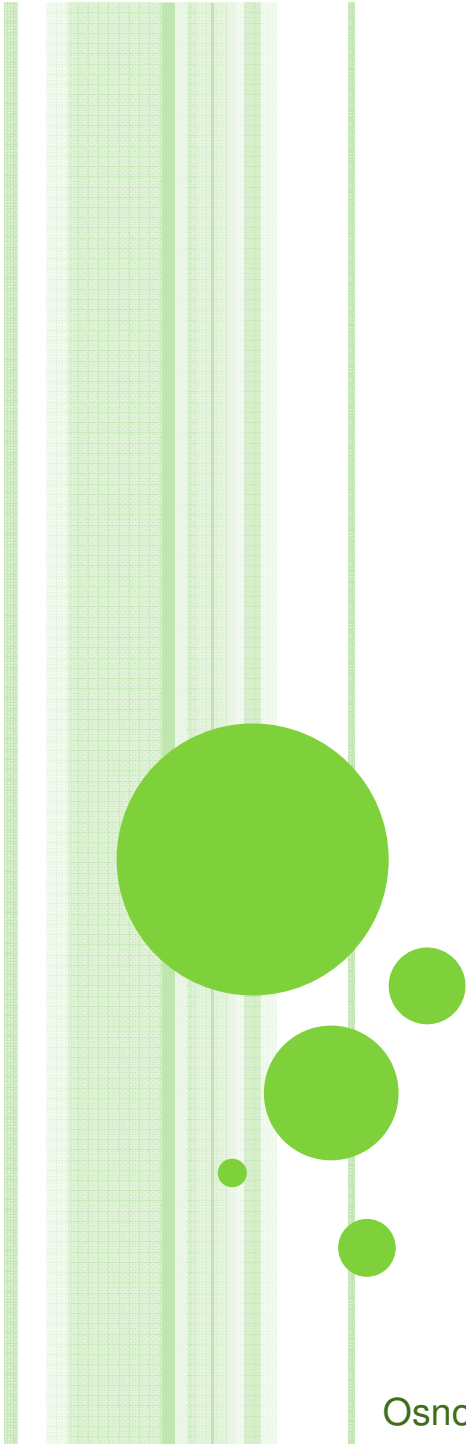




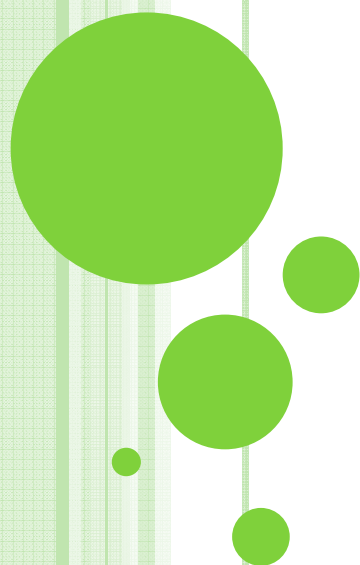
POBIJEDIMO PRETILOST ZAJEDNO

“Društvo naša djeca”

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

Osnovna škola Jagode Truhelke, Osijek, 07.10.2009

ŠTO JE PRETILOST ?



Pretilost

= **višak tjelesne masti tj. masnog tkiva u našem organizmu**



HRVATSKA
4,5 milijuna ljudi



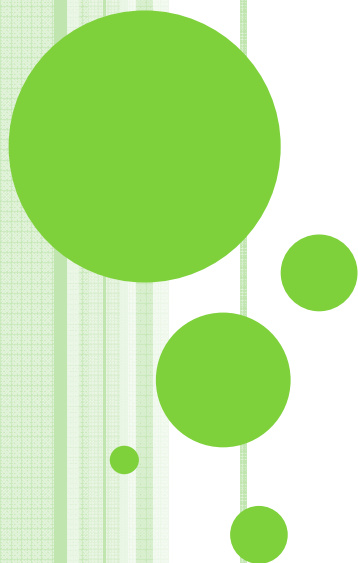
PRETILO

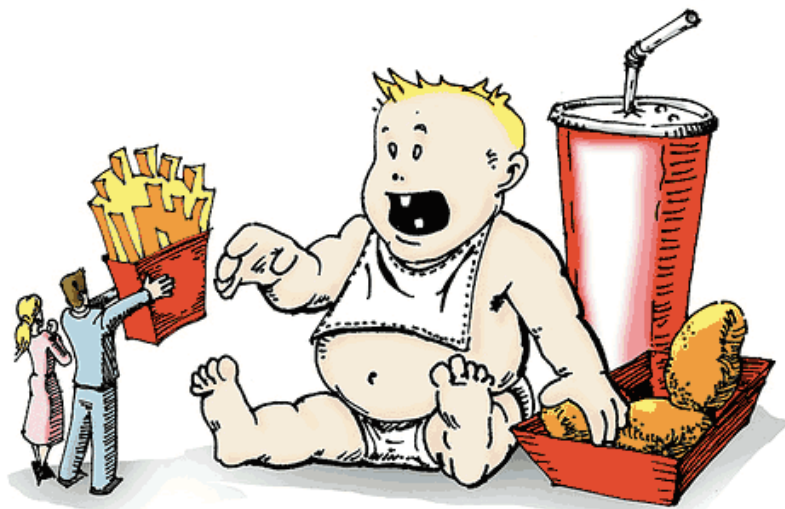


M = 1,3 milijuna
Ž = 1,3 milijuna

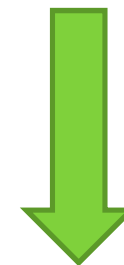


ZAŠTO POSTAJEMO PRETILI?



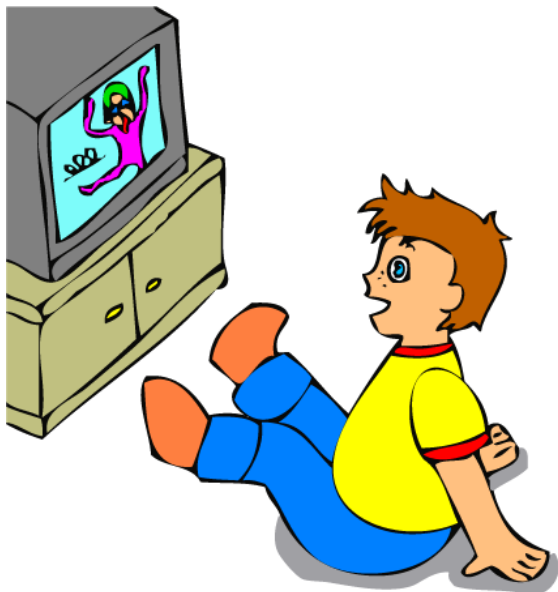


Prehrana



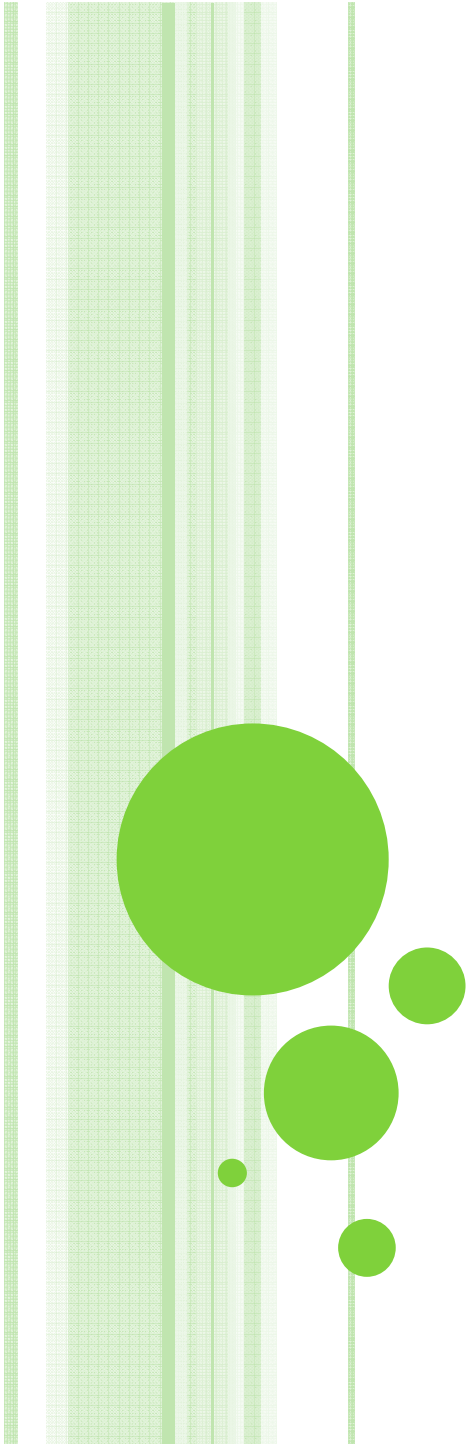
Mjesto gdje jedemo





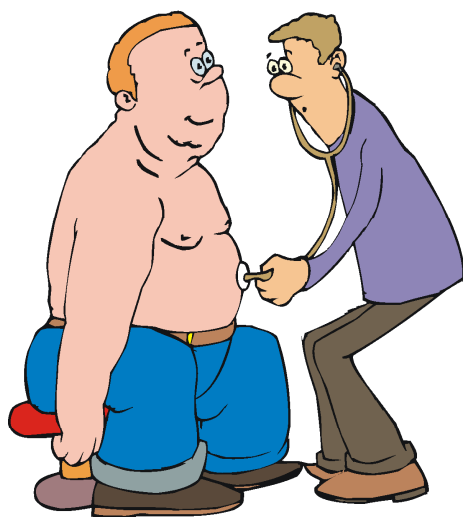
Tjelesna neaktivnost





POS LJEDICE PRE TILOSTI ?

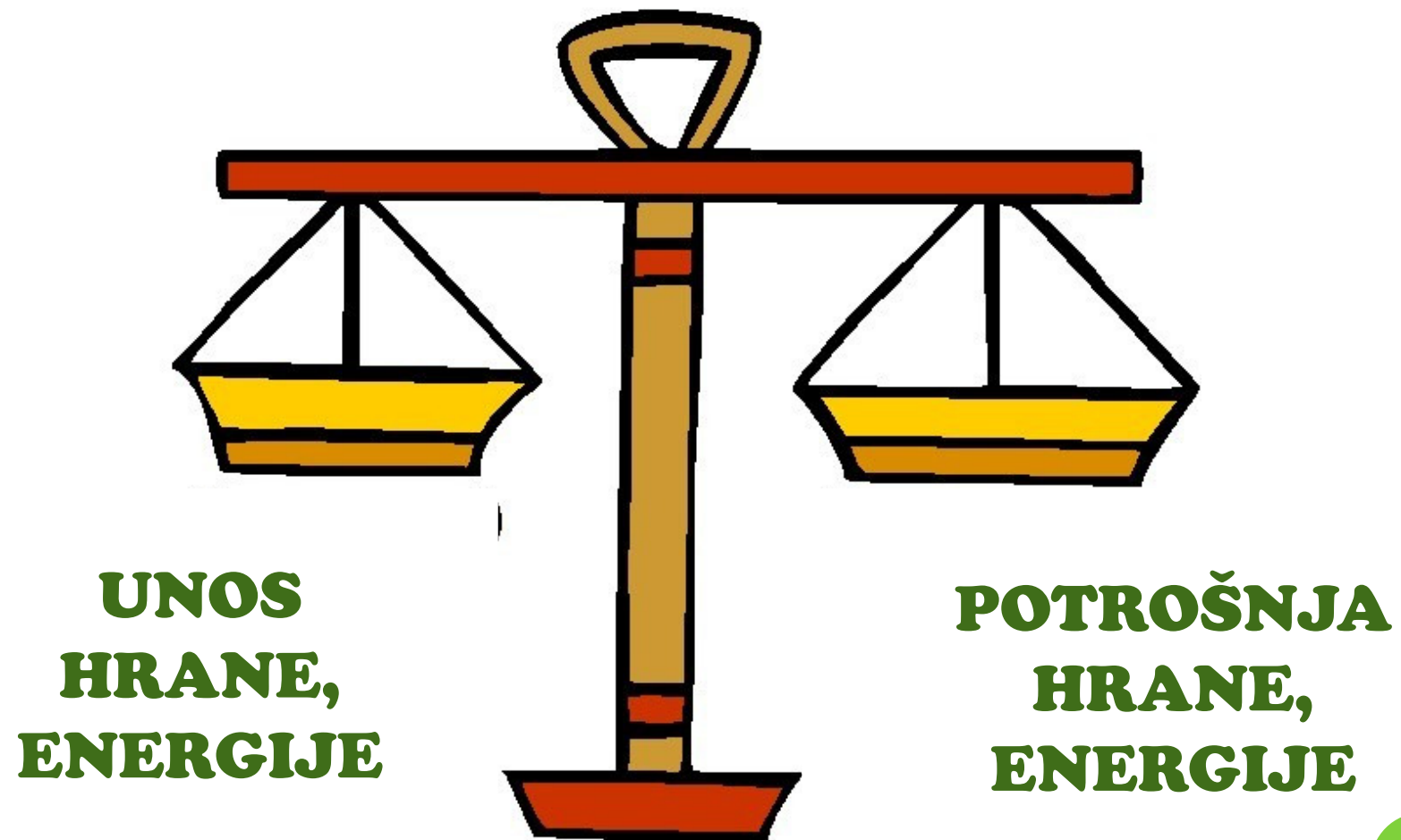
Bolesti koje se razvijaju:



KAKO POBIJEDITI PRETILOST



RAVNOTEŽA



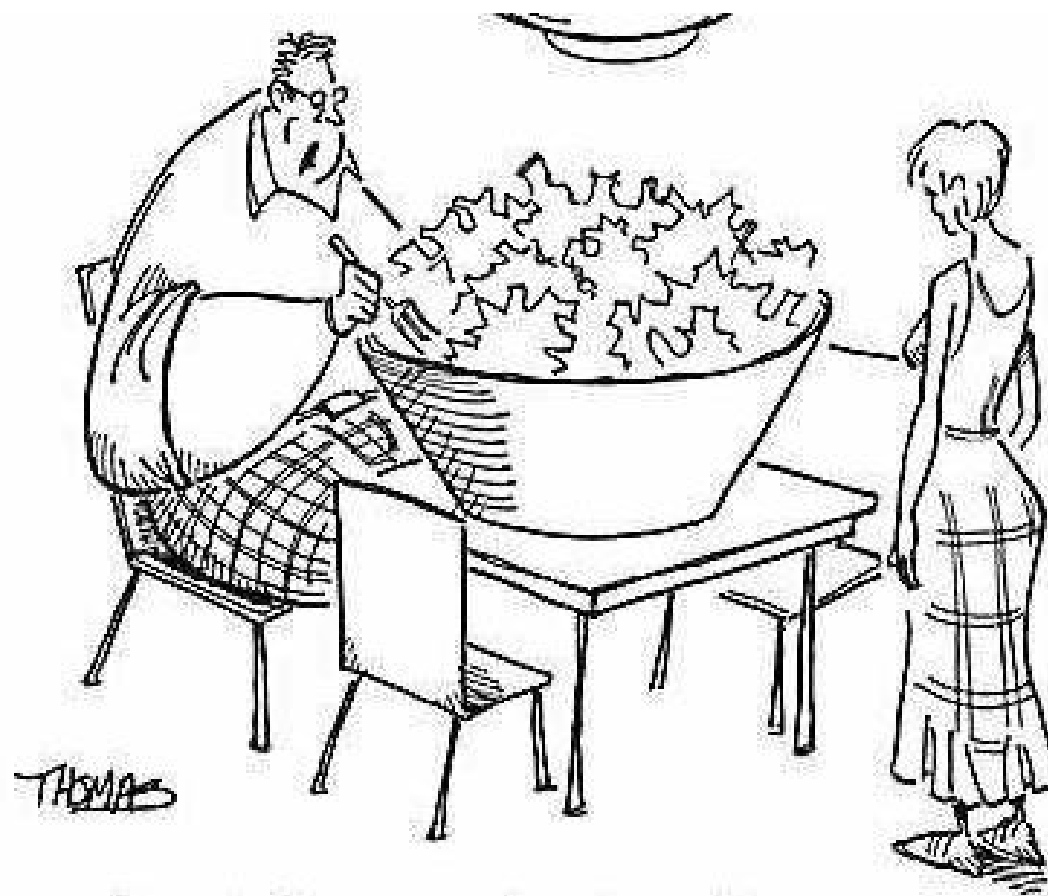
PIRAMIDA ZDRAVE PREHRANE



BROJ OBROKA?

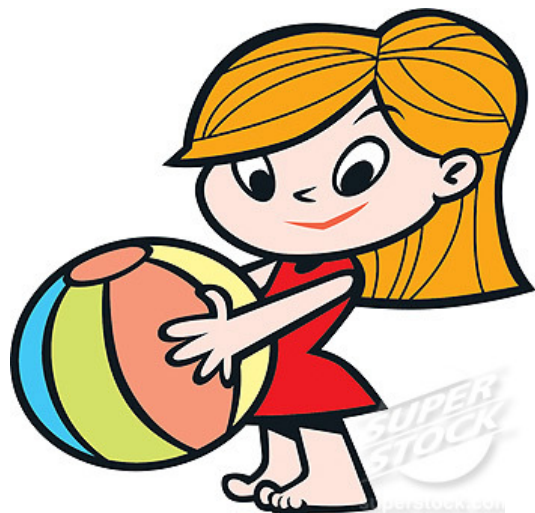
**3-5 obroka/dan
NE ZABORAVITE DORUČAK**

VELIČINA OBROKA

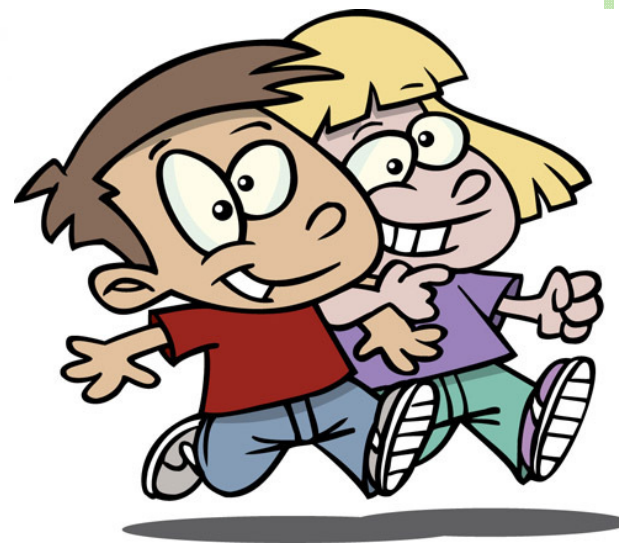


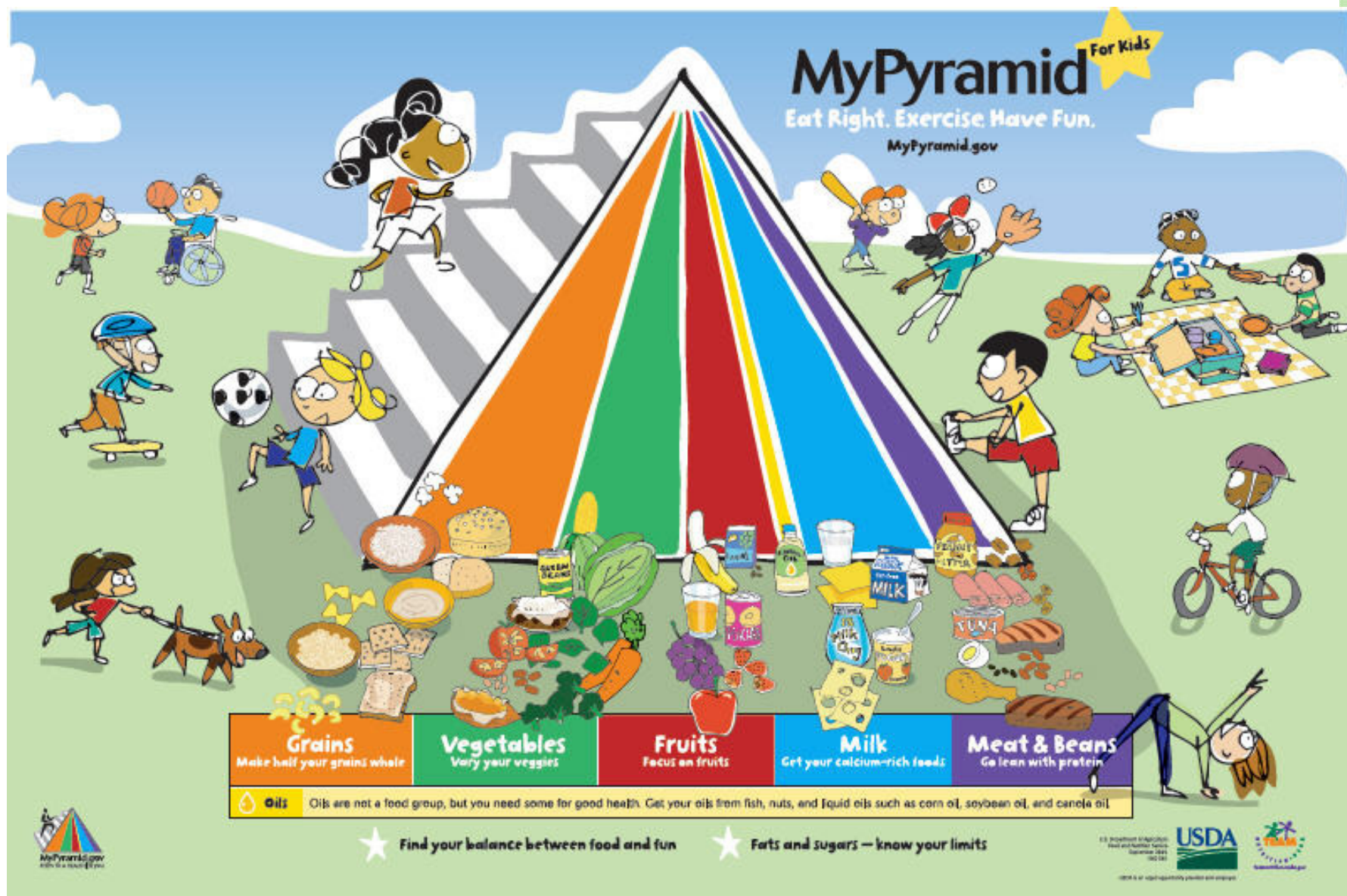
**“Ne razumijem zašto ne mogu smršaviti?
Cijelo vrijeme jedem samo salatu”**





↑↑
**TJELESNA
AKTIVNOST**





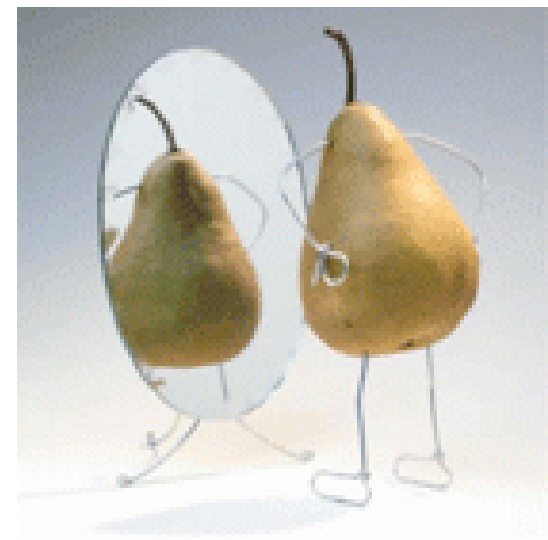


NE ZABORAVITE

!!!!



KAKO IZMJERITI PRETILOST ?



IZMJERIMO:

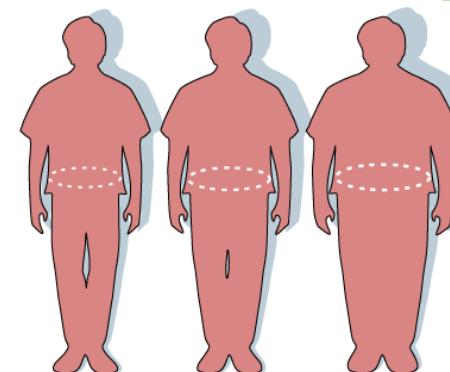
➤ TJELESNU MASU



➤ VISINU



➤ OPSEG (struk, bokovi...)



➤ KOLIČINU MASNOG TKIVA





HVĀLA NA PAŽNJI

