

Literaturliste zum Beitrag:

Update Ballaststoffe

M. Sc. Ernährungswiss. Artem Sarafanov, *UGBforum* 5/24, S. 242-245

Appelt S et al. (2016). Human Coprolites as a Source for Paleomicrobiology

Aune D et al. (2011). Dietary fibre, whole grains, and risk of colorectal cancer: systematic review and dose-response meta-analysis of prospective studies. *BMJ* :d6617. doi: 10.1136/bmj.d6617.

Aune D et al. (2012). Dietary fiber and breast cancer risk: a systematic review and meta-analysis of prospective studies. *Ann Oncol* 23 (6): 1394-402. doi: 10.1093/annonc/mdr589.

Baltic MZ und Boskovic M (2015). When Man Met Meat: Meat in Human Nutrition from Ancient Times till Today. *Procedia Food Science* 5: 6-9.
<https://doi.org/10.1016/j.profoo.2015.09.002>

Barber TM et al. (2020). The Health Benefits of Dietary Fibre

Bielefeld D et al. (2020). The Effects of Legume Consumption on Markers of Glycaemic Control in Individuals with and without Diabetes Mellitus: A Systematic Literature Review of Randomised Controlled Trials

Bryant VM und Dean GW (2006). Archaeological coprolite science: The legacy of Eric O. Callen (1912–1970).

DGE (2018). STEINZEITERNÄHRUNG – Paleo. <https://www.dge.de/gesunde-ernaehrung/diaeten-und-fasten/paleo-1/#:~:text=Die%20wichtigste%20Regel%20f%C3%BCr%20alle,Fleisch%2C%20Fisch%2C%20Gefl%C3%BCgel%20und%20Eier>

DGE (2021). Ausgewählte Fragen und Antworten zu Ballaststoffen.
<https://www.dge.de/fileadmin/dok/gesunde-ernaehrung/faq/DGE-FAQ-Ballaststoffe-2021.pdf>

Dorey F (2021). When did modern humans get to Australia?
<https://australian.museum/learn/science/human-evolution/the-spread-of-people-to->

[australia/#:~:text='Out%20of%20Africa'%20stated%20that,population%20that%20originated%20in%20Africa.](#)

Eaton SB (2006). The ancestral human diet: what was it and should it be a paradigm for contemporary nutrition?

Eaton SB et al., (1996). An Evolutionary Perspective Enhances Understanding of Human Nutritional Requirements

Eaton SB und Konner M (1985). Paleolithic Nutrition – A Consideration of its nature and current implications

Eaton SB und Konner M (2023). Hunter-gatherer diets and activity as a model for health promotion: Challenges, responses, and confirmations

Frost GS et al. (2014). Impacts of Plant-Based Foods in Ancestral Hominin Diets on the Metabolism and Function of Gut Microbiota In Vitro.

Gaesser GA (2020). Whole Grains, Refined Grains, and Cancer Risk: A Systematic Review of Meta-Analyses of Observational Studies

Giromini C und Givens DI (2022). Benefits and Risks Associated with Meat Consumption during Key Life Processes and in Relation to the Risk of Chronic Diseases. *Foods*. 11 (14): 2063. doi: 10.3390/foods11142063

Harvard Chan School (2022). Fiber.

<https://www.hsph.harvard.edu/nutritionsource/carbohydrates/fiber/#:~:text=Epidemiological%20studies%20find%20that%20a,and%20deaths%20from%20cardiovascular%20disease.>

Hladik CM und Pasquet P (2002). The human adaptations to meat eating: a reappraisal

Hou Y et al. (2023). Comparison and recommendation of dietary patterns based on nutrients for Eastern and Western patients with inflammatory bowel disease

<https://www.nature.com/scitable/knowledge/library/overview-of-hominin-evolution-89010983/>

Hu H et al. (2023). Consumption of whole grains and refined grains and associated risk of cardiovascular disease events and all-cause mortality: a systematic review and dose-response meta-analysis of prospective cohort studies

Hu Y et al., (2020). Intake of whole grain foods and risk of type 2 diabetes: results from three prospective cohort studies

Jenkins DJA und Kendall CWC (2006). The Garden of Eden - Plant-Based Diets, The Genetic Drive to Store Fat and Conserve Cholesterol, and Implications for Epidemiology in the 21st Century

Jew S et al. (2009). Evolution of the Human Diet: Linking Our Ancestral Diet to Modern Functional Foods as a Means of Chronic Disease Prevention

UGB *forum*

Khalid W et al. (2022). Functional constituents of plant-based foods boost immunity against acute and chronic disorders. *Open Life Sci.* 17 (1): 1075–1093. doi: 10.1515/biol-2022-0104

Leach JD und Sobolik KD (2010). High dietary intake of prebiotic inulin-type fructans in the prehistoric Chihuahuan Desert

Liu KQ et al. (2020). Influence of dietary pattern on human immunity. *Zhonghua Yi Xue Za Zhi* 100 (48): 3890-3896. doi: 10.3760/cma.j.cn112137-20200728-02234.

Maki KA et al. (2020). The Oral and Gut Bacterial Microbiomes: Similarities, Differences, and Connections.

Mbogori T und Mucherah W (2019). Westernization of Traditional African Diets and the Development of Chronic Diseases in Africa.

McManus KD (2019). Should I be eating more fiber?
<https://www.health.harvard.edu/blog/should-i-be-eating-more-fiber-2019022115927>

McRae MP

The Benefits of Dietary Fiber Intake on Reducing the Risk of Cancer: An Umbrella Review of Meta-analyses
J Chiropr Med 17 (2), 90–96, doi: 10.1016/j.jcm.2017.12.001, 2018a

Mendes V et al. (2023). Intake of legumes and cardiovascular disease: A systematic review and dose-response meta-analysis

Menzel J et al. (2020). Systematic review and meta-analysis of the associations of vegan and vegetarian diets with inflammatory biomarkers. *Sci Rep.* 10: 21736. doi: [10.1038/s41598-020-78426-8](https://doi.org/10.1038/s41598-020-78426-8)

Milton K (1999). A hypothesis to explain the role of meat-eating in human evolution. *Evol. Anthropol.* 8 (1): 11 – 21. [https://doi.org/10.1002/\(SICI\)1520-6505\(1999\)8:1<11::AID-EVAN6>3.0.CO;2-M](https://doi.org/10.1002/(SICI)1520-6505(1999)8:1<11::AID-EVAN6>3.0.CO;2-M)

Milton K (2000a). Back to basics: why foods of wild primates have relevance for modern human health. *Nutrition* 16 (7-8): 480-3. doi: 10.1016/s0899-9007(00)00293-8.

Milton K (2000b). Hunter-gatherer diets – a different perspective.

Milton K (2003). The Critical Role Played by Animal Source Foods in Human (Homo) Evolution

Moeller AH et al. (2012). Chimpanzees and humans harbour compositionally similar gut enterotypes.

Neil J (o. J.). Review of the paleolithic diet. www.associationfornutrition.org/wp-content/uploads/2020/06/Review-of-the-Paleo-diet-article.pdf

Pontzer H (2012). Overview of Hominin Evolution. <https://www.nature.com/scitable/knowledge/library/overview-of-hominin-evolution-89010983/>

Popovich DG et al. (1997). The western lowland gorilla diet has implications for the health of humans and other hominoids. *J Nutr* 127 (10): 2000-5. doi: 10.1093/jn/127.10.2000.

Raff J (2021). Genomes Reveal Humanity's Journey into the Americas. <https://www.scientificamerican.com/article/genomes-reveal-humanitys-journey-into-the-americas/>

Ramanujan K und Chronicle C (2023). Humans have lost half primate ancestors' gut bacteria. <https://news.cornell.edu/stories/2023/05/humans-have-lost-half-primate-ancestors-gut-bacteria>

Reinhard KJ und Bryant VM (2008). Pathoecology and the Future of Coprolite Studies in Bioarchaeology

Smithsonian Institution (2022). Genetics. <https://humanorigins.si.edu/evidence/genetics>

Threapleton DE et al. (2013a). Dietary fibre intake and risk of cardiovascular disease: systematic review and meta-analysis. *BMJ* 347: f6879. doi: 10.1136/bmj.f6879.

Threapleton DE et al. (2013b). Dietary fiber intake and risk of first stroke: a systematic review and meta-analysis. *Stroke* 44 (5): 1360-8. doi: 10.1161/STROKEAHA.111.000151.

Threapleton DE et al. (2013c). Dietary fibre intake and diabetes risk: a systematic review and meta-analysis of prospective studies. *Proceedings of the Nutrition Society*. 72 (OCE4): E253. doi:10.1017/S0029665113002784

Tuohy KM et al. (2009). Studying the human gut microbiota in the trans-omics era--focus on metagenomics and metabonomics. *Curr Pharm Des* 15 (13): 1415-27. doi: 10.2174/138161209788168182.

Turner BL und Thompson AL (2013). Beyond the paleolithic prescription: incorporating diversity and flexibility in the study of human diet evolution

UGB *forum*

Zhang Z et al. (2013). Dietary fiber intake reduces risk for gastric cancer: a meta-analysis. *Gastroenterology* 145 (1): 113-120.e3. doi: 10.1053/j.gastro.2013.04.001.

Zhu B et al. (2015). Dietary legume consumption reduces risk of colorectal cancer: evidence from a meta-analysis of cohort studies

