

Übersicht 12

Beispiele für "Hochrechnungen" über die Zahl von nötigen Studien, um Wechselbeziehungen zwischen Nahrungs-Inhaltsstoffen zu untersuchen.

Auf dem Hintergrund des Wissens um Wechselbeziehungen zwischen Nährstoffen untereinander und zu anderen Nahrungsinhaltsstoffen schreibt

J.T.ABRAMS (The Need for Co-Ordination of Research in Nutrition. Internat.J.Vit.Nutr.Res. 48: 219-224(1978) Lit.4.312

"But, more important for the present discussion, it has also been established that the response of organism to a given level of one nutrient may be affected, for better or worse, by the concentration of a second. Familiar interacting pairs include, first, calcium and calciferol and second, copper and zinc, but triple- or even higher order interactions have been identified or suggested.

There has been no systematic study of interactions...

What is the extent of the field? Given the 40 nutrients essential to man... and making the (by no means certain!) assumption that a dosage-response curve can be established by the use of two levels of a given nutrient, then 2^{40} , or about 10^{12} diets would be needed for complete coverage of possible interactions. This number is 250 times the size of the world's human population...

And this, moreover, is the picture to be seen against a necessarily constant background of nutrients adjuncts and nonnutritive substances, even though the interactions of the latter with nutrients has been subject of a recent, lengthy review (OLTERS DORF, MILTENBERGER, CREMER 1977)."

Selbst für ein recht spezielles Kapitel der Ernährungsforschung nämlich das der Resorption von Eiweiß schrieben kürzlich

D.B.SILK, G.K.GRIMBLE und R.G.REES:

(Protein digestion and amino acid and peptide absorption. Proc.Nutr.Soc. 44: 63-72 (1985) Lit. 12.971

"...has suggested the possibility that there could be nutritional implications of peptide transport in normal human subjects. As there are 400 possible dipeptides and 8000 possible tripeptides it clearly has been impossible to assess the overall nutritional importance of peptide transport by studying the absorption characteristics of each in turn."

Übersicht 10

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Obersicht 11:

Literatur zu "Wechselbeziehungen zwischen Nährstoffen und Nicht-Nährstoffen"

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