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STOFFWECHSEL UNTER KONTROLLE

Haselnüsse:

- als **Antioxidans ähnlich wertvoll wie Tee und Schokolade**
- **hohe Werte an Vitamin E und Polyphenolen**

Schon in der Steinzeit gehörte die Haselnuss zur Ernährung des Menschen. Heute zählt sie immerhin zu den bekannteren Nusssorten, doch im Vergleich zur Walnuss werden ihre gesundheitlichen Vorzüge eher wenig gewürdigt. Dabei unterstreichen neuere Studien, dass auch die Frucht des *Corylus maxima*, wie der **Haselnussstrauch** botanisch heißt, **ein interessantes Profil an medizinisch wirksamen Stoffen** enthält - und als fester Bestandteil der Ernährung vor schweren Erkrankungen schützen kann.

So ist die Haselnuss, wie Cesarettin Alasalvar von der englischen University of Lincoln zusammen mit japanischen und kanadischen Forschern herausgefunden hat, "unter allen Nüssen die ergiebigste Quelle an Vitamin E". 100 Gramm Haselnussöl liefern über 43 Milligramm des Biostoffs, und davon bestehen über 38 Milligramm aus Alpha-Tocopherol, das unter den diversen Varianten des Vitamins vom menschlichen Körper am besten verwertet wird. "Haselnussöl enthält zwei bis drei Mal so viel Alpha-Tocopherol wie Olivenöl", so Alasalvar.

Der hohe Wert an gut verwertbarem Vitamin E bringt dem Konsumenten gleich mehrere Vorteile. So bewahrt er die ungesättigten Fettsäuren der Nuss vor oxidativem Stress, was konkret bedeutet, dass die gesundheitlichen Effekte dieser Fette, wie etwa der Schutz der Blutgefäße vor Arteriosklerose, in der Haselnuss nicht nur theoretischer Natur sind, sondern auch tatsächlich zum Tragen kommen. Zudem steigern die großen Vitamin-E-Mengen insgesamt den antioxidativen Wert der Haselnuss. Er ist dadurch ähnlich groß wie bei Cranberries und Walnüssen, und deutlich höher als bei Blaubeeren und Äpfeln. Nahrungsmittel mit hohem Potential als Antioxidans gelten als Vorbeuge gegen schwere Erkrankungen wie Infarkte, Krebs und Alzheimer. Denn sie schützen vor freien Radikalen, also vor reaktionsfreudigen Atomen oder Molekülen mit Hang zu chemischen Attacken auf Zellen und wichtige Substanzen des Körpers.

Neben Vitamin E sind es vor allem die Polyphenole, die zur antioxidativen Qualität der Haselnuss beitragen. Die früher als Gerbstoffe bezeichneten Substanzen dürften den meisten Verbrauchern von Tee, Rotwein und Schokolade bekannt sein. Doch Alasalvar konnte zeigen, dass sich die Haselnuss in dieser Hinsicht nicht verstecken muss. Außerdem sind ihre Phenole für den menschlichen Organismus ausgesprochen gut verwertbar. Sie befinden sich allerdings hauptsächlich in der Haut der Nuss, die man deshalb logischerweise mit verzehren sollte.

Dass die Nährstoffqualitäten der Haselnuss auch in der konkreten Anwendung am Menschen wirken, zeigt eine aktuelle Studie unter Patricia Casas-Agustench von der Universität Rovira i

Virgili. Die spanische Ernährungswissenschaftlerin und ihr Team teilten 50 Patienten mit metabolischem Syndrom in zwei Gruppen auf, die eine bekam Empfehlungen zu einer gesunden Ernährung, die andere bekam zusätzlich pro Tag einen 30-Gramm-Mix aus Walnüssen, Mandeln und Haselnüssen. **"Die Walnüsse haben wir wegen ihrer mehrfach ungesättigten Fettsäuren, die Mandeln und Haselnüsse wegen ihrer einfach ungesättigten Fettsäuren genommen"**, so Casas-Agustench. "Außerdem enthalten Mandeln und Haselnüsse viele Polyphenole und Vitamin E, von denen die Walnuss eher weniger enthält". Insgesamt wollten die Wissenschaftler mit ihrem Nüsse-Mix eine möglichst optimale Zusammensetzung aus wertvollen Biostoffen erzielen.

Ein Aufwand, der sich lohnen sollte. Denn Patienten mit metabolischem Syndrom haben eine hohe Insulinresistenz und dadurch hohe Fett- und Zuckerwerte im Blut, durch die sie für Infarkte, Schlaganfälle und andere kardiovaskuläre Vorfälle prädestiniert sind. Die Patienten der Nüsse-Gruppe zeigten jedoch zwölf Wochen später in dieser Hinsicht deutliche Verbesserungen. Ihr Körper reagierte wieder besser auf Insulin, außerdem entwickelten sich in ihren Blutgefäßen weniger Entzündungen, die ja in der Arteriosklerose eine Schlüsselrolle spielen. Ihr Cholesterinwert ging zwar nicht nach unten, doch dafür präsentierte sich die Waage versöhnlicher: Sie verloren durchschnittlich 2,2 Kilogramm an Körpergewicht. Ein Effekt, der mit dem hohen Sättigungsgrad der Nüsse erklärt werden kann. Und damit, dass ihre Fettsäuren über ihren Einfluss auf das sympathische Nervensystem die Fettverbrennung des Menschen anregen. In früheren Studien konnten die spanischen Forscher bereits deutliche Hinweise in diese Richtung finden.

Das Resümee von Casas-Agustench und ihren Kollegen fällt daher positiv aus: "Wir können Patienten mit Metabolischem Syndrom nur dazu raten, mehr Nüsse in ihre Ernährung einzubauen, auch wenn wir keine konkreten Effekte auf den Cholesterinspiegel finden konnten." Denn stattdessen kann eine Nuss-Diät offenbar - und dabei spielen Haselnüsse aufgrund ihres großen antioxidativen Potentials wohl eine Hauptrolle - die Entzündungen an den Blutgefäßwänden eindämmen. Und das ist als Schutz vor Herz-Kreislauf-Erkrankungen nicht minder wertvoll als eine Senkung des Cholesterinspiegels.

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Dr. Jörg Zittlau

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Nucis Forschungsprojekt 2008

im Zusammenarbeit mit der Friedrich-Schiller-Universität Jena

- "Funktionelle Effekte von Haselnüssen, Macadamias, Mandeln, Pistazien und Walnüsse auf die Darmgesundheit"

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Prof. Dr. Ursel Wahrburg

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Erscheinungsjahr: 2008

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