

ΛΟΓΙΚΟ ΕΚΠΑΙΔΕΥΤΙΚΟ ΙΔΡΥΜΑ

ΘΕΣΣΑΛΟΝΙΚΗΣ

ΣΧΟΛΗ ΕΠΑΓΓΕΛΜΑΤΩΝ ΥΓΕΙΑΣ ΚΑΙ ΠΡΟΝΟΙΑΣ

ΤΜΗΜΑ ΑΙΣΘΗΤΙΚΗΣ-ΚΟΣΜΗΤΟΛΟΓΙΑΣ

ΠΤΥΧΙΑΚΗ ΕΡΓΑΣΙΑ

**ΙΣΟΡΡΟΠΗΜΕΝΗ ΔΙΑΤΡΟΦΗ ΓΙΑ ΤΗΝ ΠΡΟΛΗΨΗ
ΤΗΣ ΠΑΧΥΣΑΡΚΙΑΣ**



: K

: .

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

	4
1.	5
1.1	5
1.2	6
1.3	7
2.	8
2.1	8
2.1.1	9
2.2	9
2.3	10
2.3.1	10
2.3.2	10
2.3.3	11
2.4	12
2.5	13
2.6	15
2.6.1	16
2.6.2	17
2.7	20
2.7.1	21
2.8	22
2.9	23
3.	24
3.1	25
3.1.1	25
3.1.2	30
3.1.3	37
3.1.4	40
3.1.5	44
3.1.6	51
3.2	54
3.2.1	56
3.2.2	57
3.3	58
3.3.1	58
3.3.2	59
3.4	60
3.4.1	61
3.4.2	61
3.5	62
3.5.1	62
3.5.2	62

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

	63
	63
3.6.2	63
3.6.3	63
3.7	65
3.7.1	65
3.7.2	65
4.	66
4.1	66
4.2	67
4.2.1	67
4.2.2	69
4.2.3	70
4.3	72
4.4	72
4.4.1	73
4.4.2	74
4.5	74
4.6	75
4.6.1	76
	77
	78



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

Η ΓΙΑ ΤΗΝ ΠΡΟΛΗΨΗ ΤΗΣ ΠΑΧΥΣΑΡΚΙΑΣ

∅

,

∅,

∅

».

±

q30-34

(

,

®

,

).

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

'60
7 (, . . , ,
, , ,) ,
, , , , ,
.
.
, (,
) , (C)
, ()
, ()
()
.
.
, ,
.
,
.



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

I.
1.1

, , ,
 , , ,
 :
 .
 .
 ,
 ,
 .
 ,
 (,
) .
 :
 • (, / ,
) .
 • (,)
 • ,
 • ,
 • ,
 • ,
 • ,
 .

Click Here to upgrade to Unlimited Pages and Expanded Features





PDF Complete

Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

, (,).

1.3

2.



PDF Complete

*Your complimentary use period has ended.
Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

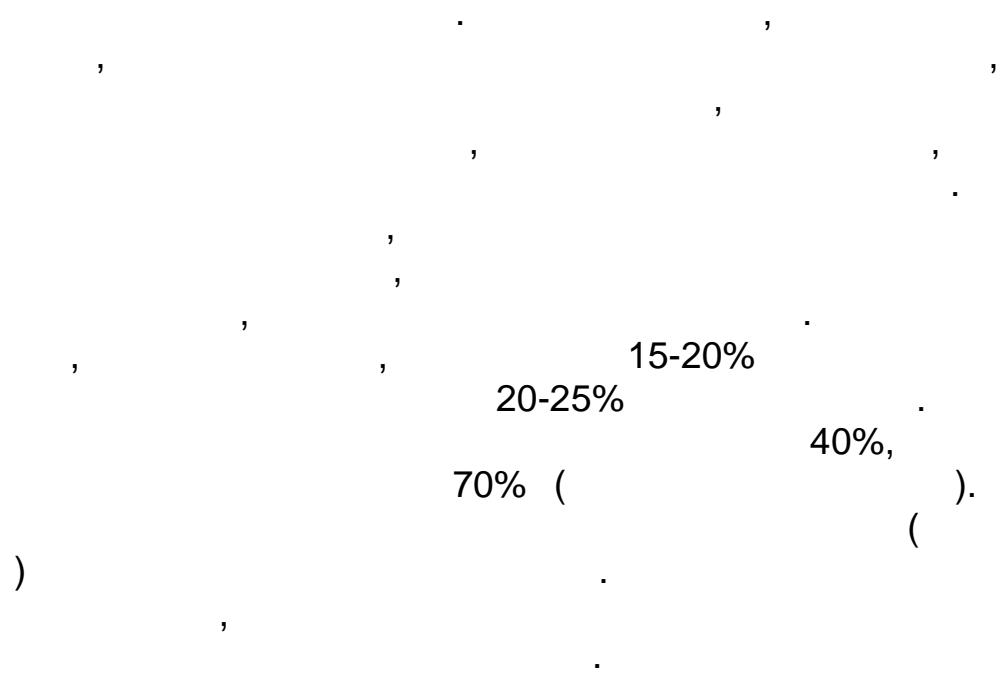
4.

2.1

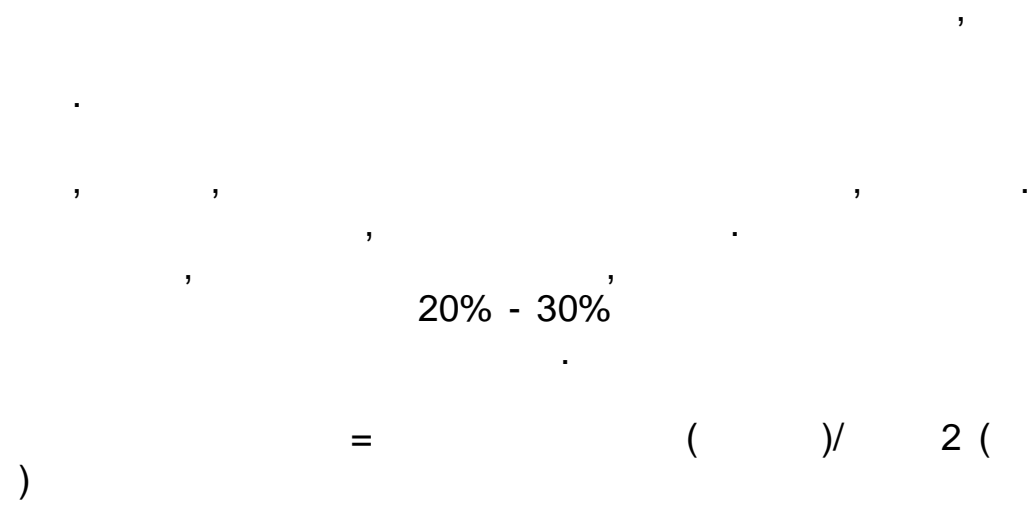
5-10%

q

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



2.2



Click Here to upgrade to Unlimited Pages and Expanded Features

():

18,5 25
 25 30
 30 35
 35 40
 40

2.3

2.3.1

1. () . q
2. () .
3. erner () .
4. Prader . Willi () .
5. Laurence . Moon . Bield () .
6. Frohlich () .
7. (,) .

2.3.2

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.3.3

q
)

20

(

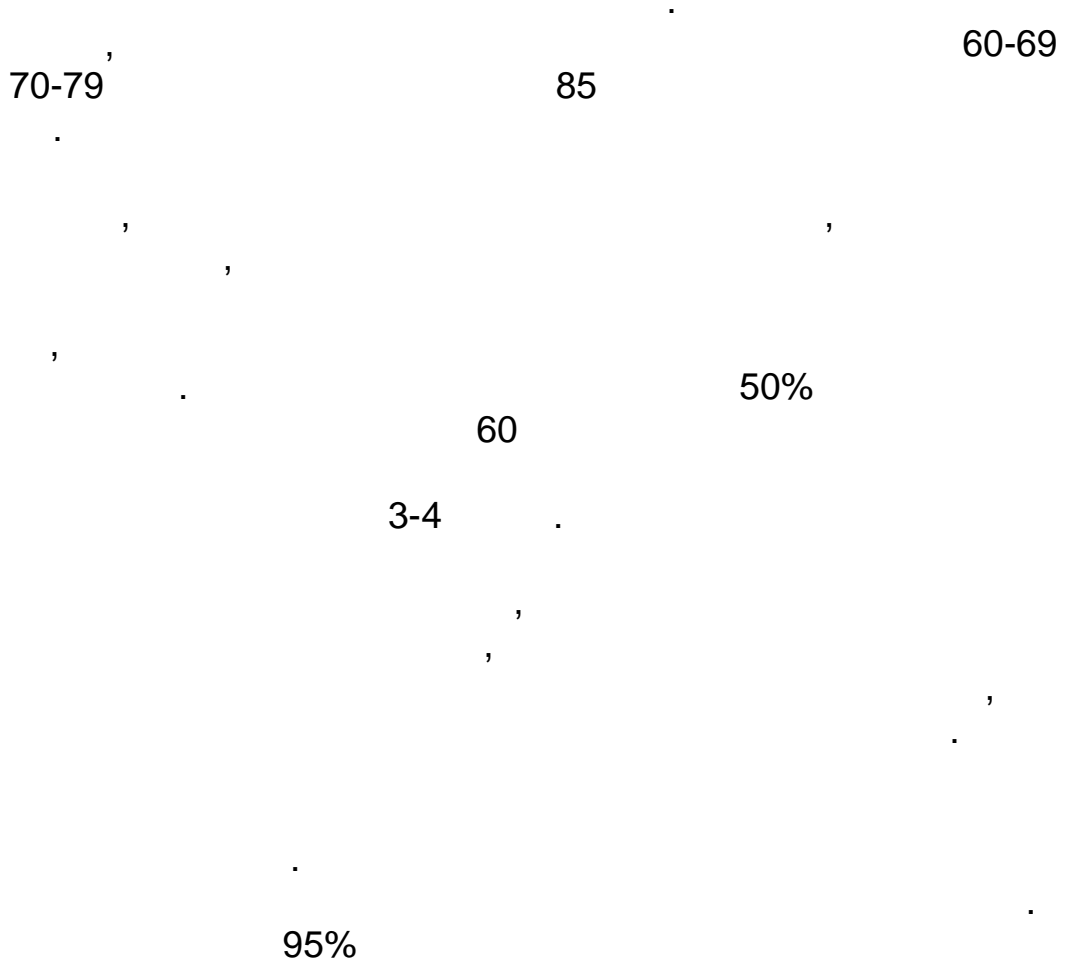
q

3.580

« »

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.4



[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

D

2.5

1-2

18-20

16

12

18

7

11

11

6-10

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

)
())
(« »)
45 5%

500

« » :

« ».

()

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



10-11

14

12-13

15

19

3%

5-17

15,3%

1,8%

11-15

10%

2-

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.6.1

), (

),

RDA (Recommended Dietary Allowances), 104% 116%

15-18 13-36%

12-17

4-12%

45% 69%

15-18

,

,

25%

12 19

85%

(400-500) 5

Click Here to upgrade to Unlimited Pages and Expanded Features

60%

36%

25

2000

2.6.2



Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

)
) -

(. .
(. .


•

« »

•

q

•



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2-6,5



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



Wordworth

"

William

"

;

!

,

.

.

.

,

.

,

,

.

,

,

,

"

"

"

/

/

"

7,5

,

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

• 77%

• food") 7-42 % (1 "fast

• 49-56%, 36-65%, 53-57%. 81%

• 25 « »

•

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

2.8

(17%)

(2,61%),

45%

30

(11%)



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

Η ΓΙΑ ΤΗΝ ΠΡΟΛΗΨΗ ΤΗΣ ΠΑΧΥΣΑΡΚΙΑΣ

 *Your complimentary use period has ended. Thank you for using PDF Complete.*

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



&

&

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

-
-
-
-
-
-

3.1.1

T , O , O E 4 O 85% 40%. H , 50-65%, O . T :

Click Here to upgrade to Unlimited Pages and Expanded Features

10

:250-350

A

M

O

M _____ :

_____ :

_____ :

E



10

q



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

() .

4 6
70%
30%

O

:

-
-
-
-
-
-
-

P

(, .)
(. ,)

X

Click Here to upgrade to Unlimited Pages and Expanded Features

:

Y				
Z			100	10-100
			30	15
M	T	,		
T	M		50	5
		,	170	5
M	M			0
		,		
A		,	0	150-250
			0	
	K		0	

-

(60%)

100%

4

/

.



Your complimentary
use period has ended.
Thank you for using
PDF Complete.

Click Here to upgrade to
Unlimited Pages and Expanded Features

(40,5%), (0,2 %), (75%), (2-2,5 %), (1 %), (34,5%), (1-1,5 %), (5 %).

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



Υ

,

,

Ο

,

Ο

Μ

90%

Η

Η

3.1.2

(

(

)

,

)

,

(

,

.)

9

4

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

),
25 - 35%

• (, , ,)
• (, , ,)
• (, , ,)
, " " , , ,
, (, , ,)
, :
(,)
, (,)
, (, ,)
, (, ,)
, (, ,)

Click Here to upgrade to Unlimited Pages and Expanded Features

-

-

-

).

(

100			
	17	30	53
	14	25	61
	12	33	55
	14	72	14
*	32	31	37
*	62	31	7
*84%		16%	



Your complimentary use period has ended. Thank you for using PDF Complete.

Click Here to upgrade to Unlimited Pages and Expanded Features

Fragmented text and symbols including '60', '(', ')', and various punctuation marks scattered across the page.

(< 240mg/dl, 200mg/dl, .)

<130mg/dl, LDL < 150mg/dl, HDL > 50mg/dl

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

25 - 35%

60%

HDL () ,

HDL	
	LDL
	Trans -
	Lpa

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

(100)
		100
		75
		54-60
		20
		84
		84
		25-45
		29-35
		21
		11
		15-70
		25-60
		10-60
		3-11
(,	8
(mg	100)
		2.200
,		400
,		75-80
		45
,		110
,	,	80-100
		200
,		100
		70
		50-80
		548
		260
		230
		70
,		7-15



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

16%

1.

2.

3.

4.

()

()

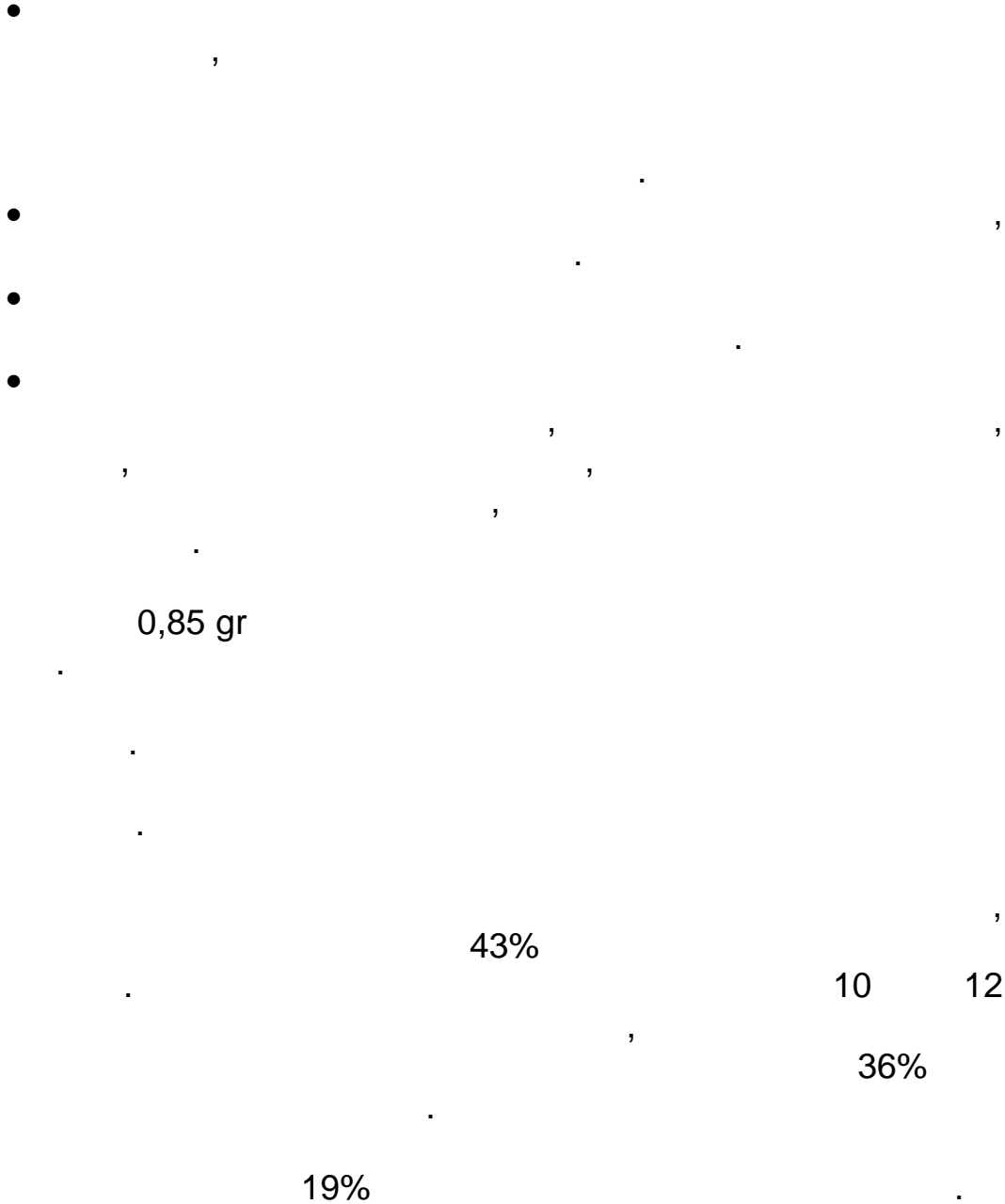
5.

()

:

•

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)





Your complimentary
use period has ended.
Thank you for using
PDF Complete.

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

20

- &
-
-
-
-
-
- 4-5%

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)



(Ca)	(Co)
(Cl)	(F)
(K)	(J)
(Mg)	(Ku)
(Na)	(Mn)
(P)	(Mo)
	(Ni)
	(Se)
	(V)
	(Zn)

) _____

99%

1%,

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

- (0-1): 500-600 mg.
- (1-9): 400-500 mg.
- (10-15): 600-700 mg.
- (16-19): 500-600 mg.
- (20): 500-800 mg.

)

)



Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

) _____

_____ , ,

) _____

, ,

,

,

) _____

) _____

 **PDF Complete**
Your complimentary use period has ended.
Thank you for using PDF Complete.
[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

D

3.1.5



A, D, E K.

B6, 9 (), B12, C, H (), B1, B2, B5 (),
(PABA).

12.

		A	
		D	
5		E	&
6		K	Phyllochinone Menachinone
12			
C			
H			



Your complimentary
use period has ended.
Thank you for using
PDF Complete.

Η ΓΙΑ ΤΗΝ ΠΡΟΛΗΨΗ ΤΗΣ ΠΑΧΥΣΑΡΚΙΑΣ

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

-
- 1.
 - 2.
 - 3.
 - 4.
 - (
 - 5.
 - 6.
 - 7.
 - 8.

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

1 ()

2 ()

2

2

()

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

B12 ()

B12

q

),

(

),

(

C -

C

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

C

C

C:

C

D-

D

D

D

D:



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

C



PDF Complete

Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

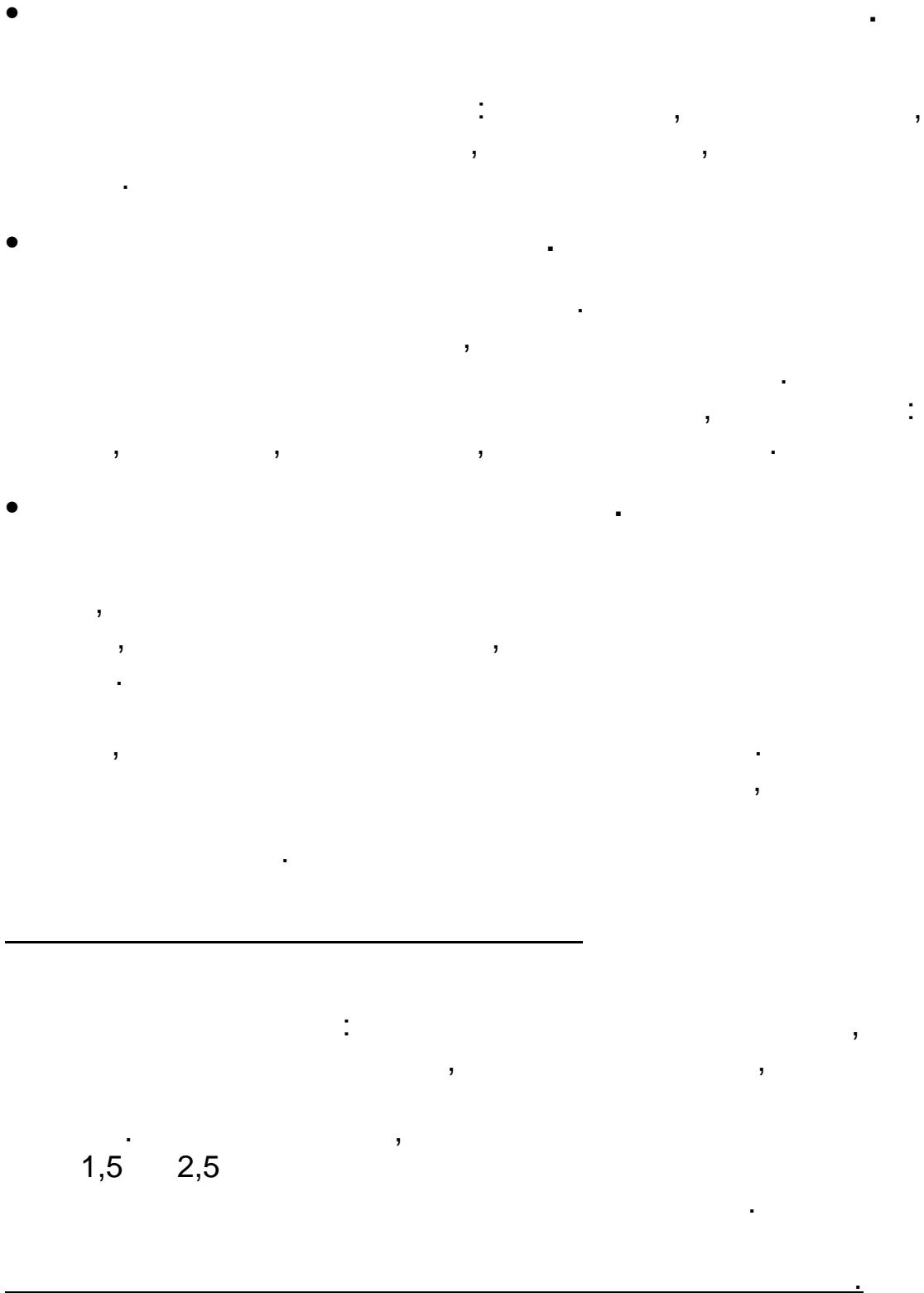
Η ΓΙΑ ΤΗΝ ΠΡΟΛΗΨΗ ΤΗΣ ΠΑΧΥΣΑΡΚΙΑΣ





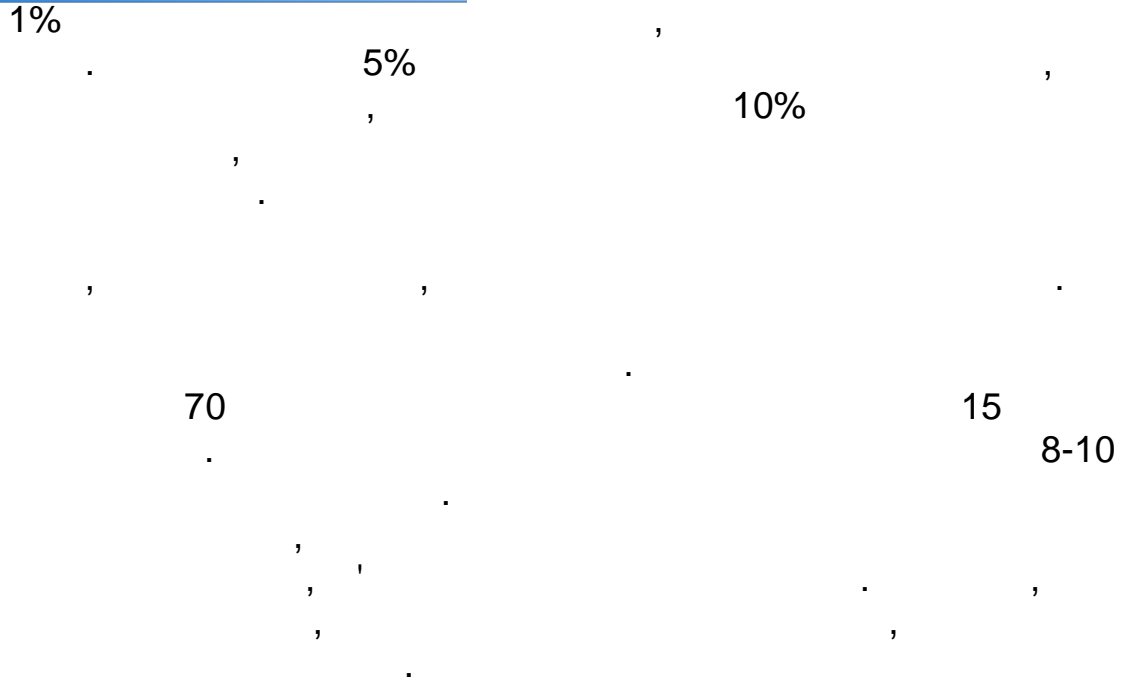
Your complimentary use period has ended. Thank you for using PDF Complete.

Click Here to upgrade to Unlimited Pages and Expanded Features



1,5 2,5

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



-
- (29%) .
- (- 50%) .
- (10%) .
- (70-90%) .
- (90 %) .
-
- (80-90%) (90%) .
-
- (60-80%).
- (30 - 50 %)
- (75-80%) .
- (95-99%) , .

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

_____ :

A, D, 30 g, 30 g

30 g 150 g

-3

30%

_____ :

7 g 5 g A,D,B,K C. 30 g

(), (), ()

q

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

q , .

D.

_____ :

(23-30 %), (15-30 %)

(2,5-4),

D.

(, camembert,)

_____ :

200 500

(17-20 %) (50-60 %) (3-3,5

(3,7 (35,9 %), (20.6 %)
/).

⋮
(56-64 %
) (6.4-7 / 14-18 %
) (42 5)

C

3.2.1

K ⋮
0.75-1.5 %.

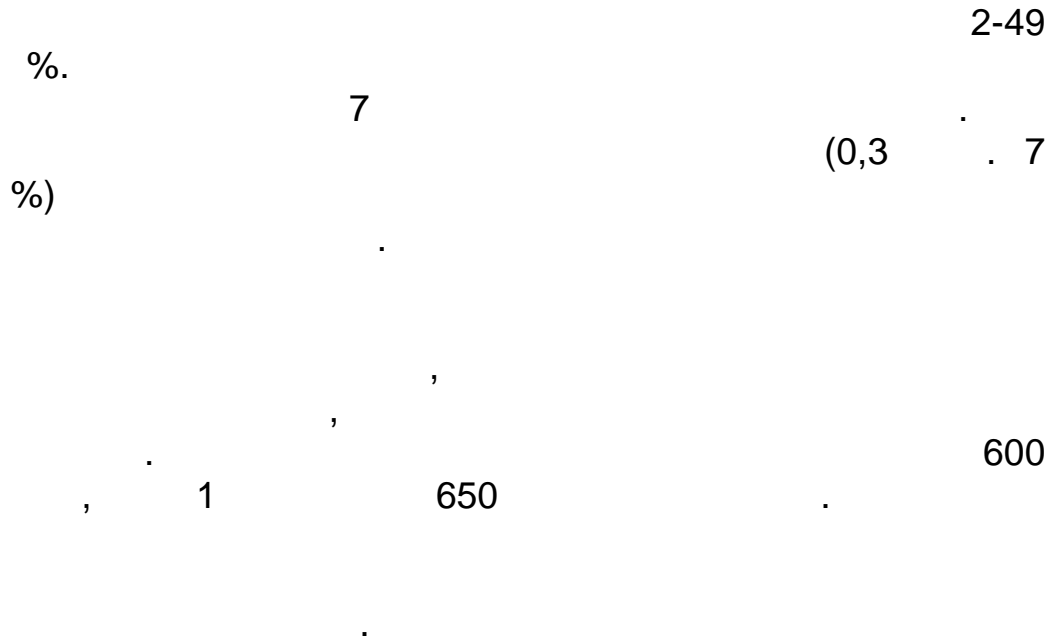
Camellia sinensis.



Your complimentary
use period has ended.
Thank you for using
PDF Complete.

Η ΓΙΑ ΤΗΝ ΠΡΟΛΗΨΗ ΤΗΣ ΠΑΧΥΣΑΡΚΙΑΣ

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)



(10-50 kcal/100g).

A, C ()

3.3.1



(, ,)

C

(60-70 % (,) (2.5-3 /).

C.

C, C () (,)

PDF Complete
 Your complimentary use period has ended.
 Thank you for using PDF Complete.
 Click Here to upgrade to Unlimited Pages and Expanded Features

3.3.2



30%

C.

(10-50 kcal / 100 g).

, C

, D.

100

, 120

1.

2.

3.

3.4

(70-80 %), (7-14 %), 3-3.5

3.4.1

50% , 8% 2% 35% , ,

(2 x 30 g): 60 Kcal.

(2 x 30 g):144 Kcal.

(2 x 30 g):120 Kcal.

(2 x 30 g):164 Kcal.

3.4.2

(,)

%) (10 % (70)

), (3.5 / ,

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



3.5.1

3.5.2

1

2.

6

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

3.6



83%.

3.6.1

9,3

3.6.2

(-),

3.6.3

98%.



PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

Η ΓΙΑ ΤΗΝ ΠΡΟΛΗΨΗ ΤΗΣ ΠΑΧΥΣΑΡΚΙΑΣ

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

3.7.1

2

3.7.2



 **PDF Complete**
Your complimentary use period has ended. Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

4.

4.1



7 -8
8 -9

4 -5

3 4
1/2 -1

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)



(5 - 10)

5 9

9 - 10,

4.2.1



PDF Complete
Your complimentary use period has ended.
Thank you for using PDF Complete.

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

30 -

70 - 80

4.2.2

, 2-4
)

(

Click Here to upgrade to Unlimited Pages and Expanded Features

- 10 = 1 , , 1/2 ,
- , 1/2 . .)
- 3 - 4
- 5 , 1
- 3 - 4 (1
- = 1 , 1)
- 3 (1 = 100
- , 1 100 .)
-
-

4.2.3

)

20

30%

« » snacks

(-) , , - ,

Click Here to upgrade to Unlimited Pages and Expanded Features

() 83%
89%

)

C,

-
- 1 , 1-2 - 1
 - 1
 - 1 1 ,
 - 1 (- -)
 - 1 ,
 - 1 , 1 1 ,
 - 1 2 ,
 - 1
 - 1 .

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

(12-20)
(,

), , ,)

, .

.

, .

,) (, ,)

2.100-2.300 Kcal

C,

, , .

4.4

,

.

,

, , ,

.

.

35-40% ,

 **PDF Complete**
Your complimentary use period has ended.
Thank you for using PDF Complete.
[Click Here to upgrade to Unlimited Pages and Expanded Features](#)

snack

4.4.1

:

6

(15-20%).

3-

3

: 1

1

30

(1

)

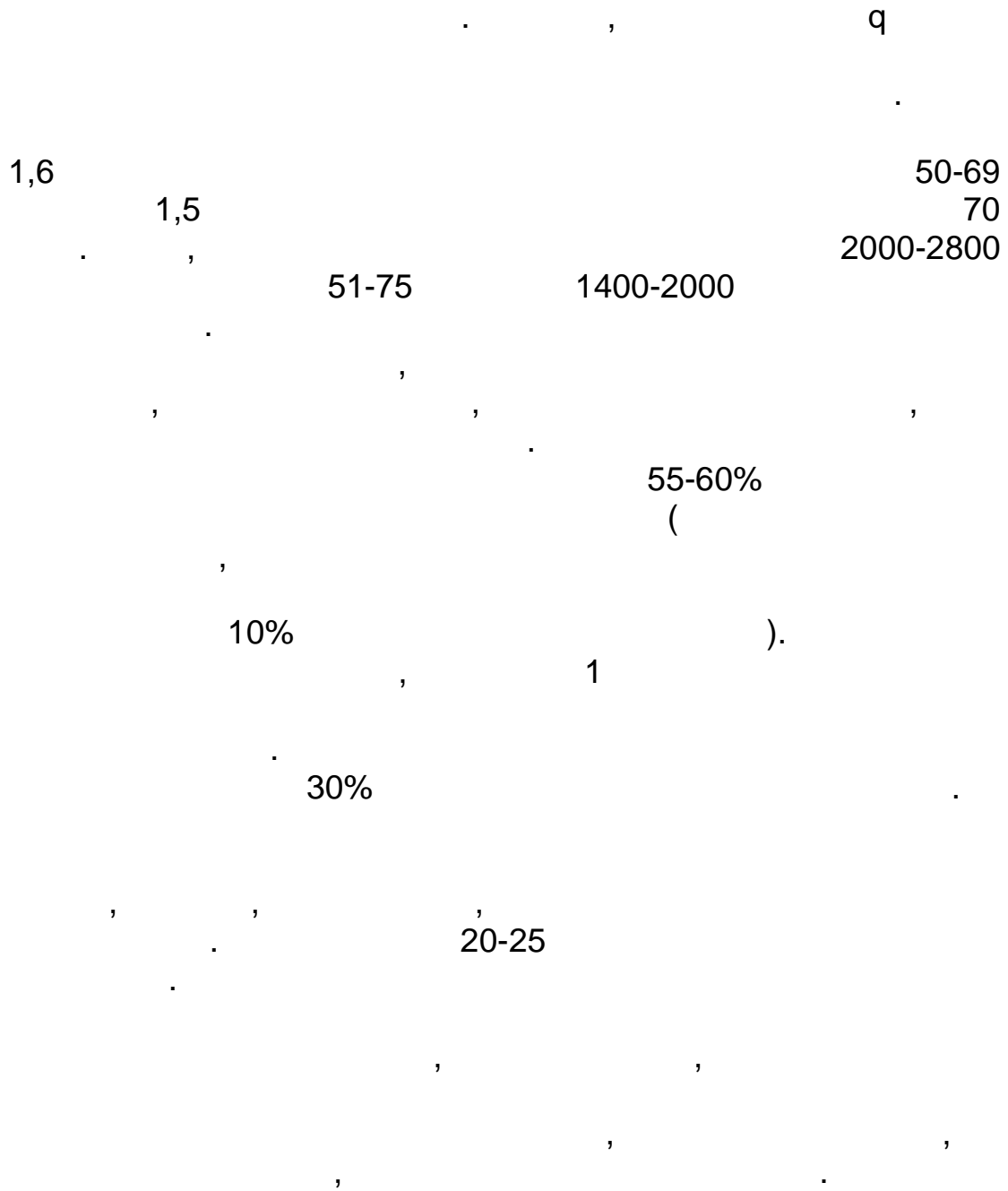
[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

4.5

500

500

[Click Here to upgrade to Unlimited Pages and Expanded Features](#)





PDF
Complete

*Your complimentary
use period has ended.
Thank you for using
PDF Complete.*

[Click Here to upgrade to
Unlimited Pages and Expanded Features](#)

q

90%

junk food,

q

-
1. . , ,
.
 2. ,, ,,
(), ,
, 1991.
 3. Grant Doris & Joice Jean,
, 1995.
 4. , , ,
.
 5. berbeil Klaus, , ,
.
 6. Forbes Alicon, ,
.
 7. . .
 8. - , ,
, 2001.

-
1. **www.health.in.gr**, /
: 10/08/2006, / : 01/2008
 2. **www.fitnessinfo.gr**, / : 12/2007
 3. **www.ecocrete.gr**, ,
/ : 07/09/2005, / :
12/2007

Click Here to upgrade to
Unlimited Pages and Expanded Features

- : 02/2008 : 16/09/2003, /
5. **www.mednutrition.gr,**
, / : 05/01/2008, /
: 02/2008
6. **www.mednutrition.gr,**
, / : 05/08/2007, /
: 02/2008
7. **www.mednutrition.gr,**
29/06/2007, / , / : 02/2008 :