Geachte diëtist(e),

Uw klant gebruikt mijn boek “SLIM – op uw juiste gewicht” om gewicht te verliezen. In mijn boek behandel ik een aantal lichamelijke stoornissen die gewichtstoename kunnen veroorzaken zoals koolhydraatverslaving, hyperinsulinemie, een verlaagde verbranding, een verminderde verzadiging enz. In mijn boek ga ik er van uit dat afvallen, door op voeding en beweging te letten, meer succes heeft als er ook aandacht is voor deze onderliggende stoornissen.

Door het toepassen van mijn differentiaal diagnostische model heeft uw klant een **verminderde verzadiging** bij zich zelf herkend.

Een verminderde verzadiging kan worden veroorzaakt doordat verzadigingssignalen die in het lichaam worden afgegeven[1,2] te laat[3] of niet goed worden opgemerkt[4,5]. Kort na een maaltijd voelt uw klant dan dat er toch weer te veel is gegeten. Het kan ook zijn dat het hormoon grehline[6], dat het hongergevoel stimuleert, bij uw klant verhoogd is. Dat kan worden veroorzaakt door een dieet met een sterke calorierestrictie[7]. Maar het kan ook zijn dat uw klant leptineresistent is geworden[8] waardoor voeding voor uw klant de hele dag door een grote verleiding is[9].

Een verminderde verzadiging kan het volgen van uw dieetvoorschriften, bij uw klant, in de weg staan.

Om de verzadiging te verbeteren adviseer ik in mijn boek om langzamer[10] en vaker, met behulp van verantwoorde tussendoortjes, te eten[11,12]. De hoofdmaaltijden moeten wel op deze tussendoortjes worden aangepast. Bovendien adviseer ik in mijn boek een eiwitrijk en vezelrijk ontbijt. Eiwit– en vezelrijke voeding werkt, zoals u weet, sterk verzadigend[13,14]. Bovendien verminderen eiwitten die tijdens het ontbijt gegeten worden de hele verdere dag het hongergevoel[15] en verbeteren ze de verbranding[16].

Verder zou ik bij een verminderde verzadiging het gebruik van extra voedingsvezels willen adviseren. Een volwassene heeft voor een goede gezondheid eigenlijk 25 - 30 gram vezels per dag nodig[17,18]. De gemiddelde Nederlander haalt deze maatstaf bij lange na niet. Voor kinderen is een vezelrijke voeding ook erg belangrijk. U kunt op basis van leeftijd via een eenvoudige formule uitrekenen hoeveel vezels een kind per dag nodig heeft:

Leeftijd + 5 = aantal gram vezels per dag[19].

Vezelrijke voeding, is zoals u, weet zeer belangrijk bij de behandeling van overgewicht[26]. In mijn boek maak ik gebruik van een vezelmix op basis van psylium[27], glucomannan[28], guar gum[29], oligofructose[30] en alginaat[31]. Deze vezelcombinatie zorgt voor een verbeterde verzadiging en zorgt er ook voor dat koolhydraten langzamer in het lichaam worden opgenomen zodat hongergevoelens langer uitblijven.

Klanten met een BMI van meer dan 25 hebben vaak een sterk verhoogde triglyceridebloedwaarde waardoor ze waarschijnlijk leptineresistent zijn geworden[20,21]. U kunt, als u dat wilt, het triglycerideniveau in het bloed laten bepalen. Als deze waarde te hoog blijkt te zijn adviseer ik de volgende voedingsinterventie:

- Melkrestrictie, omdat melk een leptineresistentie alleen maar erger maakt[21],
- een fructoserestrictie (natuurlijke vruchtensuiker). Toegevoegde fructose verhoogt de triglyceriden[22], verlaagt de leptine[23]- en verhoogt de ghreline (hongerhormoon) niveau[22]. Dat is het slechtst denkbare scenario voor iemand die gewicht wil verliezen.
- en 2 - 3 maal per week vette vis. DHA in vette vis verlaagt het triglycerideniveau[24,25].

Wilt u zo vriendelijk zijn om te zien of bovenstaande binnen uw behandeling in te passen is.

Voor eventuele vragen over deze manier van behandelen ben ik voor u via telefoon en email beschikbaar.

Met vriendelijke groet,

Cora de Fluiter

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Referenties

Belangrijk: print deze referentielijst ook uit diëtist(e)

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