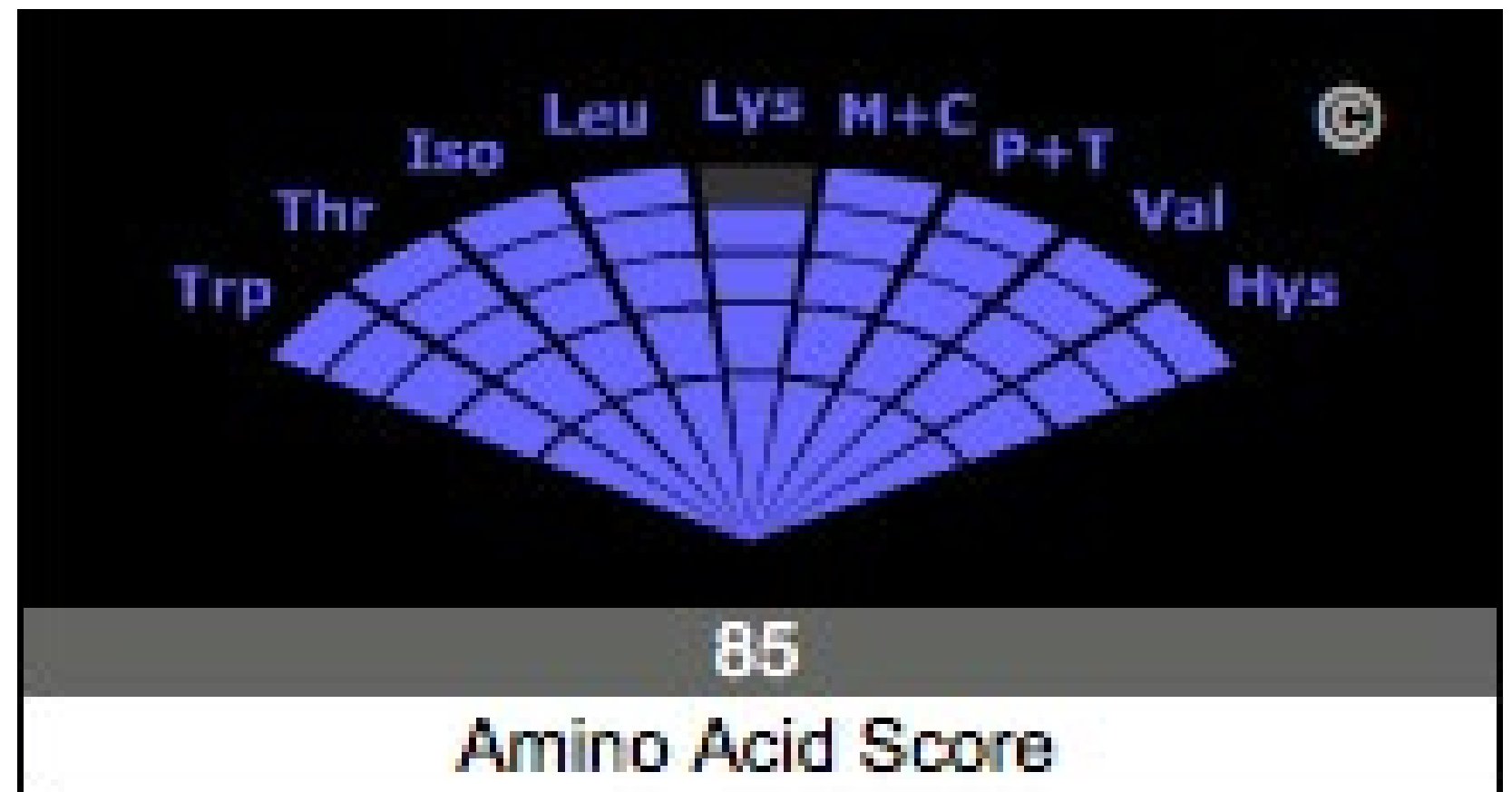
LET OPTAGELIGE AMINOSYRER

100G MÆLK

NÆRINGSSTOFFER



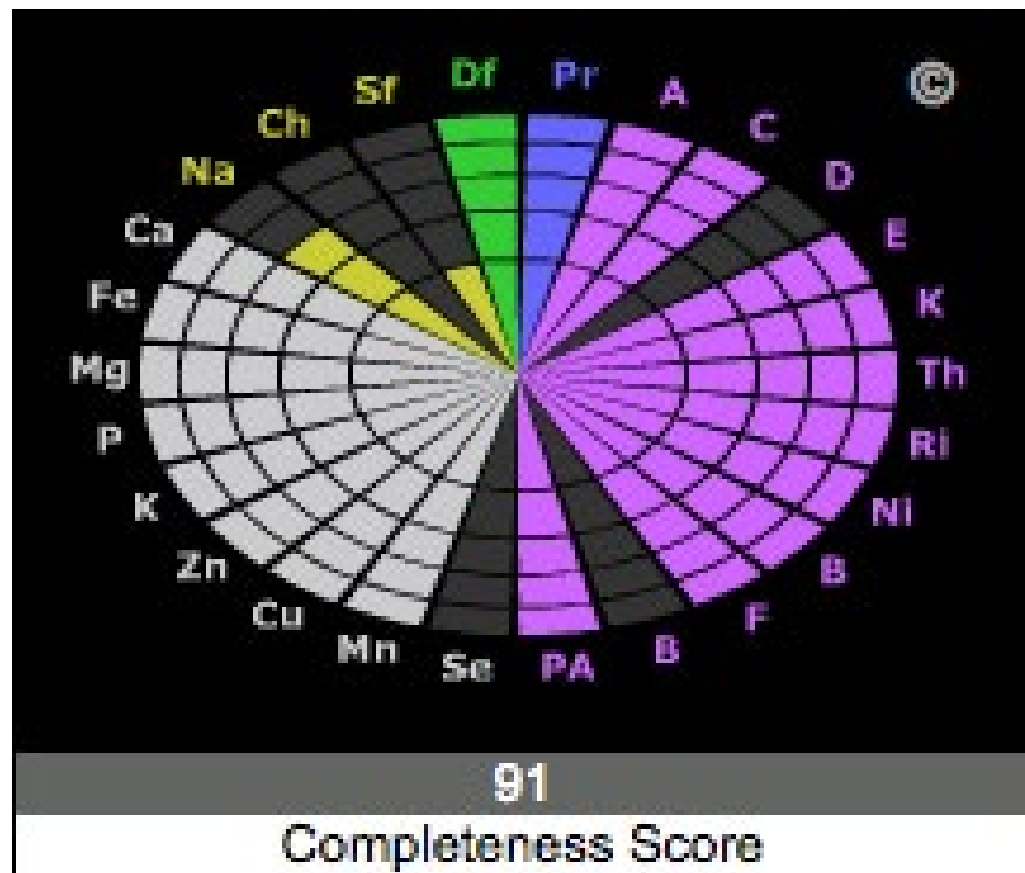
PROTEIN KVALITET



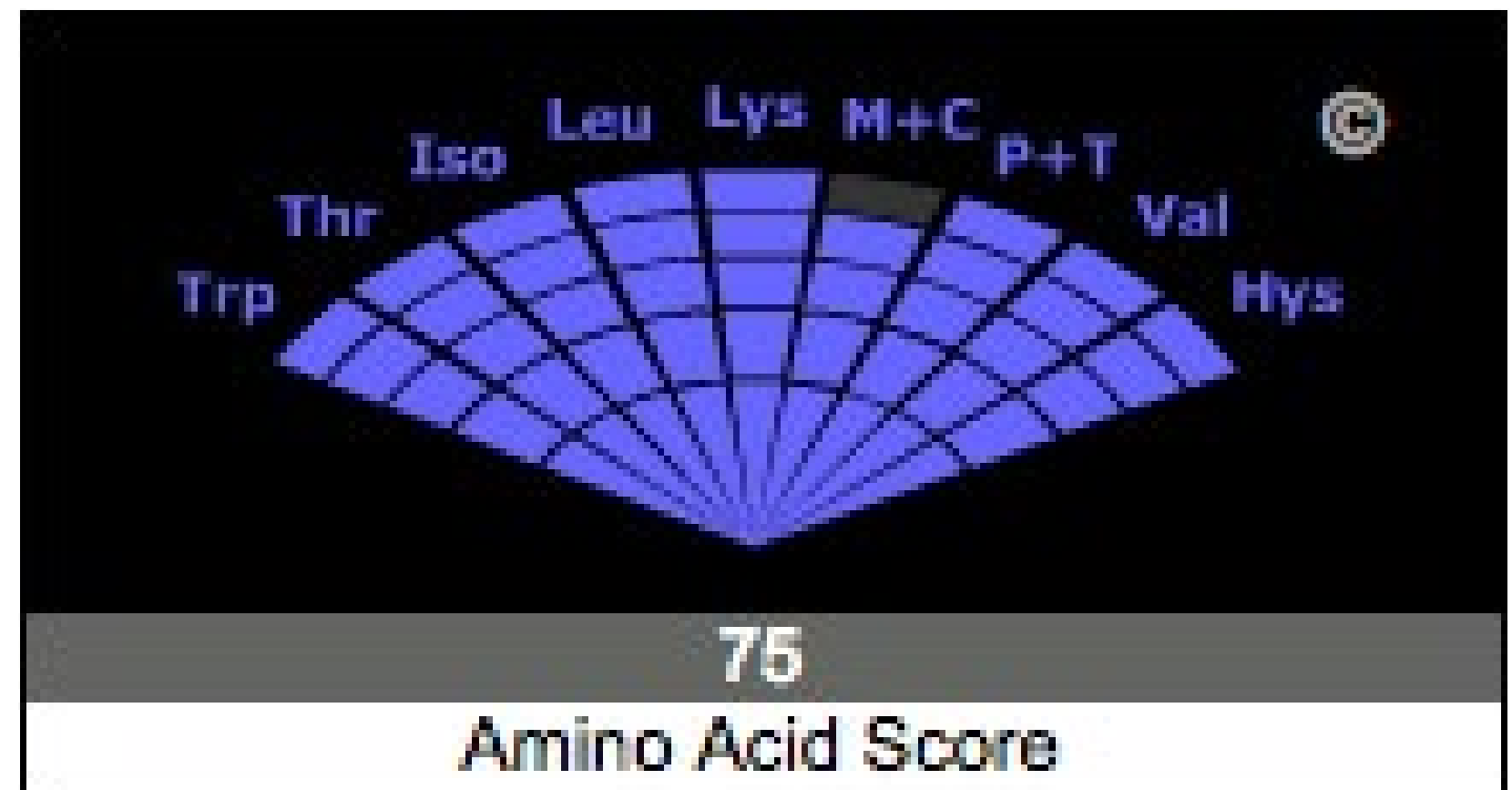
INDHOLD I MÆLK

100G PERSILLE

NÆRINGSSTOFFER



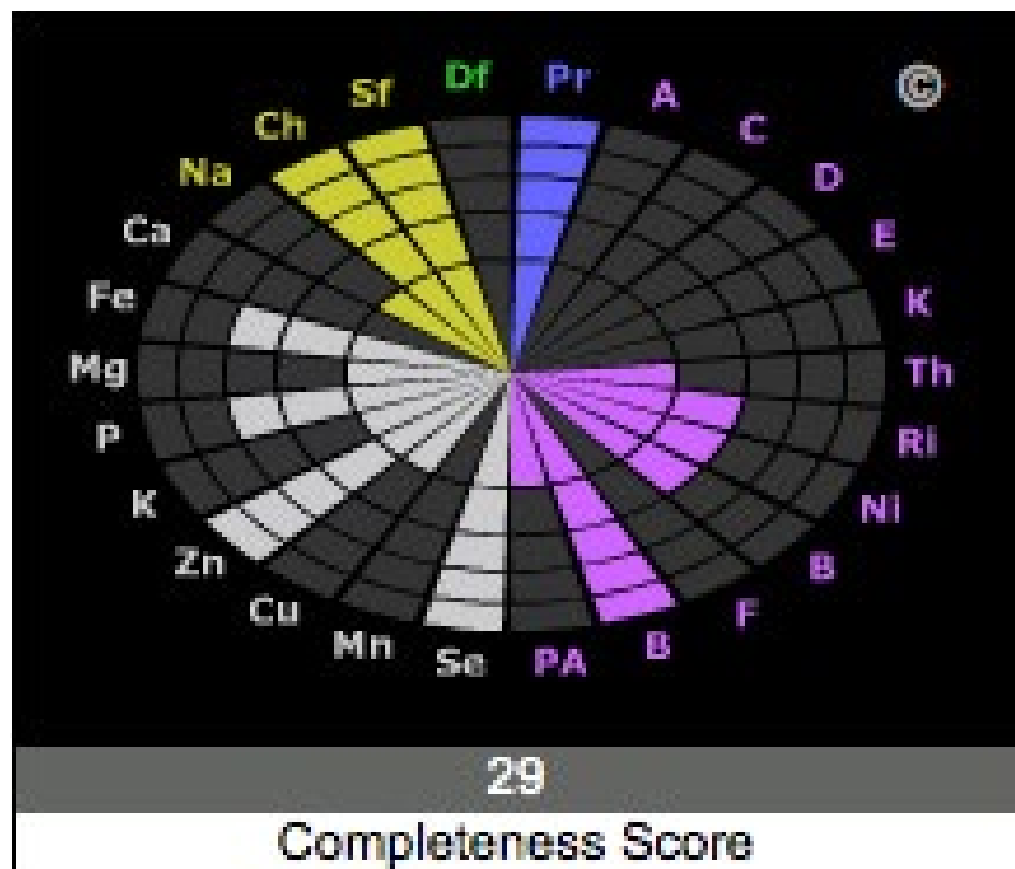
PROTEIN INDHOLD



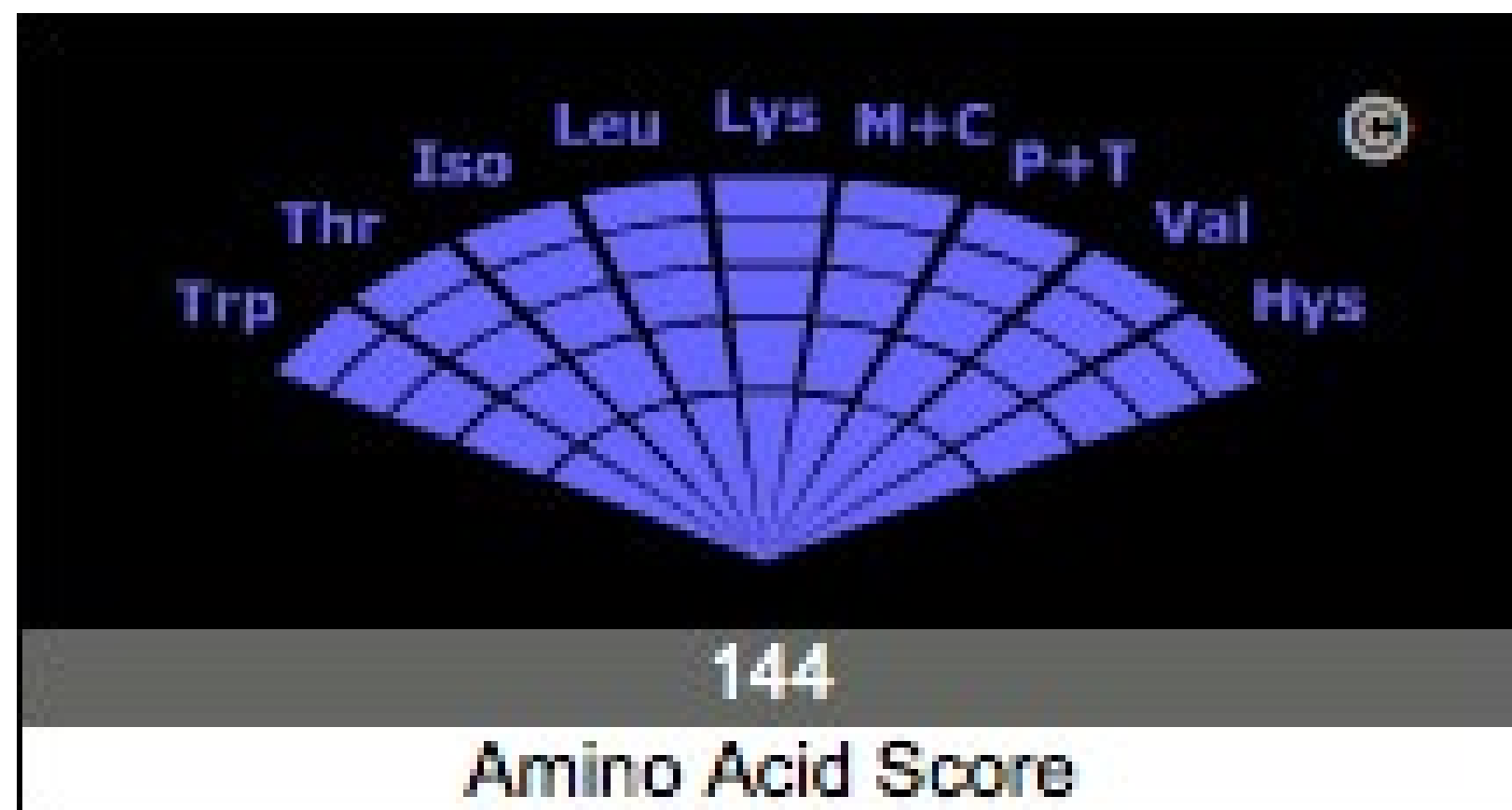
INDHOLD I PERSILLE

100G BØF

NÆRINGSSTOFFER



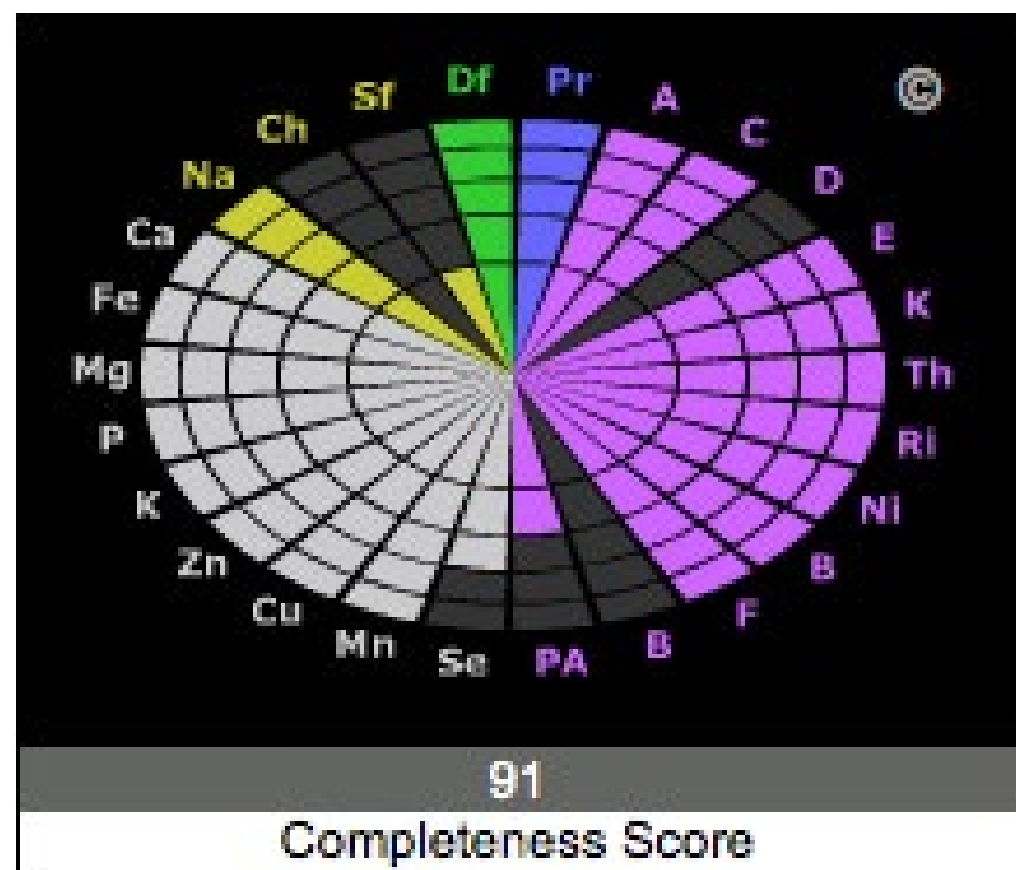
PROTEIN INDHOLD



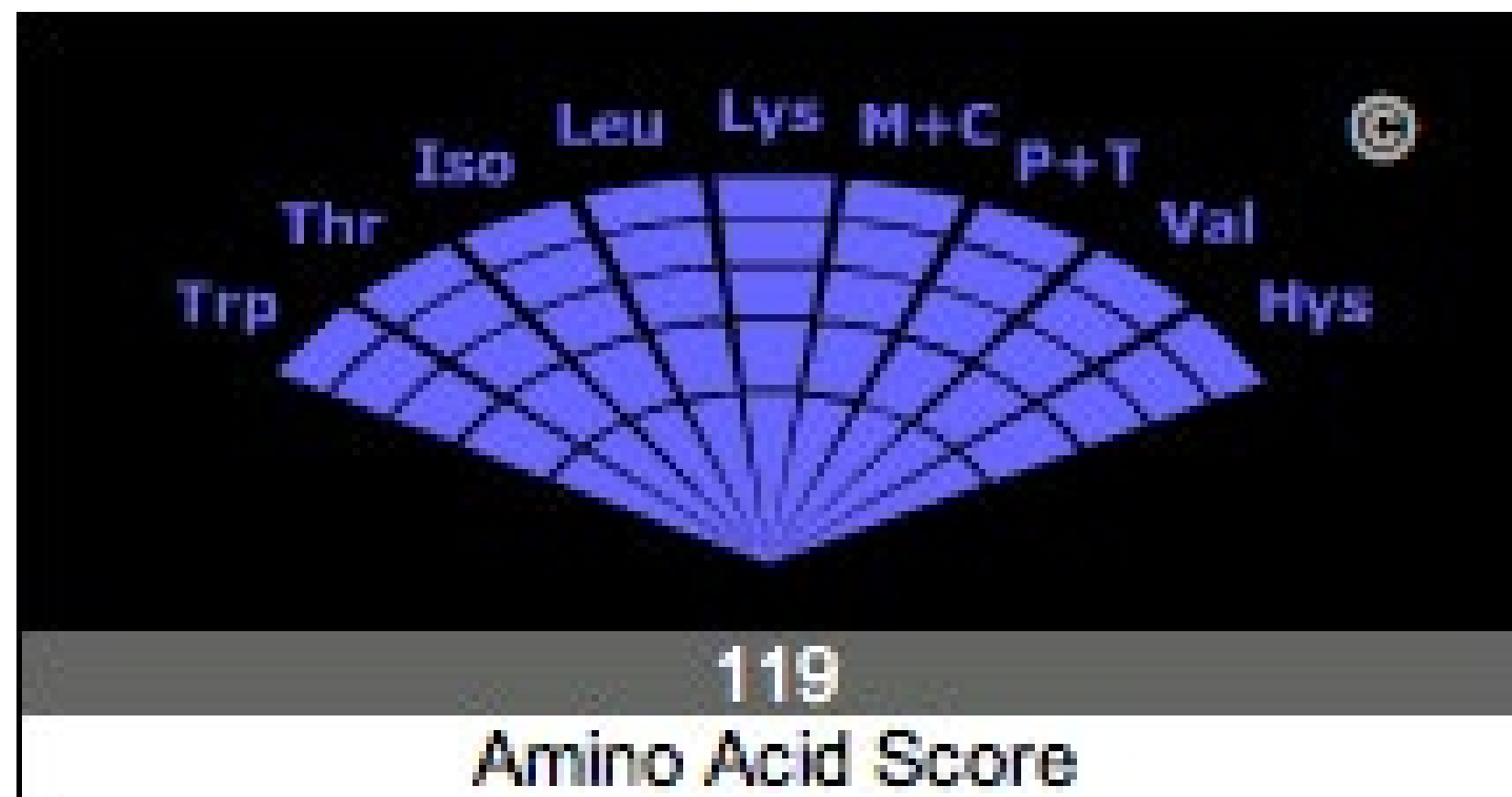
INDHOLD I EN BØF

100G SPINAT

NÆRINGSSTOFFER



PROTEIN INDHOLD



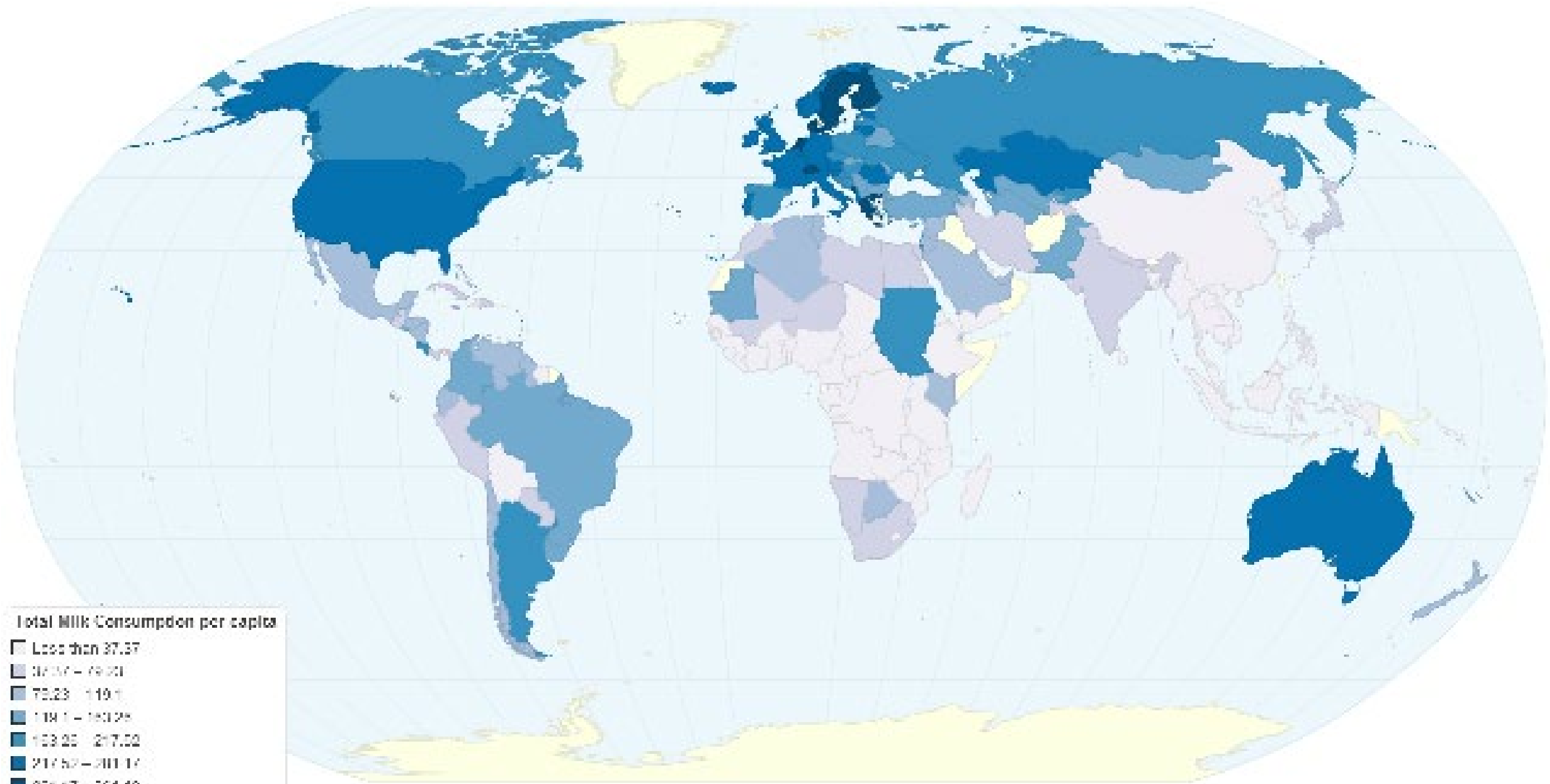
INDHOLD I SPINAT

KALK MYTEN



VI SKAL HAVE MÆLK TIL KNOGLERNE!

MÆLKEINDTAG I VERDEN



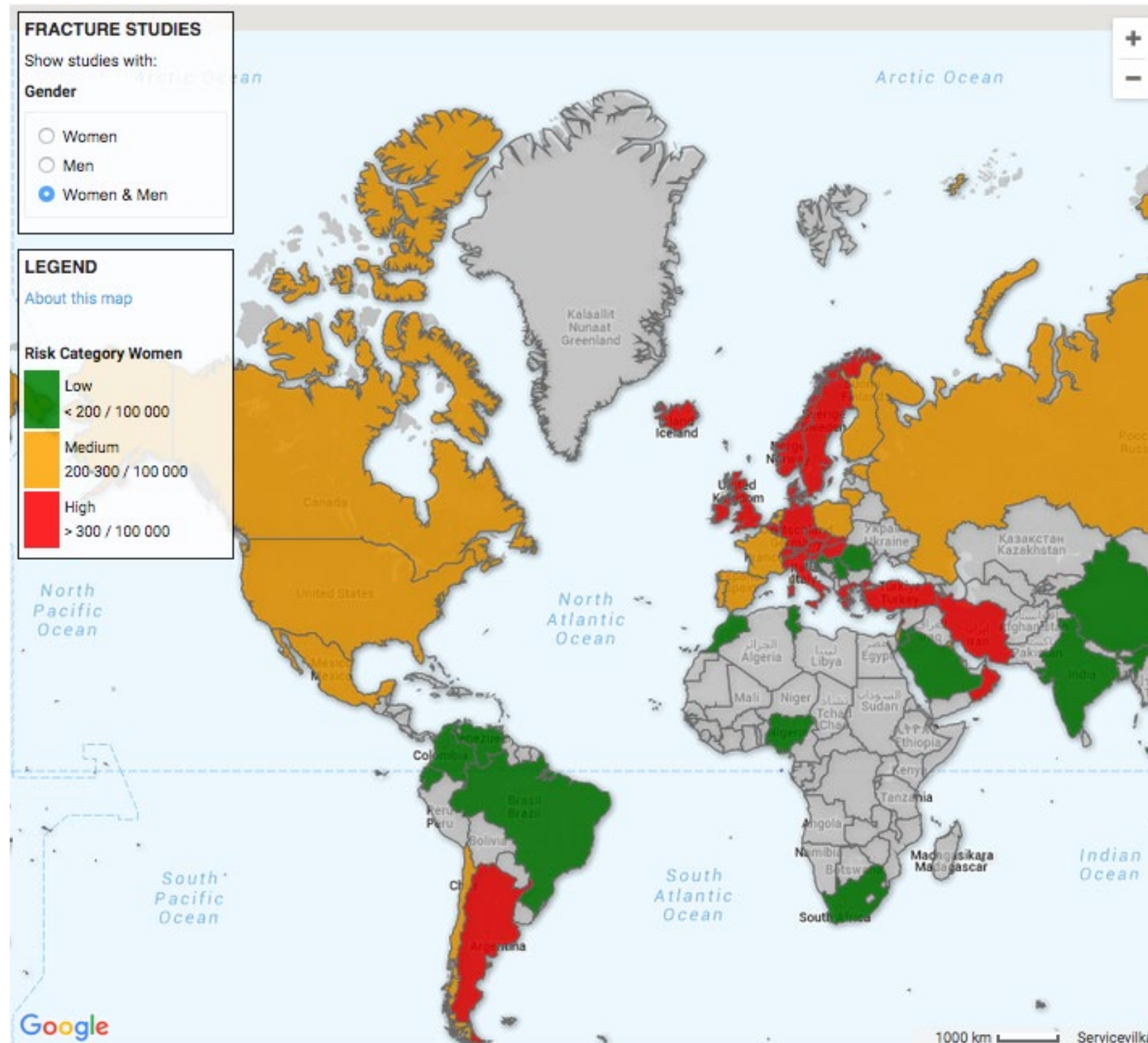
Total Milk Consumption per capita

- Less than 37.37
- 37.37 - 73.73
- 73.73 - 110.60
- 110.60 - 147.47
- 147.47 - 214.34
- 214.34 - 281.21
- 281.21 - 348.08
- No data

Infographic
From 1980-2000 (FAO Milk Production)

<http://chartsbin.com/view/1491>

HOFTEBRUD HOS KVINDER



<http://www.iofbonehealth.org/facts-and-statistics/frax-map>

CALCIUM CONTENT

100 G MILK

Minerals		
Amounts Per Selected Serving		%DV
Calcium	113 mg	11%
Iron	0.0 mg	0%
Magnesium	10.0 mg	2%
Phosphorus	91.0 mg	9%
Potassium	143 mg	4%
Sodium	40.0 mg	2%
Zinc	0.4 mg	3%
Copper	0.0 mg	1%
Manganese	0.0 mg	0%
Selenium	3.7 mcg	5%
Fluoride	~	

100 G SPINACH

Minerals		
Amounts Per Selected Serving		%DV
Calcium	99.0 mg	10%
Iron	2.7 mg	15%
Magnesium	79.0 mg	20%
Phosphorus	49.0 mg	5%
Potassium	558 mg	16%
Sodium	79.0 mg	3%
Zinc	0.5 mg	4%
Copper	0.1 mg	6%
Manganese	0.9 mg	45%
Selenium	1.0 mcg	1%
Fluoride	~	

100 G PARSLEY

Minerals		
Amounts Per Selected Serving		%DV
Calcium	138 mg	14%
Iron	6.2 mg	34%
Magnesium	50.0 mg	12%
Phosphorus	58.0 mg	6%
Potassium	554 mg	16%
Sodium	56.0 mg	2%
Zinc	1.1 mg	7%
Copper	0.1 mg	7%
Manganese	0.2 mg	8%
Selenium	0.1 mcg	0%
Fluoride	~	

<http://nutritiondata.com>

KALCIUMINDHOLD

300 g rucola	480 mg kalcium
300 g grønkål	450 mg kalcium
170 g mandler	448 mg kalcium
450 g spinat	445 mg kalcium
2 skiver schweizerost	443 mg kalcium
45 g sesamfrø	438 mg kalcium
170 g hørfrø	433 mg kalcium
300 g persille	414 mg kalcium
1 ½ glas mælk	412 mg kalcium

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MYTER OG FAKTA

FRUGTSUKKER MYTEN



MAN FÅR FOR MEGT FRUGTSUKKER

RAFFINERET SUKKER

General			
Energy	387.0	kcal	49%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	0.0	g	0%

Carbohydrates			
Carbs	100.0	g	55%
Fiber	0.0	g	0%
Starch	0.0	g	No Target
Sugars	99.8	g	No Target
Net Carbs	100.0	g	No Target

Lipids			
Fat	0.0	g	0%
Monounsaturated	0.0	g	No Target
Polyunsaturated	0.0	g	No Target
Omega-3	0.0	g	0%
Omega-6	0.0	g	0%
Saturated	0.0	g	0%
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	0%

Protein			
Protein	0.0	g	0%
Cystine	0.0	g	0%

Vitamins			
B1 (Thiamine)	0.0	mg	0%
B2 (Riboflavin)	0.0	mg	2%
B3 (Niacin)	0.0	mg	0%
B5 (Pantothenic Acid)	0.0	mg	0%
B6 (Pyridoxine)	0.0	mg	0%
B12 (Cobalamin)	0.0	µg	0%
Folate	0.0	µg	0%
Vitamin A	0.0	IU	0%
Vitamin C	0.0	mg	0%
Vitamin D	0.0	IU	0%
Vitamin E	0.0	mg	0%
Vitamin K	0.0	µg	0%

Minerals			
Calcium	1.0	mg	0%
Copper	0.0	mg	1%
Iron	0.1	mg	0%
Magnesium	0.0	mg	0%
Manganese	0.0	mg	0%
Phosphorus	0.0	mg	0%
Potassium	2.0	mg	0%
Selenium	0.6	µg	1%
Sodium	1.0	mg	0%
Zinc	0.0	mg	0%

100 g Hvidt sukker

General			
Energy	380.0	kcal	48%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	1.3	g	0%

Carbohydrates			
Carbs	98.1	g	54%
Fiber	0.0	g	0%
Starch	0.0	g	No Target
Sugars	97.0	g	No Target
Net Carbs	98.1	g	No Target

Lipids			
Fat	0.0	g	0%
Monounsaturated	0.0	g	No Target
Polyunsaturated	0.0	g	No Target
Omega-3	0.0	g	0%
Omega-6	0.0	g	0%
Saturated	0.0	g	0%
Trans-Fats	0.0	g	n/a
Cholesterol	0.0	mg	0%

Protein			
Protein	0.1	g	1%
Cystine	0.0	g	0%

Vitamins			
B1 (Thiamine)	0.0	mg	0%
B2 (Riboflavin)	0.0	mg	0%
B3 (Niacin)	0.1	mg	1%
B5 (Pantothenic Acid)	0.1	mg	3%
B6 (Pyridoxine)	0.0	mg	3%
B12 (Cobalamin)	0.0	µg	0%
Folate	1.0	µg	0%
Vitamin A	0.0	IU	0%
Vitamin C	0.0	mg	0%
Vitamin D	0.0	IU	0%
Vitamin E	0.0	mg	0%
Vitamin K	0.0	µg	0%

Minerals			
Calcium	83.0	mg	8%
Copper	0.0	mg	5%
Iron	0.7	mg	4%
Magnesium	9.0	mg	3%
Manganese	0.1	mg	4%
Phosphorus	4.0	mg	1%
Potassium	133.0	mg	3%
Selenium	1.2	µg	2%
Sodium	28.0	mg	2%
Zinc	0.0	mg	0%

100 g Brunt sukker

FRUGT SUKKER

General		
Energy	277.0 kcal	35%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	21.3 g	1%

Carbohydrates		
Carbs	75.0 g	41%
Fiber	6.7 g	27%
Starch	1.8 g	No Target
Sugars	66.5 g	No Target
Net Carbs	68.3 g	No Target

Lipids		
Fat	0.2 g	2%
Monounsaturated	0.0 g	No Target
Polyunsaturated	0.0 g	No Target
Omega-3	0.0 g	0%
Omega-6	0.0 g	0%
Saturated	0.0 g	0%
Trans-Fats	0.0 g	n/a
Cholesterol	0.0 mg	0%

Protein		
Protein	1.8 g	9%
Cystine	0.0 g	19%

Vitamins		
B1 (Thiamine)	0.1 mg	5%
B2 (Riboflavin)	0.1 mg	5%
B3 (Niacin)	1.6 mg	12%
B5 (Pantothenic Acid)	0.8 mg	16%
B6 (Pyridoxine)	0.2 mg	19%
B12 (Cobalamin)	0.0 µg	0%
Folate	15.0 µg	4%
Vitamin A	149.0 IU	6%
Vitamin C	0.0 mg	0%
Vitamin D	0.0 IU	0%
Vitamin E	0.0 mg	0%
Vitamin K	2.7 µg	3%

Minerals		
Calcium	64.0 mg	6%
Copper	0.4 mg	40%
Iron	0.9 mg	5%
Magnesium	54.0 mg	17%
Manganese	0.3 mg	16%
Phosphorus	62.0 mg	9%
Potassium	696.0 mg	15%
Selenium	0.0 µg	0%
Sodium	1.0 mg	0%
Zinc	0.4 mg	6%

100 g Dadler

General		
Energy	747.0 kcal	95%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	197.9 g	7%

Carbohydrates		
Carbs	195.8 g	107%
Fiber	9.9 g	39%
Starch	1.8 g	No Target
Sugars	183.7 g	No Target
Net Carbs	185.9 g	No Target

Lipids		
Fat	0.4 g	5%
Monounsaturated	0.0 g	No Target
Polyunsaturated	0.1 g	No Target
Omega-3	0.0 g	4%
Omega-6	0.0 g	0%
Saturated	0.1 g	0%
Trans-Fats	0.0 g	n/a
Cholesterol	0.0 mg	0%

Protein		
Protein	3.3 g	16%
Cystine	0.1 g	25%

Vitamins		
B1 (Thiamine)	0.2 mg	16%
B2 (Riboflavin)	0.1 mg	12%
B3 (Niacin)	2.3 mg	17%
B5 (Pantothenic Acid)	1.2 mg	24%
B6 (Pyridoxine)	0.4 mg	31%
B12 (Cobalamin)	0.0 µg	0%
Folate	64.0 µg	16%
Vitamin A	424.0 IU	18%
Vitamin C	71.2 mg	95%
Vitamin D	0.0 IU	0%
Vitamin E	0.3 mg	2%
Vitamin K	5.6 µg	6%

Minerals		
Calcium	111.0 mg	11%
Copper	0.4 mg	49%
Iron	1.2 mg	7%
Magnesium	74.0 mg	23%
Manganese	0.4 mg	20%
Phosphorus	87.0 mg	12%
Potassium	1107.0 mg	24%
Selenium	1.8 µg	3%
Sodium	20.0 mg	1%
Zinc	0.6 mg	8%

100 g Honningmelon

MAN FÅR DA MANGLER!

- B12
- D-vitamin
- Tilskud



MYTER OG FAKTA

KOST EKSEMPLER

ALM. DANSK KOST

MORGENMAD:

2 skiver franskbrød
1 skiver ost
25 g jordbærmarmelade
6 g smør
1 æg på 40 g
125 ml appelsinjuice fra karton
250 ml kaffe

FROKOST:

2 skiver rugbrød
1 skive skinkepålæg
90 g makrel
2 skiver agurk
6 g smør

AFTENSMAD:

200 g hvide ris
4 skiver ovnstegt kyllingebryst
uden fedt
56 g karrysovs fra brev eller
karton

2 chokoladesmåkager
250 ml kaffe

I alt: 2.042 kalorier

80/10/10-KOST

MORGENMAD:

1½ liter grøn smoothie af:
450 g ananas
5 bananer
130 g spinat
20 g persille

FROKOST:

En blandet salat af:
1 mango
10 jordbær
4 bananer
10 vindruer
100 g hovedsalat
50 g rucola

AFTENSMAD:

En blendet kold suppe af:
2 mangoer
4 mellemstore røde tomater
1 lille forårsløg
1-2 g soltørrede tomater
10 g persille

25 g avokado

I alt: 2.051 kalorier

ALMINDELIGE DANSKE KOST

NÆRINGSSTOF	MÆNGDE	OPFYLDER NNR FOR K/ M	HØJESTE VÆRDI
A	840 IU=252 mcg	÷	
B1 (Thiamin)	1,7 mg	✓	😊
B2 (Riboflavin)	1,7 mg	✓	
B3 (Niacin)	20,4 mg	✓	
B5 (Pantotensyre)	5,7 mg	÷	
B6	1,1 mg	÷	
B12	3,8 mcg	✓	😊
C	56,1 mg	÷	
D	143,2 IU=3.575 mcg	÷	😊
E	2,7 mg	÷	
Folsyre/folat (B9)	351 mcg	✓	
K	7,5 mcg	÷	
Jern	12,7 mg	÷ ✓	
Zink	7,5 mg	✓ ÷	😊
Fosfor	951,7 mg	✓	😊
Selen	148 mcg	✓	😊
Magnesium	213,7 mg	÷	
Kobber	0,9 mg	✓	
Mangan	3,7 mg	✓	
Kalcium	438,3 mg	÷	
Fibre	13,9 g	÷	
Protein	86,5 g	✓	😊

😊 = Højeste værdi ÷ = nej ✓ = Ja

80/10/10-KOST

NÆRINGSSTOF	MÆNGDE	OPFYLDER NNR FOR K/ M	HØJESTE VÆRDI
A	6.360,7 IU=1.908 mcg	✓	😊
B1 (Thiamin)	1,5 mg	✓	
B2 (Riboflavin)	1,9 mg	✓	😊
B3 (Niacin)	22 mg	✓	😊
B5 (Pantotensyre)	8,1 mg	✓	😊
B6	6,6 mg	✓	😊
B12	0 mcg	÷	
C	911,3 mg	✓	😊
D	0 mcg	÷	
E	17,2 mg	✓	😊
Folsyre/folat (B9)	1.191 mcg	✓	😊
K	1.416,3 mcg	✓	😊
Jern	15 mg	✓	😊
Zink	5,7 mg	÷	
Fosfor	725,5 mg	✓	
Selen	20 mcg	÷	
Magnesium	681 mg	✓	😊
Kobber	3,2 mg	✓	😊
Mangan	10,4 mg	✓	😊
Kalcium	590,7 mg	÷	😊
Fibre	66,3 g	✓	😊
Protein	34,6 g	÷	

FRA CRONOMETER

SPIS **VARIERET**



FRUGT ER IKKE VARIERET NOK

EKSEMPEL

ADD FOOD
 ADD EXERCISE
 ADD BIOMETRIC
 ADD NOTE

Description	Amount	Unit	Calories
Bananas, Raw	9	medium - 7" to 7 7/8" long	945.18
Arugula, Raw	75	g	18.75
Blueberries, Frozen, Unsweetened	1	cup	117.3
Aloj, Aloe Vera Drink, Original + Vitamin C	10	g	3.3
Melons, Cantaloupe, Raw	1	medium - 5" diameter	187.68
Grapes, Raw	500	g	345
Grape Juice	170	g	102
Peaches, Raw	8	medium - 2 2/3" diameter	468
Apple, Fresh, With Skin	1	small - 2 3/4" diameter	77.48
Peaches, Raw	4	medium - 2 2/3" diameter	234

Calories Summary

2499
kcal
CONSUMED

789
kcal
BURNED

1709

Calorie Surplus

BALANCE

Macronutrient Targets

Energy	2499 kcal / 789.0 kcal (317%)
Protein	40.1 g / 19.7 g (203%)
Net Carbs	551.7 g / 157.8 g (350%)
Fat	12.3 g / 8.8 g (140%)

Nutrient Targets

79% TARGETS

302% Fiber

69% Iron

43% Calcium

1180% Vit.A

607% Vit.C

0% Vit.B12

126% Folate

General		
Energy	2498.7 kcal	317%
Alcohol	0.0 g	No Target
Caffeine	0.0 mg	No Target
Water	3834.6 g	142%

Carbohydrates		
Carbs	627.1 g	343%
Fiber	75.4 g	302%
Starch	57.4 g	No Target
Sugars	463.0 g	No Target
Net Carbs	551.7 g	No Target

Lipids		
Fat	12.3 g	137%
Monounsaturated	1.9 g	No Target
Polyunsaturated	4.0 g	No Target
Omega-3	1.0 g	92%
Omega-6	3.0 g	25%
Saturated	2.4 g	12%
Trans-Fats	0.0 g	n/a
Cholesterol	0.0 mg	0%

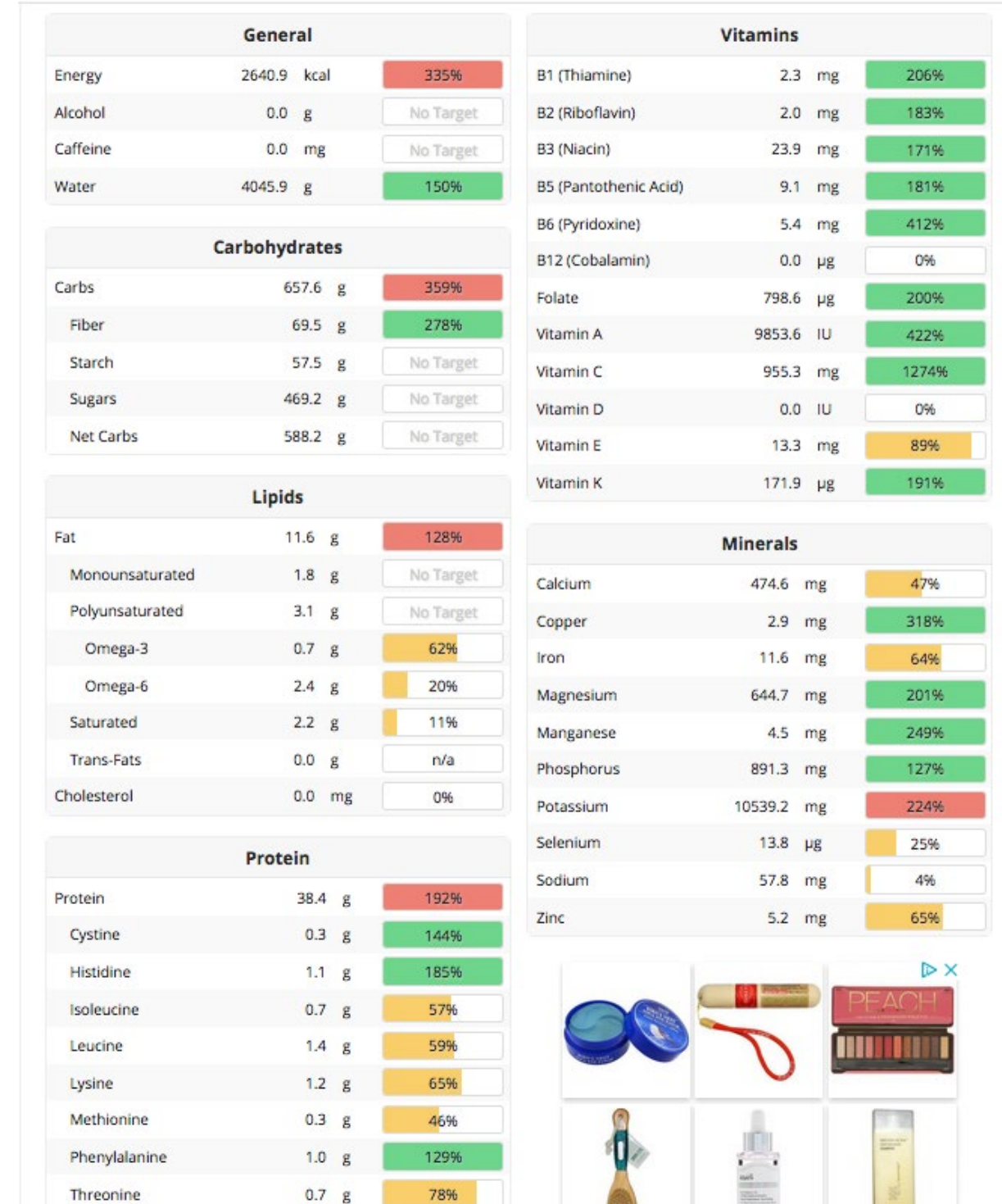
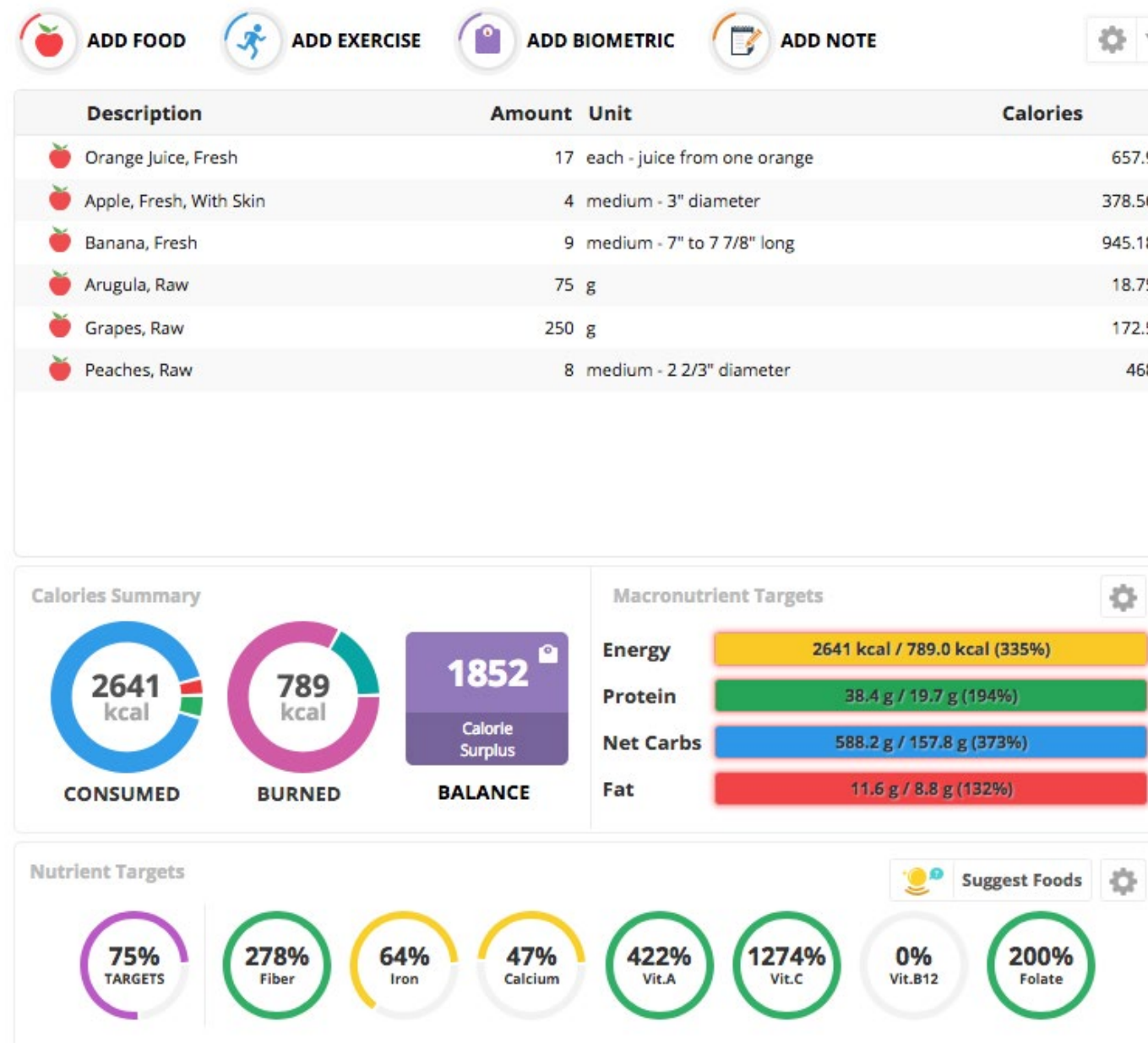
Protein		
Protein	40.1 g	201%
Cystine	0.4 g	160%
Histidine	1.3 g	213%
Isoleucine	0.8 g	69%
Leucine	1.6 g	67%
Lysine	1.4 g	79%
Methionine	0.4 g	66%
Phenylalanine	1.1 g	153%
Threonine	0.9 g	95%

Vitamins		
B1 (Thiamine)	1.5 mg	136%
B2 (Riboflavin)	2.0 mg	182%
B3 (Niacin)	28.3 mg	202%
B5 (Pantothenic Acid)	7.9 mg	158%
B6 (Pyridoxine)	5.5 mg	422%
B12 (Cobalamin)	0.0 µg	0%
Folate	503.6 µg	126%
Vitamin A	27525.9 IU	1180%
Vitamin C	455.2 mg	607%
Vitamin D	0.0 IU	0%
Vitamin E	18.1 mg	121%
Vitamin K	262.0 µg	291%

Minerals		
Calcium	426.8 mg	43%
Copper	3.1 mg	346%
Iron	12.3 mg	69%
Magnesium	621.2 mg	194%
Manganese	5.6 mg	310%
Phosphorus	880.9 mg	126%
Potassium	10388.0 mg	221%
Selenium	15.6 µg	28%
Sodium	143.1 mg	10%
Zinc	6.7 mg	84%

EKSEMPEL

- Hvad spiser man i løbet af en uge/ måned/ år



OMEGA 3 MYTEN



MAN SKAL HAVE FISKEOLIE!

OMEGA 3 - 6 FORHOLDDET

- I fortiden/ hjernen 1:1
- Anbefalet: 1:4
- Virkeligheden 1:10 (el. mere)
- Derfor anbefales fiskeolie!



KOSTEKSEMPLER

	Almindelig kost	80/10/10-kost
Fedt i alt	41,8 g	13,9 g
Omega 3	1,7 g	1,2 g
Omega 6	3,8 g	1,8 g
Cholesterol (dåligt)	315,4 mg	0 mg

FEDTINDHOLD

OMEGA INDHOLD

	OMEGA 3	OMEGA 6
100 g hørfrø	16,7 g	4,31 g
100 g persille	0,456 g	0,273 g
100 g spinat	0,294 g	0,062 g
100 g romaine salat	0,112 g	0,047 g
100 g hovedsalat	0,105 g	0,076 g
100 g banan	0,048 g	0,035 g
100 g valnødder	7,45 g	36,4 g
100 g sesamfrø	0,376 g	21,4 g
100 g mango	0,68 g	17,0 g
100 g mandler	0,189 g	7,21 g
100 g avokado	0,060 g	1,310 g
100 g mandariner	0,16 g	0,430 g
100 g jordbær	0,166 g	0,182 g
100 g selleriblade	0,018 g	0,159 g
100 g tomat	0,014 g	0,135 g
100 g vindruer	0,027 g	0,090 g
100 g agurk	0,021 g	0,023 g

10 FORDELE VED KOSTEN

1. Hurtig madlavning - fastfood
2. Mindre opvask
3. Sparer penge på behandlinger/ medicin
4. Ingen tilskud ud over B12 og evt. D
5. Bedre fordøjelse
6. Færre kropslugte
7. Bedre immunforsvar/ mindre sygdom
8. Gladere og mere energi
9. Nyt syn på livet/ spiritualitet
10. Godt for miljøet og dyerne



FORDELE