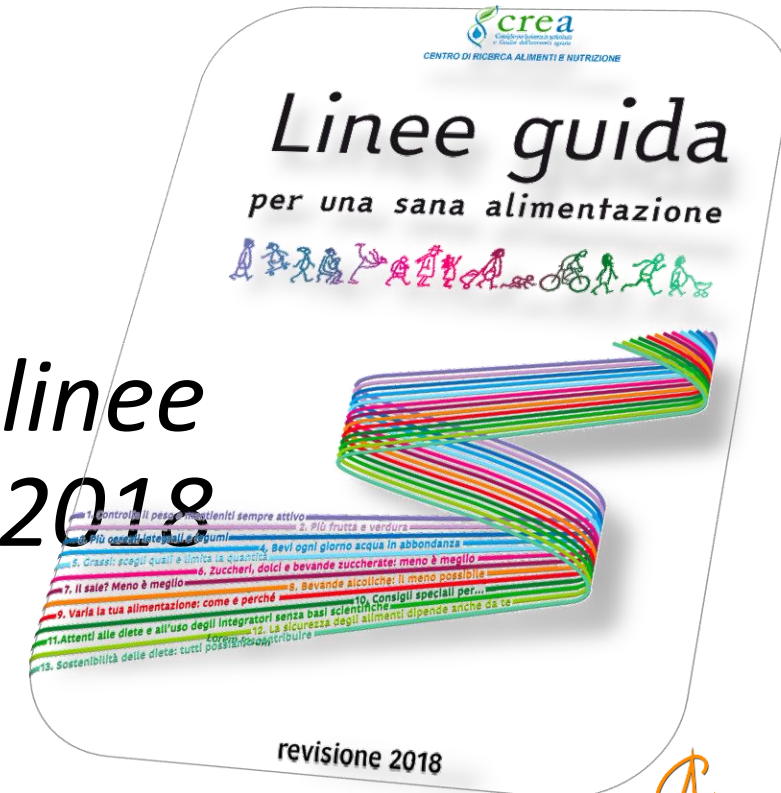


16 novembre 2023

Come dovremmo e come stiamo mangiando

Andrea Ghiselli

Presidente Commissione revisione linee guida per una sana alimentazione 2019



Italia: carico di malattia per alimentazione non adeguata

(<https://vizhub.healthdata.org/gbd-compare/>)



DALY

I **DALY (Disability Adjusted Life Years)** sono un indicatore dell'impatto globale di uno o più fattori di rischio. Vengono espressi come gli anni cumulativi di vita persi a causa di morbosità, mortalità e disabilità.

$$= \text{YLD} + \text{YLL}$$

Anni vissuti con malattia o disabilità + Anni di vita persi



Vita "sana"

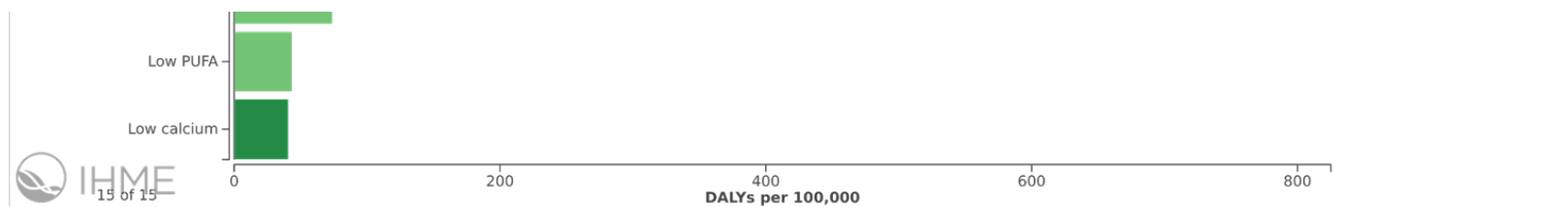


Malattia o Disabilità



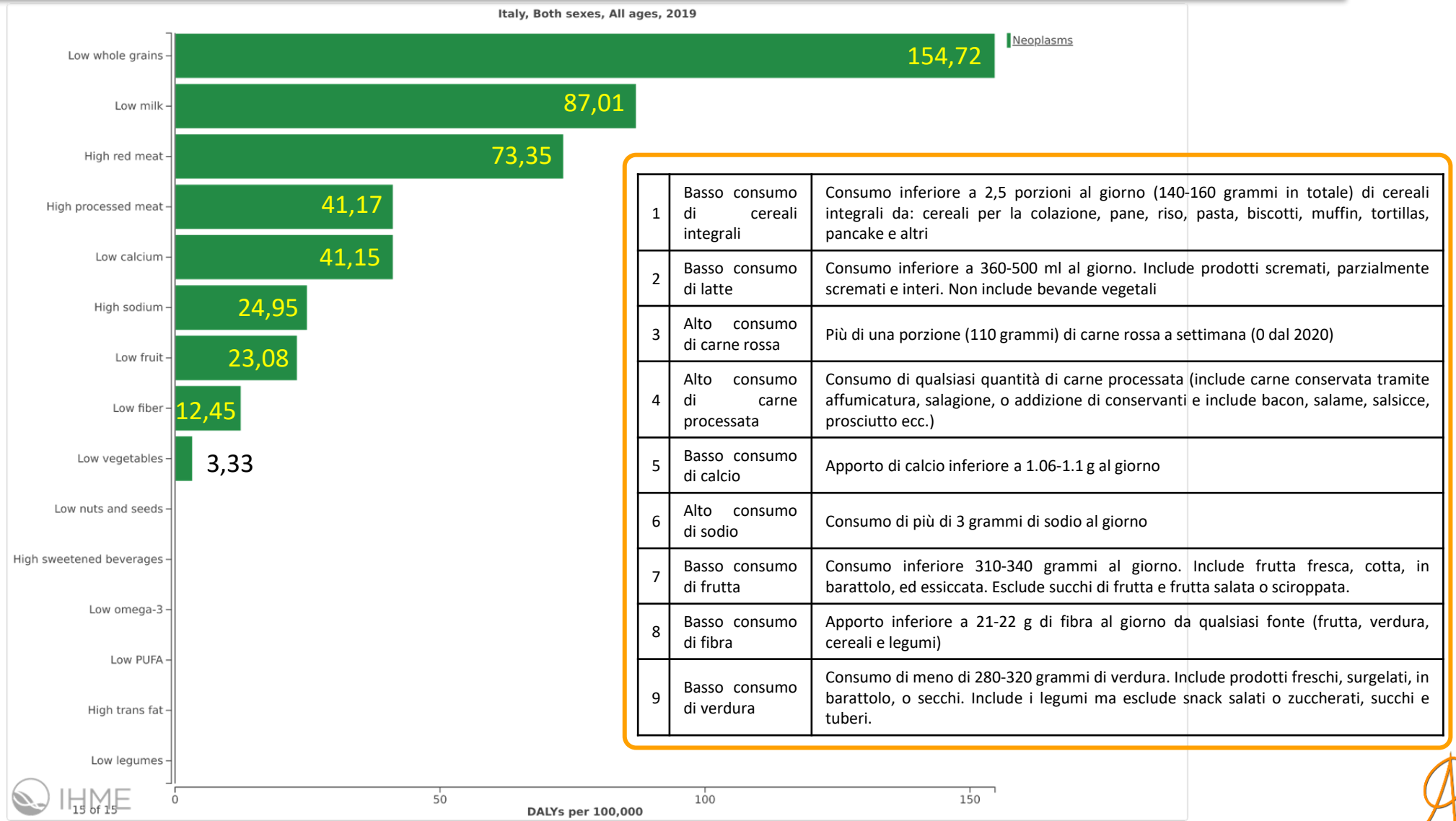
Morte precoce

Aspettativa di vita



Italia: carico di malattia per rischi comportamentali (cancro)

(<https://vizhub.healthdata.org/gbd-compare/>)



Percentuale di cancro che potrebbe essere prevenuta

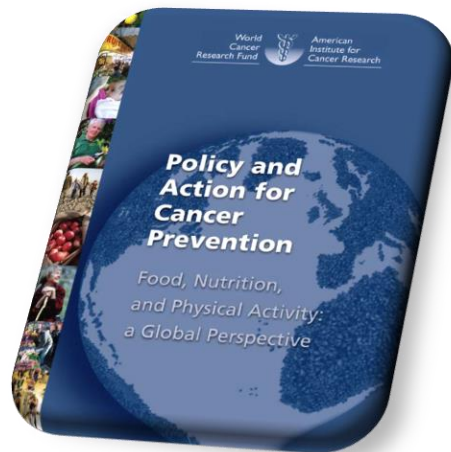


Table 2.1
Estimates¹ of cancer preventability by appropriate food, nutrition, physical activity, and body fatness in four countries²

	USA	UK	BRAZIL	CHINA
Mouth, pharynx, larynx	63	67	63	44
Oesophagus	69	75	60	44
Lung	36	33	36	38
Stomach	47	45	41	33
Pancreas	39	41	34	14
Gallbladder	21	16	10	6
Liver	15	17	6	6
Colorectum	45	43	37	17
Breast	38	42	28	20
Endometrium	70	56	52	34
Prostate	11	20	N/A ³	N/A ³
Kidney	24	19	13	8
Total for these cancers combined	34	39	30	27
Total for all cancers	24	26	19	20



Sommario delle evidenze forti sui rischi di cancro per nutrizione e attività fisica

(dietandcancerreport.org)

To reference this matrix please use the following citation:
 World Cancer Research Fund International/American Institute for Cancer Research. Continuous Update Project: Diet, Nutrition, Physical Activity and the Prevention of Cancer. Summary of Strong Evidence. Available at: wcrf.org/cupmatrix accessed on DD-MM-YYYY

Abbreviation: SLR, systematic literature review.

	Wholegrains	Foods containing dietary fibre	Aflatoxins	Foods containing beta-carotene	Non-starchy vegetables or fruit (aggregated) ²	Red meat	Processed meat	Cantonese-style salted fish	Dairy products	Foods preserved by salting	Arsenic in drinking water	Mate	Coffee	Sugar sweetened drinks	Alcoholic drinks	'Mediterranean type' dietary pattern	'Western type' diet	'Fast foods'	Glycaemic load	High-dose beta-carotene supplements	Beta-carotene	Calcium supplements	Physical activity (moderate and vigorous)	Vigorous physical activity	Walking	Screen time (children) ¹⁵	Screen time (adults) ¹⁵	Adult body fatness ¹⁶	Body fatness in young adulthood ¹⁹	Adult weight gain	Adult attained height ²¹	Greater birthweight	Lactation ²²	Having been breastfed	
MOUTH, PHARYNX, LARYNX 2018																																			
NASOPHARYNX 2017 (SLR)																																			
OESOPHAGUS (ADENOCARCINOMA) 2016																																			
OESOPHAGUS (SQUAMOUS CELL CARCINOMA) 2016																																			
LUNG 2017																																			
STOMACH 2016																																			
PANCREAS 2012																																			
GALLBLADDER 2015																																			
LIVER 2015																																			
COLORECTUM 2017																																			
BREAST PREMENOPAUSE 2017																																			
BREAST POSTMENOPAUSE 2017																																			
OVARY 2014																																			
ENDOMETRIUM 2013																																			
PROSTATE 2014																																			
KIDNEY 2015																																			
BLADDER 2015																																			
SKIN 2017 (SLR)																																			
AERODIGESTIVE CANCERS (AGGREGATED) 2016-2018 ¹																																			
RISK OF WEIGHT GAIN, OVERWEIGHT OR OBESITY 2018 ^{23,24}																																			

■ Convincing decreases risk
 ■ Probable decreases risk
 ■ Probable increases risk
 ■ Convincing increases risk
 ■ Substantial effect on risk unlikely



Le 10 raccomandazione del WCRF (dietandcancerreport.org)



1. Mantieni un peso sano



RECOMMENDATION

Be a healthy weight

Keep your weight within the healthy range¹ and avoid weight gain in adult life

- GOAL** Ensure that body weight during childhood and adolescence projects towards the lower end of the healthy adult BMI range
- GOAL** Keep your weight as low as you can within the healthy range throughout life
- GOAL** Avoid weight gain (measured as body weight or waist circumference)² throughout adulthood

¹ The healthy (or, as defined by WHO, 'normal') range of BMI for adults is 18.5–24.9 kg/m² [1]. Different reference ranges have been proposed for Asian populations [1]. Where these ranges differ from the WHO definition, they are to be used as the guide. Further research is required to establish appropriate thresholds in other ethnic groups. The healthy range for BMI during childhood varies with age [2].

² WHO recommends keeping waist circumference below 94 cm (37 inches) in men and 80 cm (31.5 inches) in women (based on data from European people). These values are roughly equivalent to a BMI of around 25 kg/m² [3]. For Asian populations, cut-offs for waist circumferences of 90 cm (35.4 inches) for men and 80 cm (31.5 inches) for women have been proposed [3]. Further research is required to establish appropriate waist circumference values for other ethnic groups.



2. Integra la tua dieta con attività fisica



RECOMMENDATION

Be physically active

Be physically active as part of everyday life –
walk more and sit less

GOAL Be at least moderately physically active¹, and follow or exceed national guidelines

GOAL Limit sedentary habits

¹ Moderate physical activity increases heart rate to about 60 to 75 per cent of its maximum.

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3. Prendi la maggior parte delle calorie dai vegetali



RECOMMENDATION

Eat a diet rich in wholegrains, vegetables, fruit and beans

Make wholegrains, vegetables, fruit, and pulses (legumes) such as beans and lentils a major part of your usual daily diet

- GOAL** Consume a diet that provides at least 30 grams per day of fibre¹ from food sources
- GOAL** Include in most meals foods containing wholegrains, non-starchy vegetables, fruit and pulses (legumes) such as beans and lentils
- GOAL** Eat a diet high in all types of plant foods including at least five portions or servings (at least 400 grams or 15 ounces in total) of a variety of non-starchy vegetables and fruit every day
- GOAL** If you eat starchy roots and tubers as staple foods, eat non-starchy vegetables, fruit and pulses (legumes) regularly too if possible

¹ Measured by the AOAC method.



4. Stai attento a fast foods e alimenti ricchi di grasso e zucchero



RECOMMENDATION

Limit consumption of ‘fast foods’ and other processed foods high in fat, starches or sugars

Limiting these foods helps control calorie intake and maintain a healthy weight

GOAL Limit consumption of processed foods high in fat, starches or sugars – including ‘fast foods’¹; many pre-prepared dishes, snacks, bakery foods and desserts; and confectionery (candy)

¹ ‘Fast foods’ are readily available convenience foods that tend to be energy dense and are often consumed frequently and in large portions.

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5. Limita il consumo di carni rosse e salumi



RECOMMENDATION

Limit consumption of red and processed meat

Eat no more than moderate amounts of red meat¹, such as beef, pork and lamb. Eat little, if any, processed meat²

GOAL

If you eat red meat, limit consumption to no more than about three portions per week. Three portions is equivalent to about 350 to 500 grams (about 12 to 18 ounces) cooked weight of red meat.³ Consume very little, if any, processed meat

¹ The term 'red meat' refers to all types of mammalian muscle meat, such as beef, veal, pork, lamb, mutton, horse and goat.

² The term 'processed meat' refers to meat that has been transformed through salting, curing, fermentation, smoking or other processes to enhance flavour or improve preservation.

³ 500 grams of cooked red meat is roughly equivalent to 700–750 grams of raw meat, but the exact conversion depends on the cut of meat, the proportions of lean meat and fat, and the method and degree of cooking.



6. Limita il consumo di bevande zuccherate



RECOMMENDATION

Limit consumption of sugar sweetened drinks

Drink mostly water and unsweetened drinks

GOAL Do not consume sugar sweetened drinks¹

¹ Sugar sweetened drinks are defined here as liquids that are sweetened by adding free sugars, such as sucrose, high fructose corn syrup and sugars naturally present in honey, syrups, fruit juices and fruit juice concentrate. This includes, among others, sodas, sports drinks, energy drinks, sweetened waters, cordials, barley water, and coffee- and tea-based beverages with sugars or syrups added. This does not include versions of these drinks which are 'sugar free' or sweetened only with artificial sweeteners.

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7. Limita il consumo di bevande alcoliche (anche quelle rosse!!!)



RECOMMENDATION

Limit alcohol consumption

For cancer prevention, it's best not to drink alcohol

GOAL For cancer prevention, it's best not to drink alcohol

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8. Non usare integratori



RECOMMENDATION

Do not use supplements for cancer prevention

Aim to meet nutritional needs through diet alone

GOAL High-dose dietary supplements¹ are not recommended for cancer prevention – aim to meet nutritional needs through diet alone

¹ A dietary supplement is a product intended for ingestion that contains a 'dietary ingredient' intended to achieve levels of consumption of micronutrients or other food components beyond what is usually achievable through diet alone.

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9. Allatta al seno tuo figlio



RECOMMENDATION

For mothers: breastfeed your baby, if you can

Breastfeeding is good for both mother and baby

GOAL This recommendation aligns with the advice of the World Health Organization, which recommends infants are exclusively breastfed¹ for 6 months, and then up to 2 years of age or beyond alongside appropriate complementary foods

¹ 'Exclusive breastfeeding' is defined as giving a baby only breastmilk (including breastmilk that has been expressed or is from a wet nurse) and nothing else - no other liquids or solid foods, not even water [1]. It does, however, allow the infant to receive oral rehydration solution, drops or syrups consisting of vitamins, minerals, supplements or medicines [1].



10. Dopo la diagnosi segui le raccomandazioni



RECOMMENDATION

After a cancer diagnosis: follow our Recommendations, if you can

Check with your health professional what is right for you

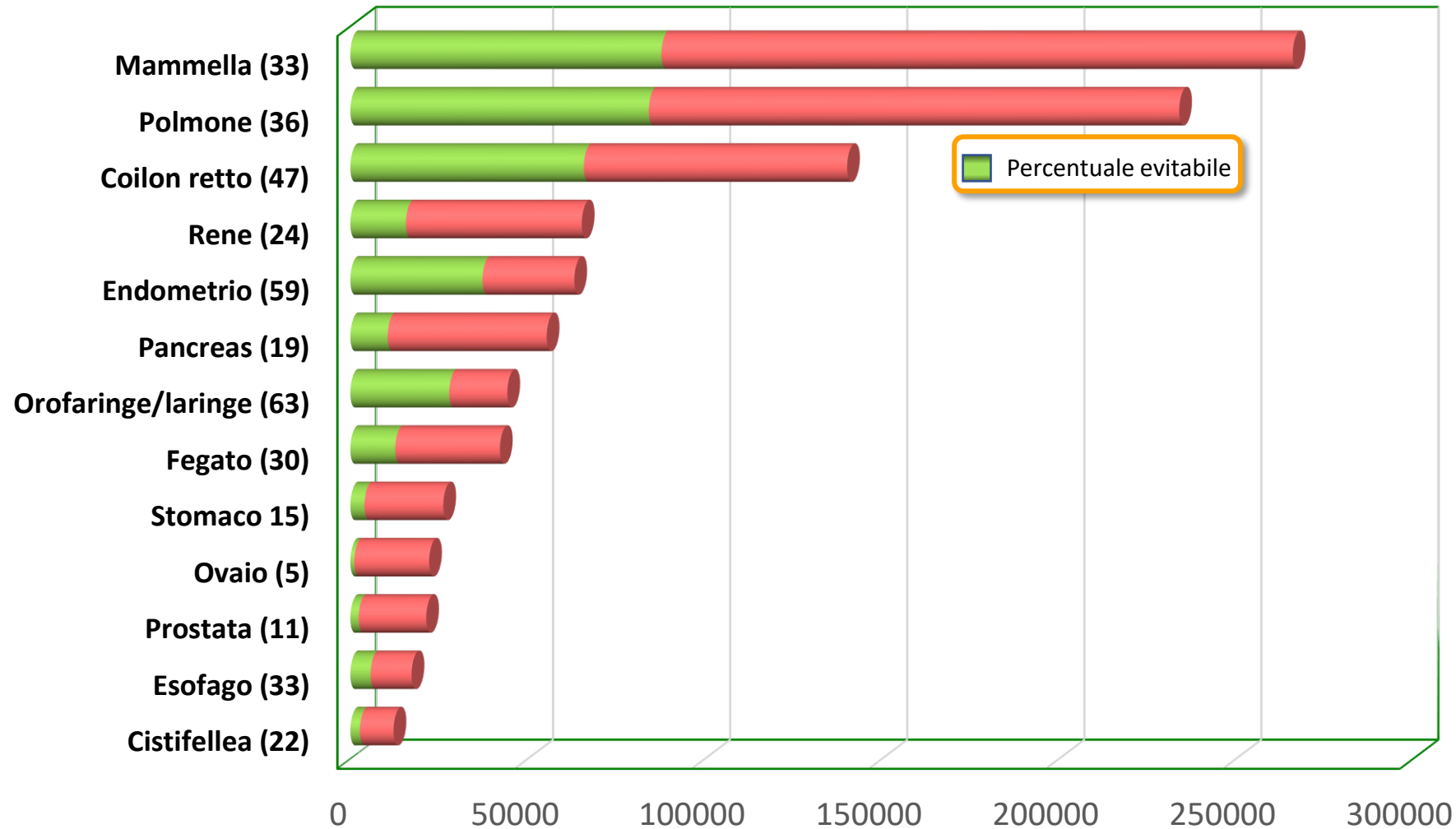
- GOAL** All cancer survivors¹ should receive nutritional care and guidance on physical activity from trained professionals
- GOAL** Unless otherwise advised, and if you can, all cancer survivors are advised to follow the Cancer Prevention Recommendations as far as possible after the acute stage of treatment

¹ Cancer survivors are people who have been diagnosed with cancer, including those who have recovered from the disease.



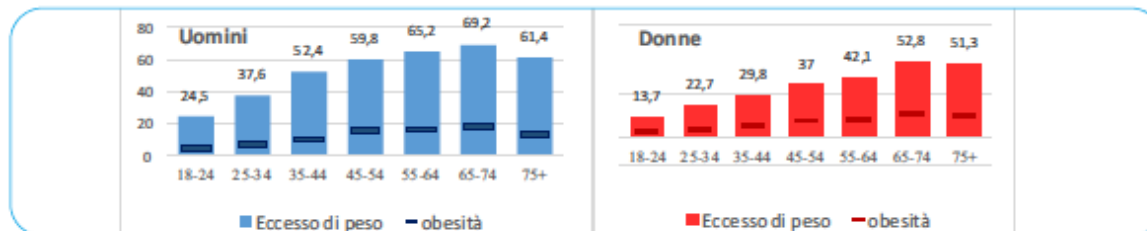
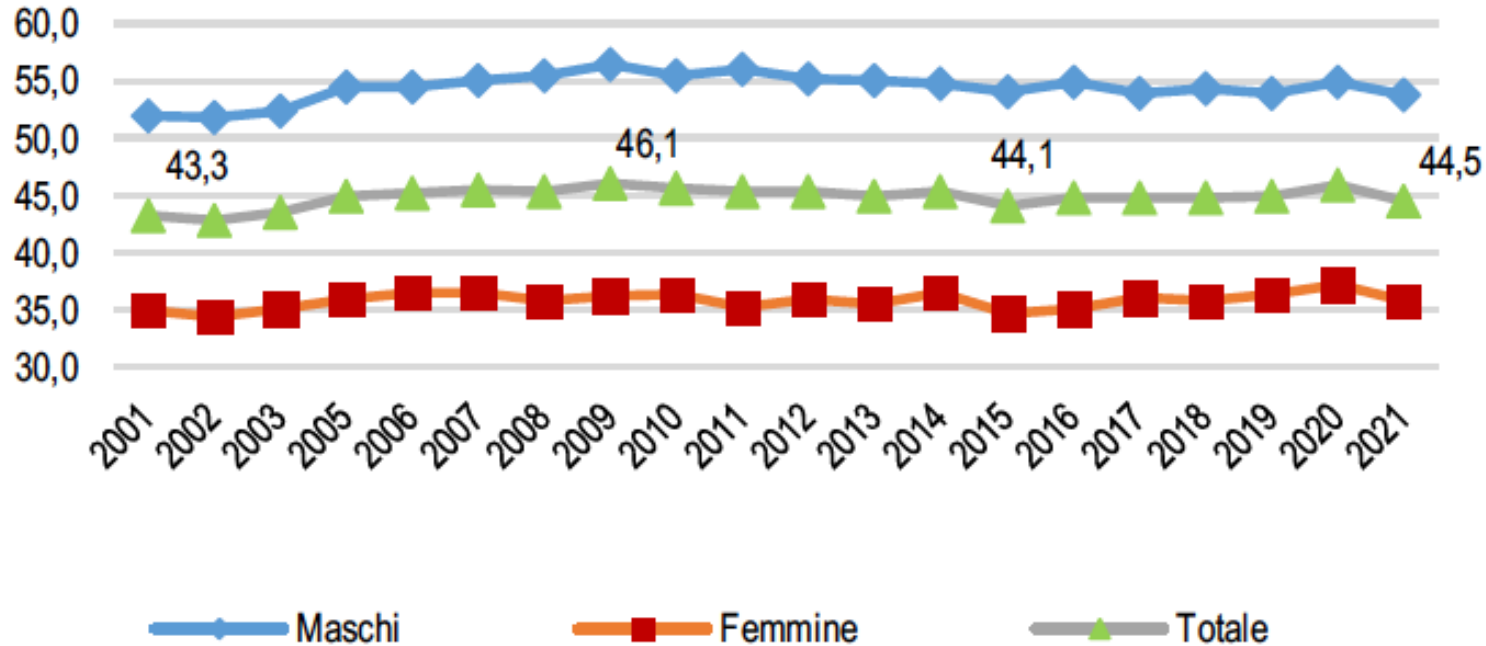
Le raccomandazioni AICR potrebbero prevenire il 35% dei tumori

(Stime basate su: AICR/WRCF, *Policy and Action for Cancer Prevention* 2009)



Come mangiano gli italiani? Sicuramente troppo

Eccesso di peso

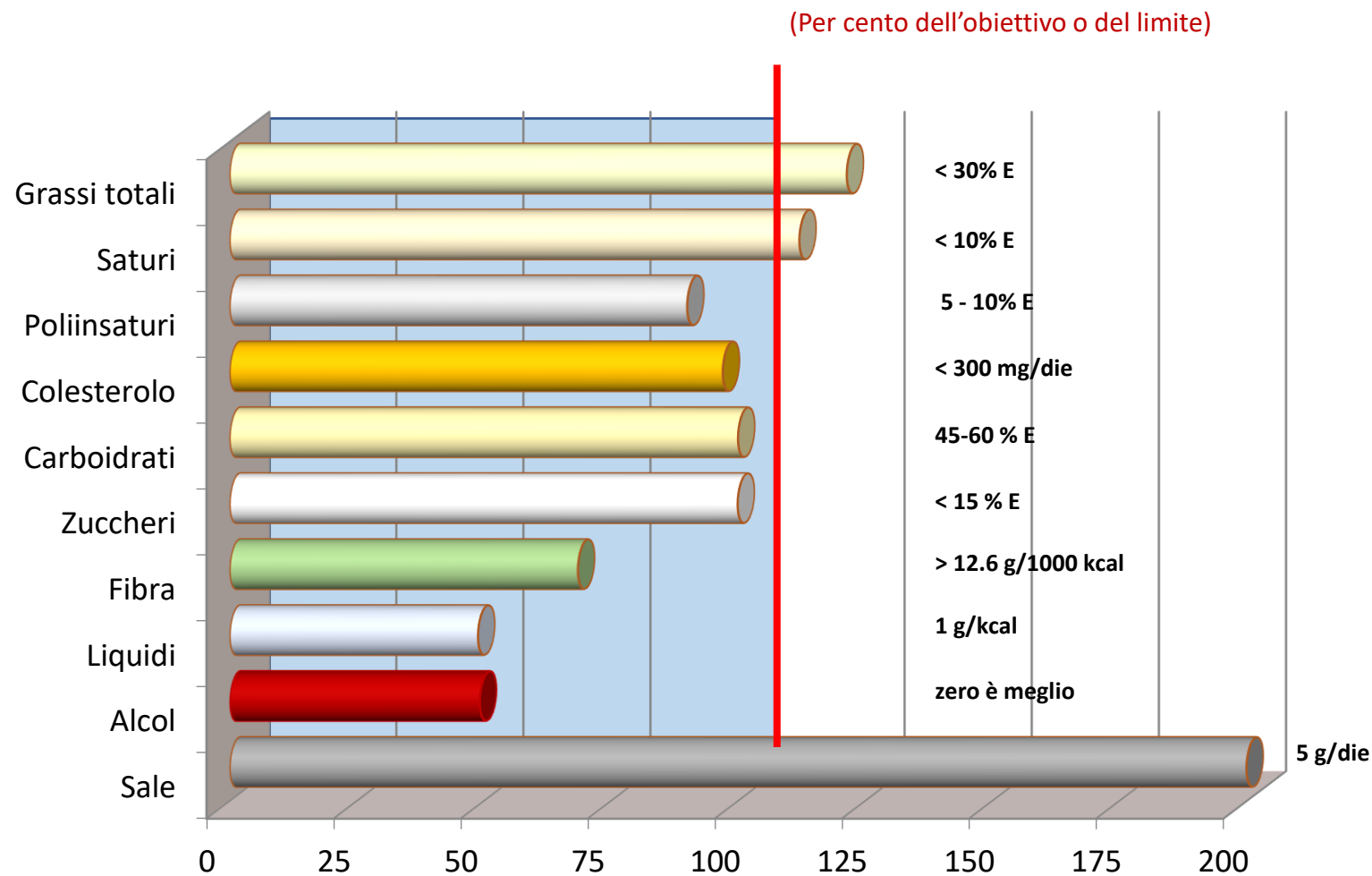


Fonte: Istat, Indagine aspetti della vita quotidiana.

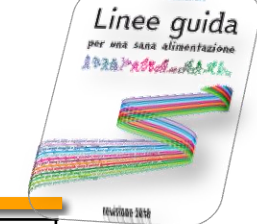


Come mangiano gli italiani? Anche male (dati INRAN SCAI 2005)

(macronutrienti, fibra, liquidi, alcol e sale)



Le linee guida (2000 kcal) riassunte in una tabella



Gruppo	ALIMENTO	Porzione (g)	Frequenza G o S	Gruppo	ALIMENTO	Porzione (g)	Frequenza G o S	
CEREALI E TUBERI	Pane,	50	3 ½	CARNE, PESCE, UOVA, LEGUMI	Carni fresche bianche	100	2 (sett)	
	Pasta, riso, mais ecc	80	1 ½		Carni fresche rosse	100	1 (sett)	
	Cereali da colazione, fette biscottate, cornetti, biscotti...	30	5 (sett)		Carni conservate	50	occasionale	
	Patate	200	2 (sett)		Uova	uno	3 (sett)	
FRUTTA e VERDURA	Frutta fresca	150	3		Prodotti pesca freschi	150	3 (sett)	
	Vegetali	200	2		Prodotti pesca conservati	50		
	Insalate	80			3 (sett)	Legumi secchi	50	3 (sett)
LATTICINI	Latte (compresi i fermentati)	125	3		Legumi cotti	150		
	Formaggi freschi	100	3 (sett)		GRASSI CONDIMENTI	Olio EVO	10	3
	Formaggi stagionati	50				Burro	10	
FRUTTA SECCA GUSCIO	Noci, mandorle, pinoli, semi di lino...	30	2,5 (sett)					

Consumi: <https://www.efsa.europa.eu/en/microstrategy/foodex2-level-1>



Conclusioni

- L'alimentazione ha un ruolo importante nella prevenzione di molte forme tumorali (20-30%) ma anche di altre patologie croniche.
- Non esistono alimenti, nutrienti, superfood, smart food, "*phytochemicals*", supplementi o elisir che giustifichino facili scorciatoie
- Ci sono alimenti, al contrario, il cui consumo oltre certi limiti è nettamente associato ad aumentato rischio
- L'obesità è un fattore di rischio per molti tumori (esofago, colon retto, mammella, endometrio e rene)
- Un'alimentazione ricca di prodotti vegetali (cereali, legumi, verdura, frutta, frutta secca in guscio e semi) è associata a minore incidenza di malattia neoplastica probabilmente soprattutto attraverso riduzione dell'apporto calorico, della microinfiammazione, dello stress ossidativo.
- Il consumo di alimenti a bassa densità calorica e alta densità di nutrienti permette una dieta meno ricca di calorie, ma ugualmente ricca di nutrienti.
- La dieta degli italiani ha bisogno di interventi massicci sia per quantità che per qualità

