

PRETILLOST

??????

“Društvo naša djeca”

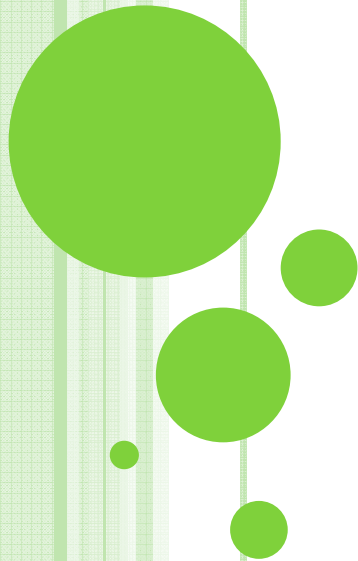
Martina Nedeljko
Prehrambeno-tehnološki fakultet
Zavod za ispitivanje hrane i prehrane

Pretilost

= višak tjelesne masti tj. masnog tkiva u našem organizmu

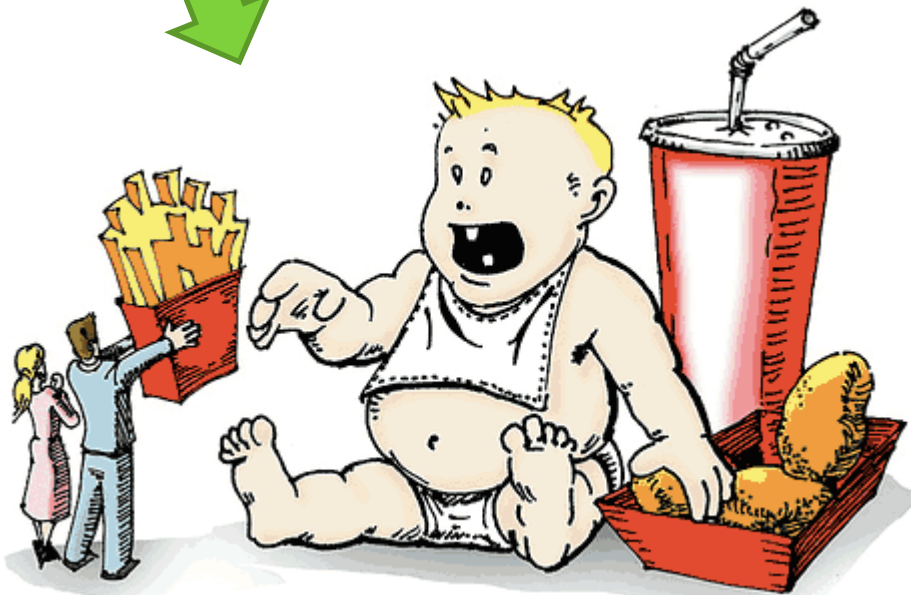


ZAŠTO POSTAJEMO PRETILI?



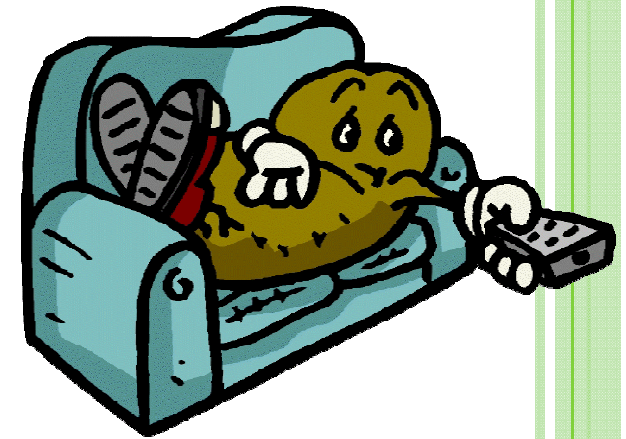


Hrana



Mjesto gdje jedemo





Fizička neaktivnost



NEKAD



DANAS



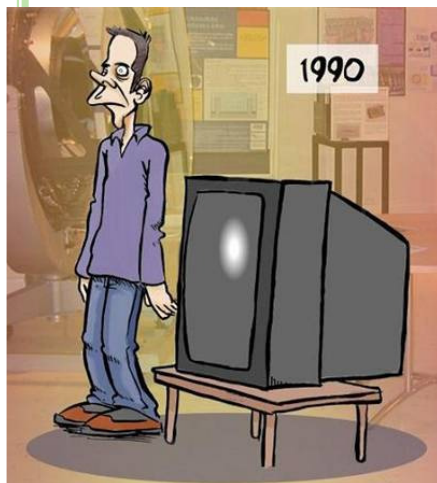
HRVATSKA
4,5 milijuna ljudi



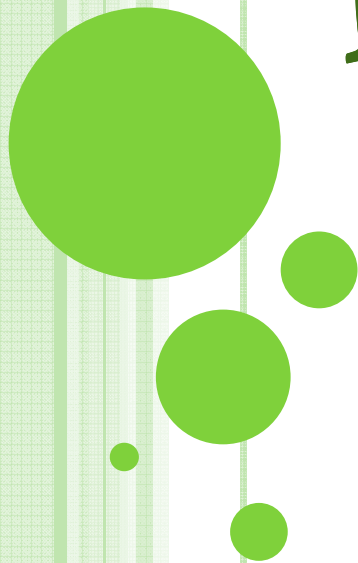
PRETILO



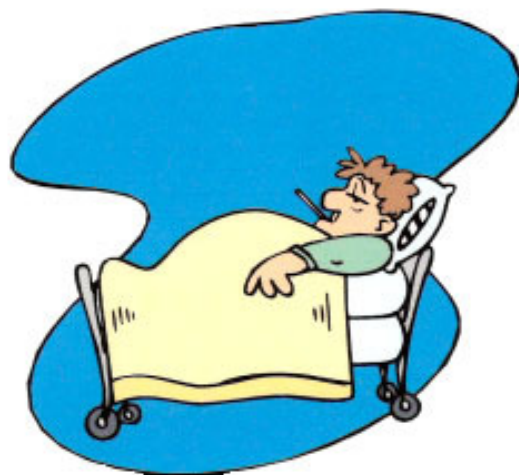
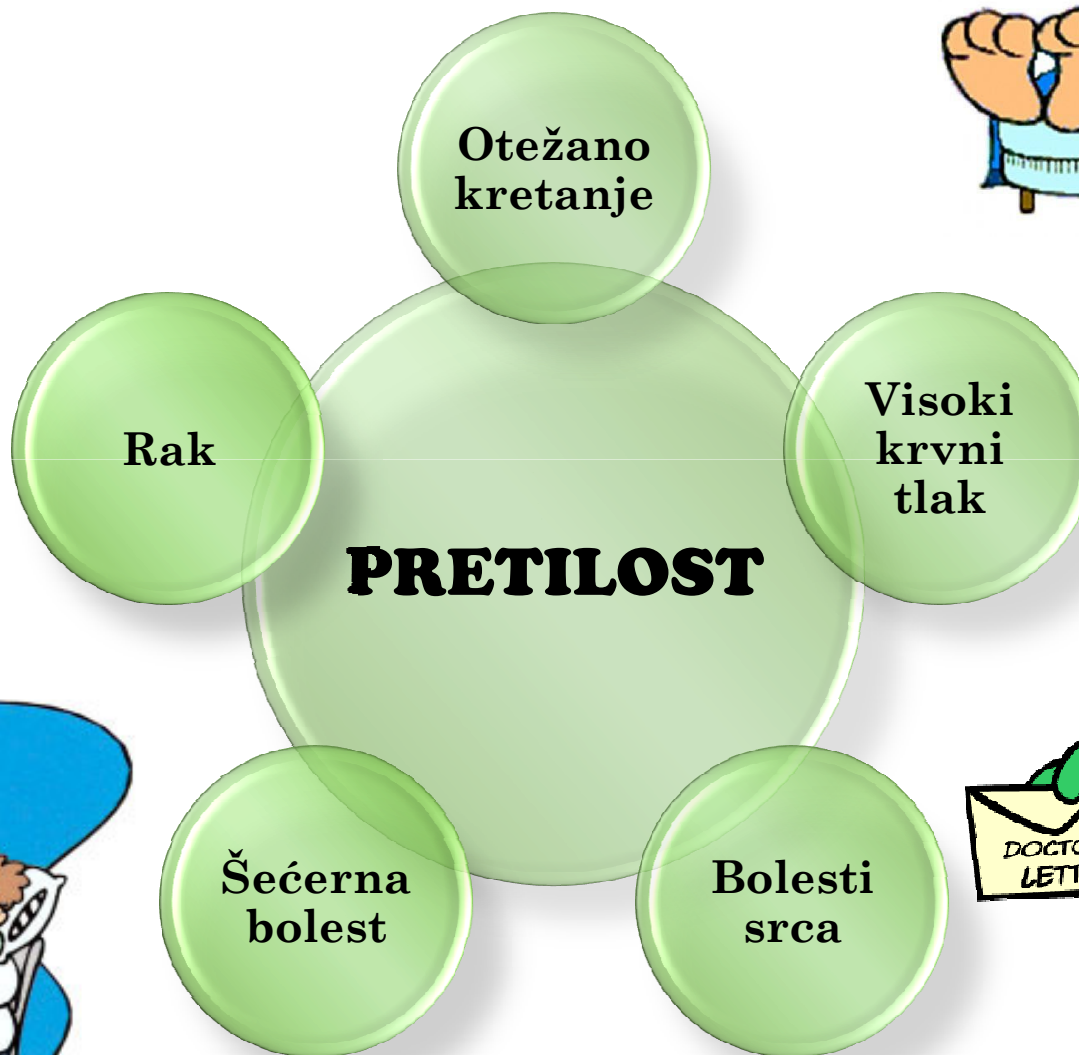
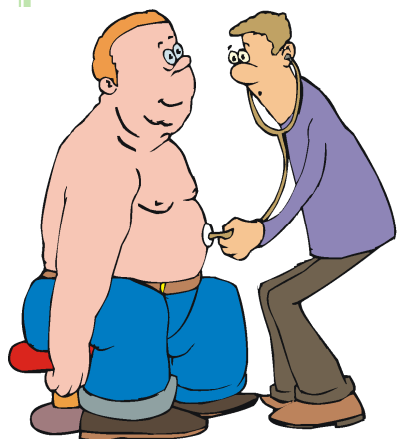
M = 1,3 milijuna
Ž = 1,3 milijuna



POSLEDICE PRETILOSTI ?



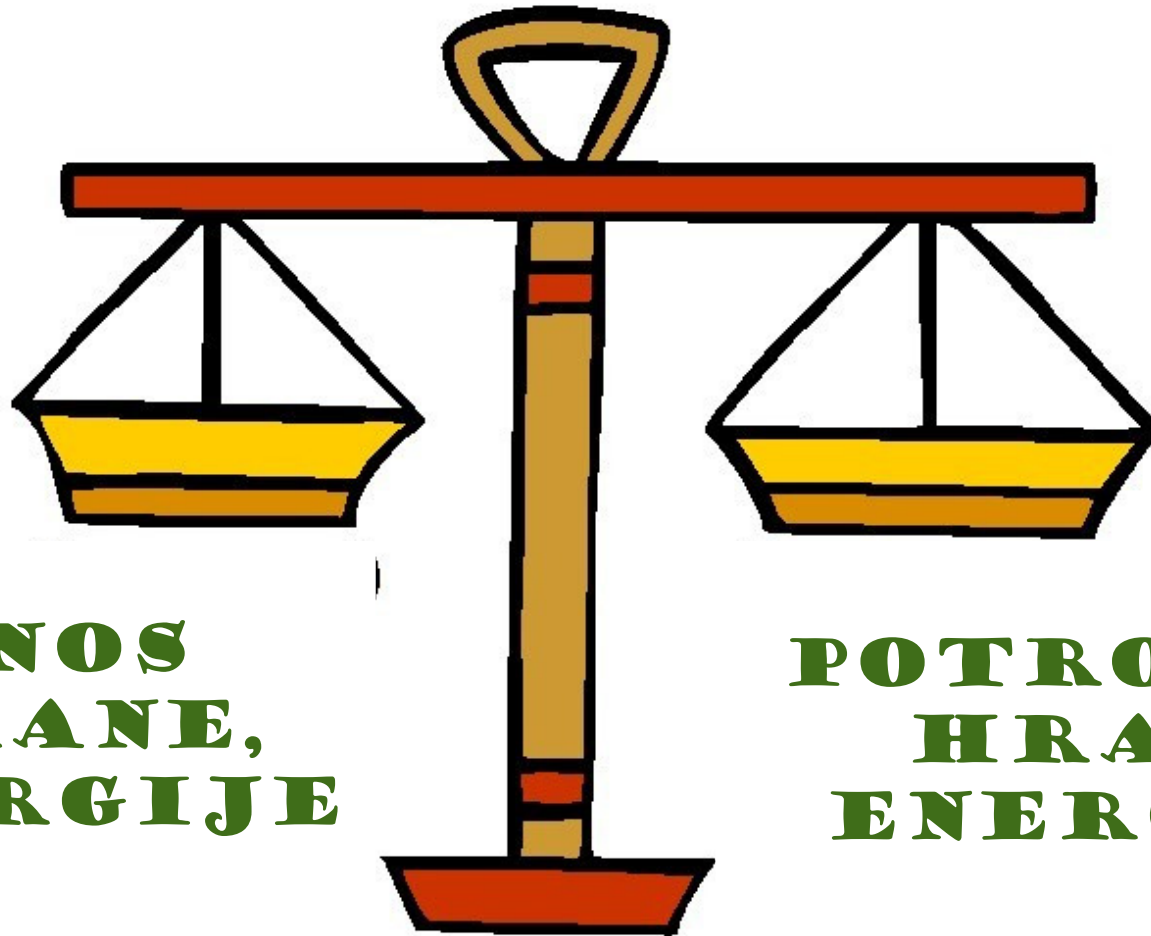
Bolesti koje se razvijaju:



KAKO POBIJEDITI PRETILOST



RAVNOTEŽA

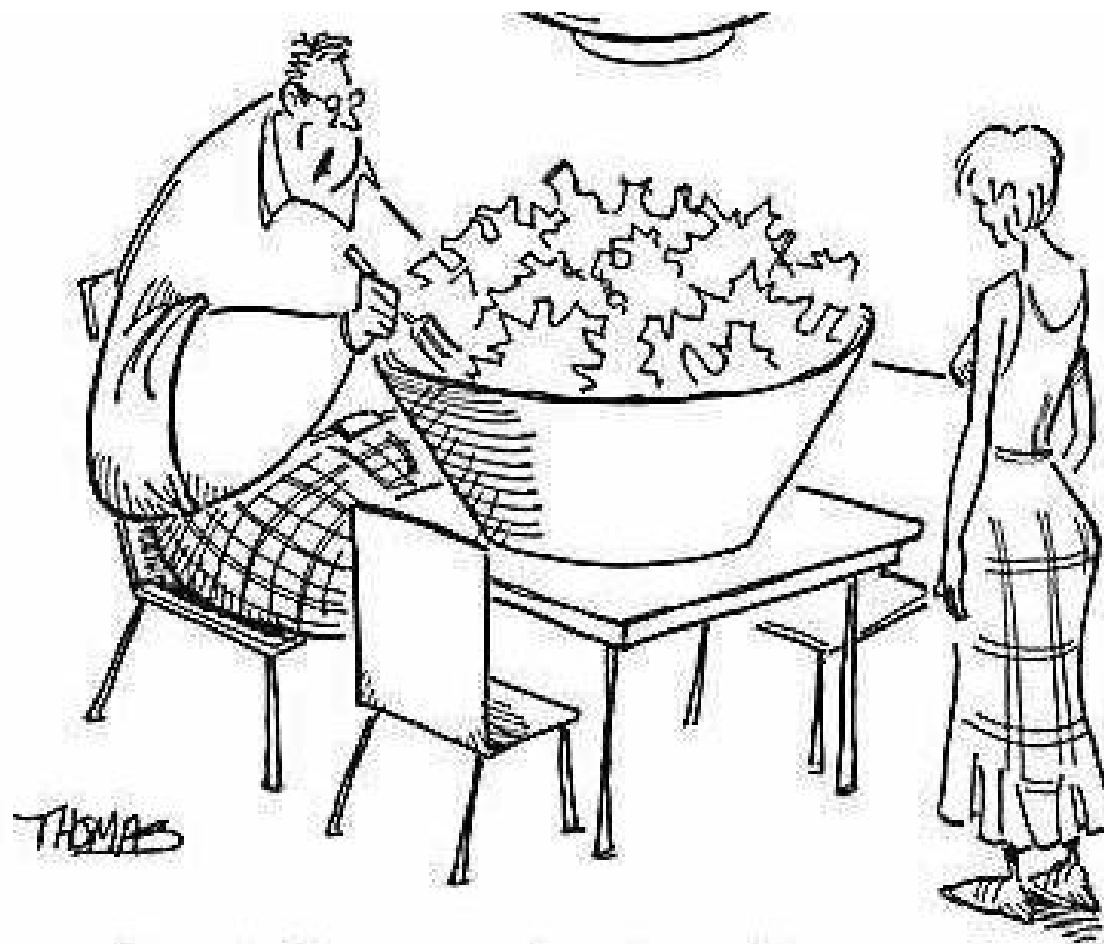


**UNOS
HRANE,
ENERGIJE**

**POTROŠNJA
HRANE,
ENERGIJE**



VELIČINA OBROKA



**“Ne razumijem zašto ne mogu smršaviti?
Cijelo vrijeme jedem samo salatu”**

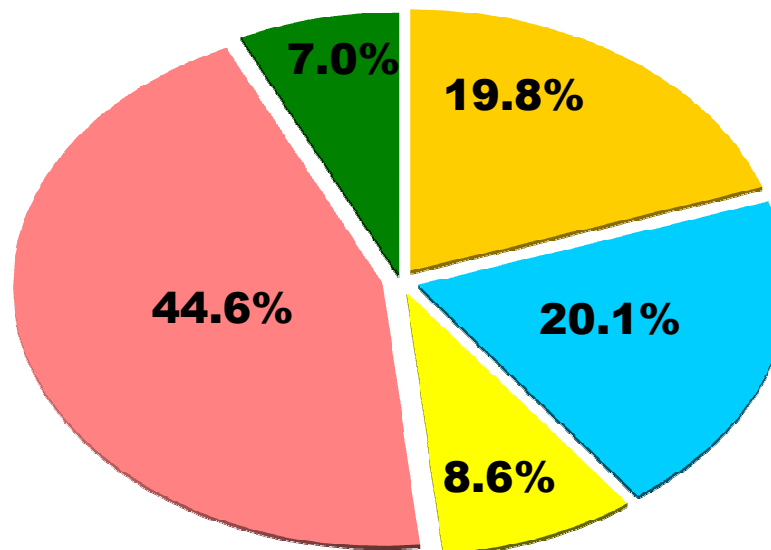


PREPORUKE



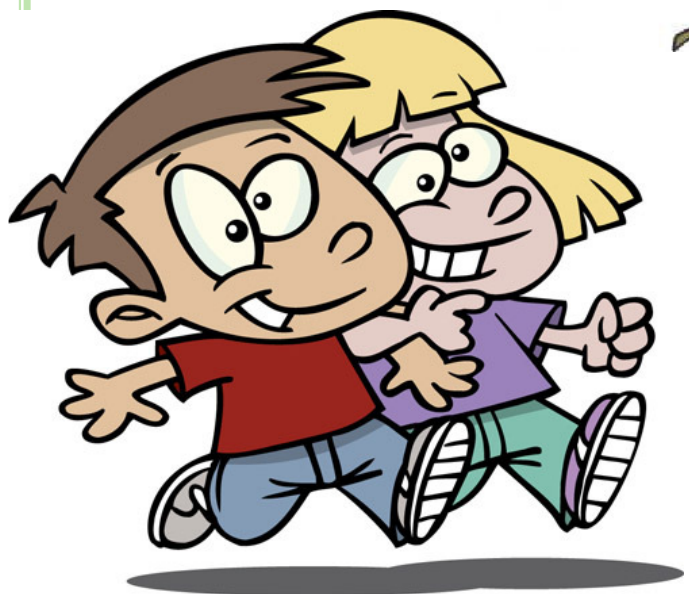
- žitarice i proizvodi od žitarica
- mlijeko i mječni proizvodi
- masti, šećer i sol
- meso i mesni proizvodi

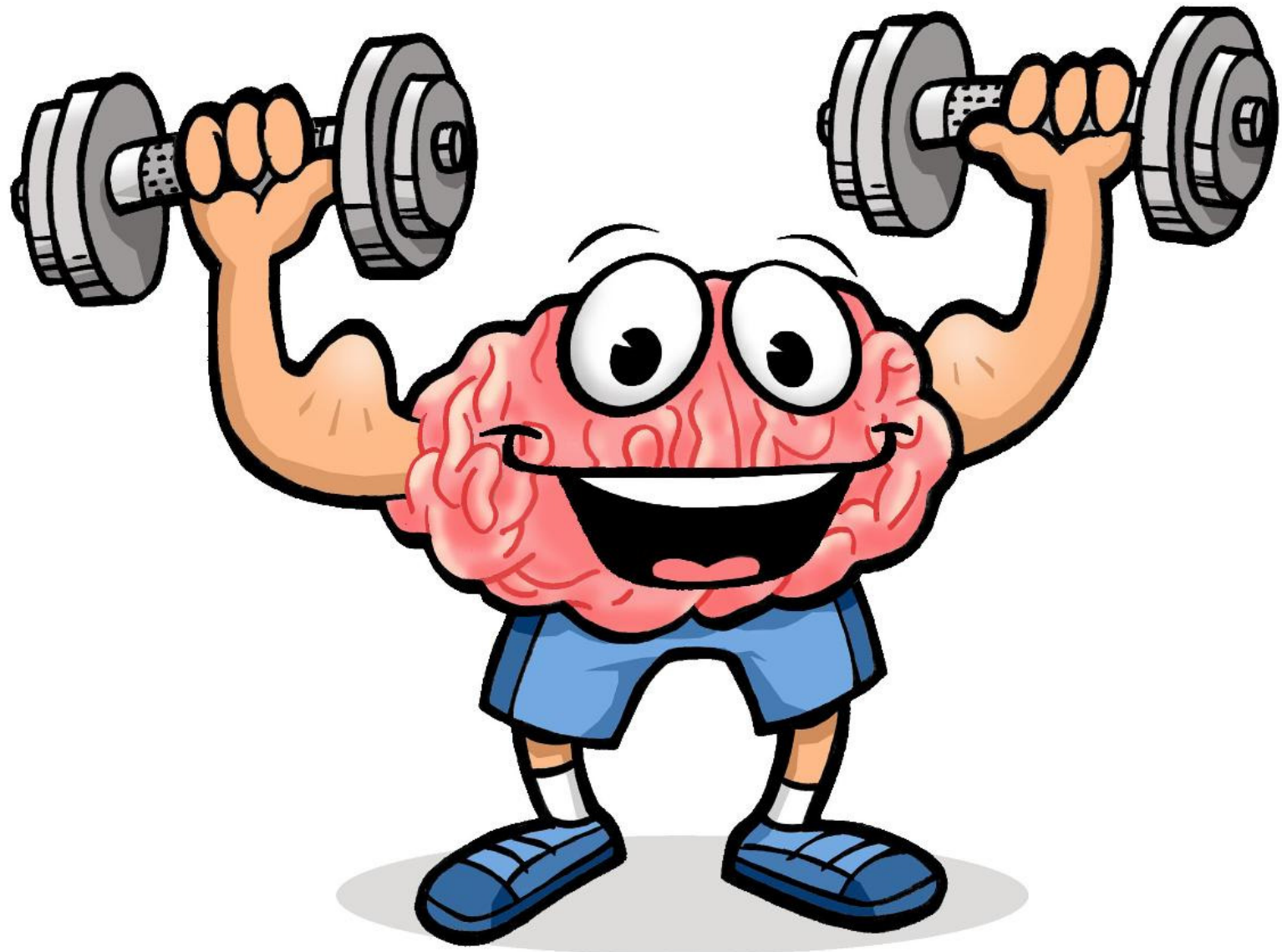
HRVATSKI SREDNJOŠKOLCI





↑↑
**TJELESNA
AKTIVNOST**





MyPyramid

For Kids

Eat Right. Exercise Have Fun.

MyPyramid.gov

Grains
Make half your grains whole

Vegetables
Vary your veggies

Fruits
Focus on fruits

Milk
Get your calcium-rich foods

Meat & Beans
Go lean with protein

Oils
Oils are not a food group, but you need some for good health. Get your oils from fish, nuts, and liquid oils such as corn oil, soybean oil, and canola oil

★ Find your balance between food and fun

★ Fats and sugars — know your limits

MyPyramid.gov
with a USDA logo

USDA
U.S. Department of Agriculture
Food and Nutrition Service
Washington, DC 20250
1-800-543-3113

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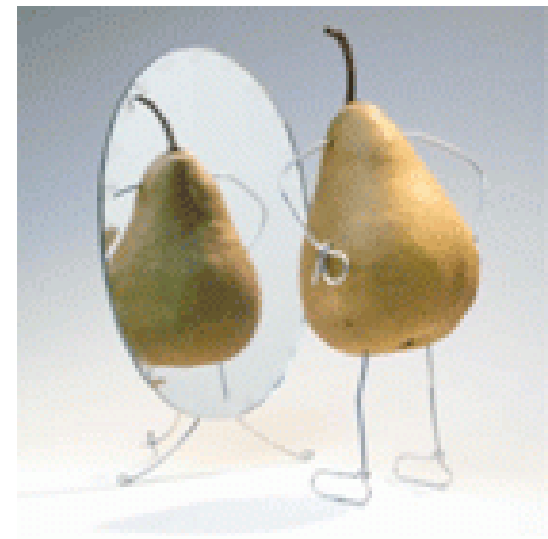
NE ZABORAVITE

!!!!



MJERENJE PRETILOSTI?

**KAKO ZNAMO DA LI SMO
PRETILI?**



IZMJERIMO:

- TJELESNU MASU
- VISINU
- OPSEG (struk, bokovi...)



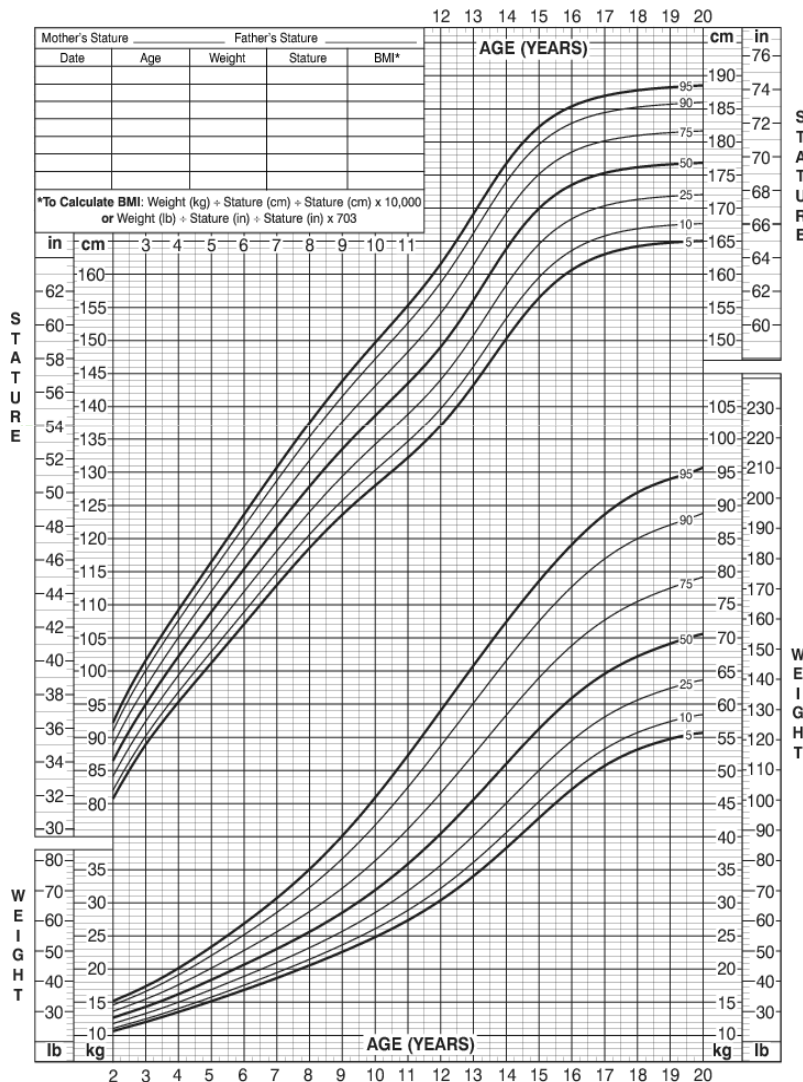
PERCENTILNE KRIVULJE

2 to 20 years: Boys

Stature-for-age and Weight-for-age percentiles

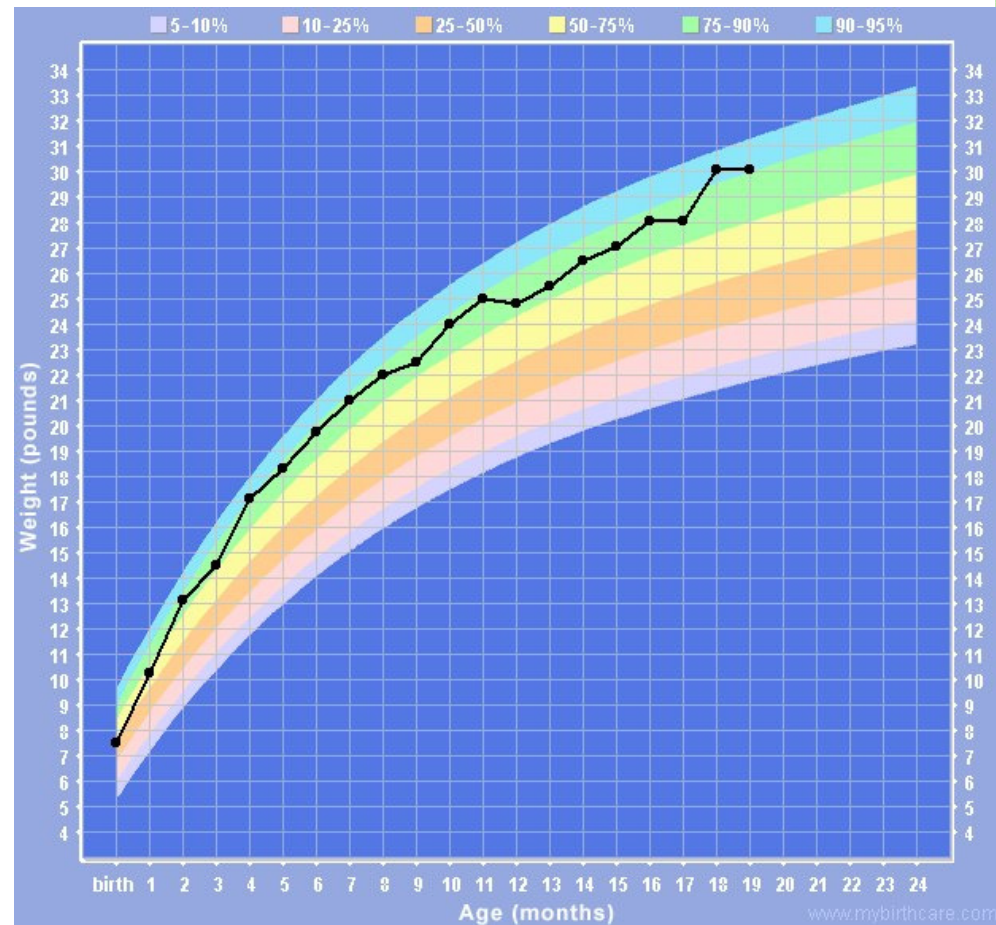
NAME _____

RECORD # _____



- praćenje pravilnog rasta i razvoja djece
- praćenje stanja uhranjenosti

GODINE : 0 - 36 MJESECI
2 - 20 GODINA

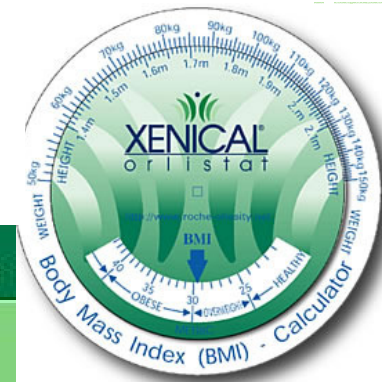


Published May 30, 2000 (modified 11/21/00).
SOURCE: Developed by the National Center for Health Statistics in collaboration with the National Center for Chronic Disease Prevention and Health Promotion (2000).
<http://www.cdc.gov/growthcharts>



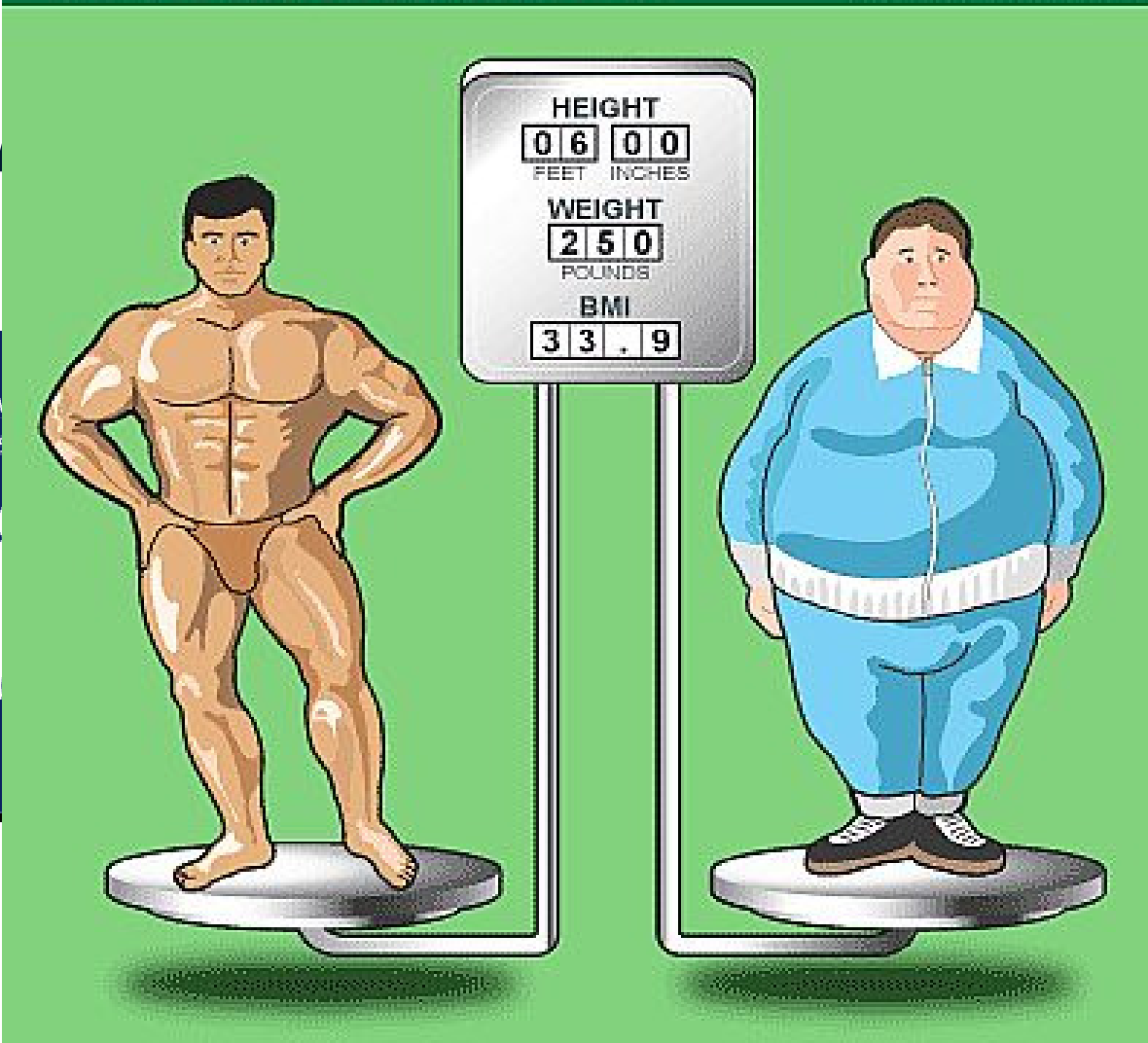
IZRAČUN (ITM ILI

NEDOSTATAK

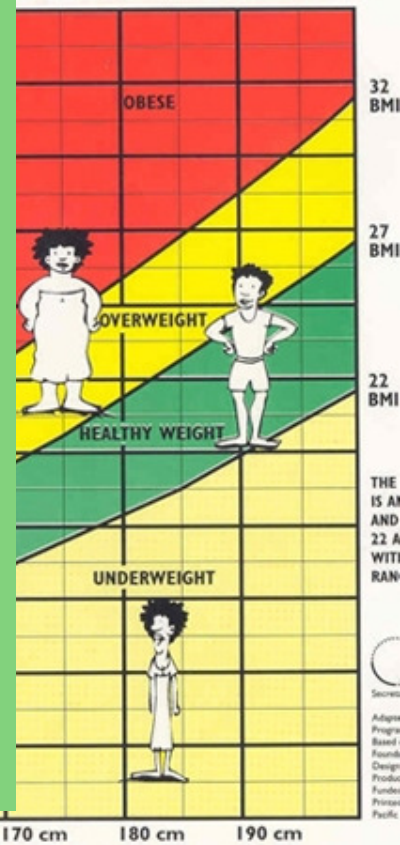


BMI Body Comparison

©2005 HowStuffWorks



WEIGHT CHART 18 YEARS AND OVER

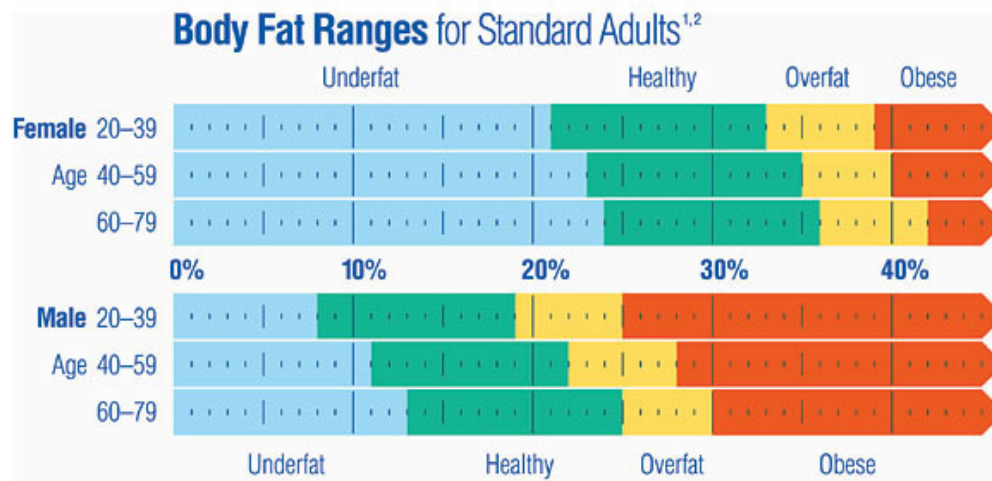


Normal BMI 18.5 - 24.9

Overweight BMI 25.0 - 29.9

Source: Adapted from the National Health and Medical Research Council. © 2005 HowStuffWorks

MJERENJE POTKOŽNOG MASNOG TKIVA



¹ Based on NIH/WHO BMI Guidelines.

² As reported by Gallagher, et al, at NY Obesity Research Center.

To determine the percentage of body fat that is appropriate for your body, consult your physician.



MJERENJE FIZIČKE/TJELESNE AKTIVNOSTI:

-PEDOMETAR

-UPITNICI



Questionnaire of a typical physical activity and food intake day (DAFA).

How do you like physical exercises? (How do you go to school?)

Physical exercises

slow fast very fast

Physical exercises

slow fast very fast

Breakfast

Mid-morning snack

Internet Explorer provided by @ AstraZeneca

Tools Help

Search Favorites Media

s.dk/heart/MC/FocusPlan/MC_FFPIctogram.asp?FocusAreaID=26&QuestionnaireID=31

Tid i alt: 24:00

1. Sovn, hvile

7 timer 0 minutter

2. Se TV, slappe af, læse eller lytte til musik

3 timer 30 minutter

3. Fx sidde ved computer eller skrivebord, sidde i møde, siddende kontorarbejde, sidde og spise

0 timer 0 minutter

4. Fx stå eller slentre omkring, Vække op, lave mad, køre bil (som fører)

2 timer 0 minutter

5. Fx let rengøring, feje gulv, danse (jansomt), gå med indkøbsvogn eller barnevogn, gå ned af trapper

0 timer 30 minutter

6. Fx at cykle i moderat tempo, gå i hurtigt tempo, male og tapetsere.

1 time 30 minutter

7. Fx let havearbejde, bære og stable træ, bære småting op ad trapper

0 timer 30 minutter

8. Fx aerobics eller fitness træning, hugge brænde, grave eller skovle sne.

0 timer 0 minutter

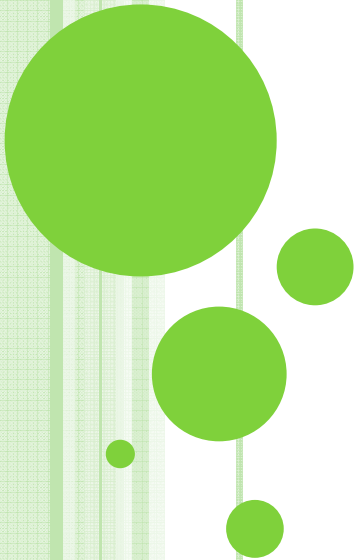
9. Aktiviteter som er mere anstrengende end niveau 8

0 timer 0 minutter

Tid i alt: udgør Fortryd



HVALA NA PAŽNJI



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Eat Right. Exercise Have Fun.
MyPyramid.gov

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Vary your veggies

Fruits
Focus on fruits

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★ Find your balance between food and fun ★ Fats and sugars — know your limits

USDA