

Hva er lurt å spise?

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Kliniske ernæringsfysiolog, Ph.D.
Senter for sjeldne diagnoser (SSD)
HHT / Osler sykdom, November 2021

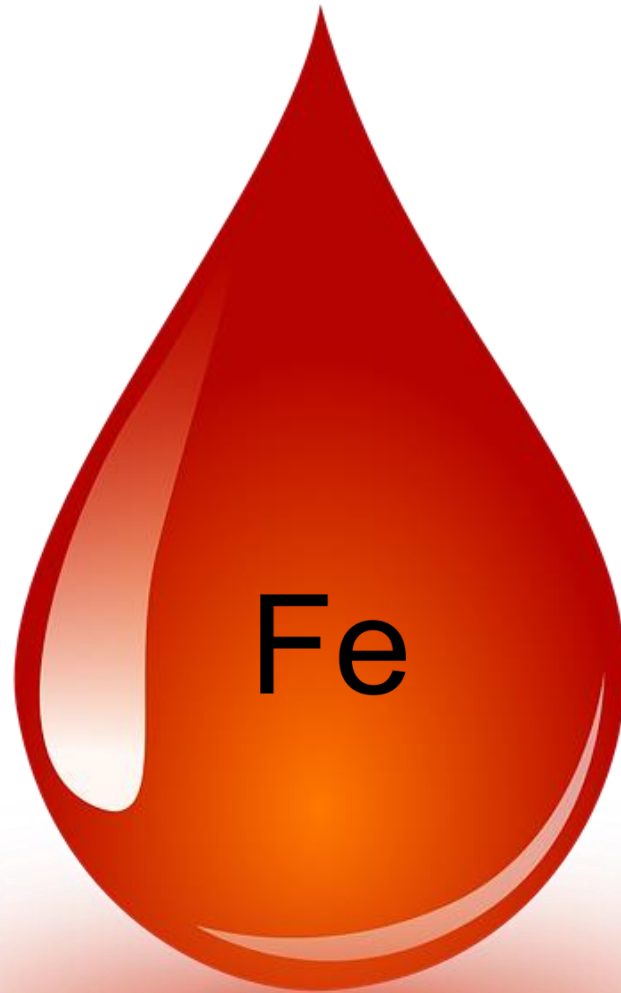


Anbefalt:
15 mg/d

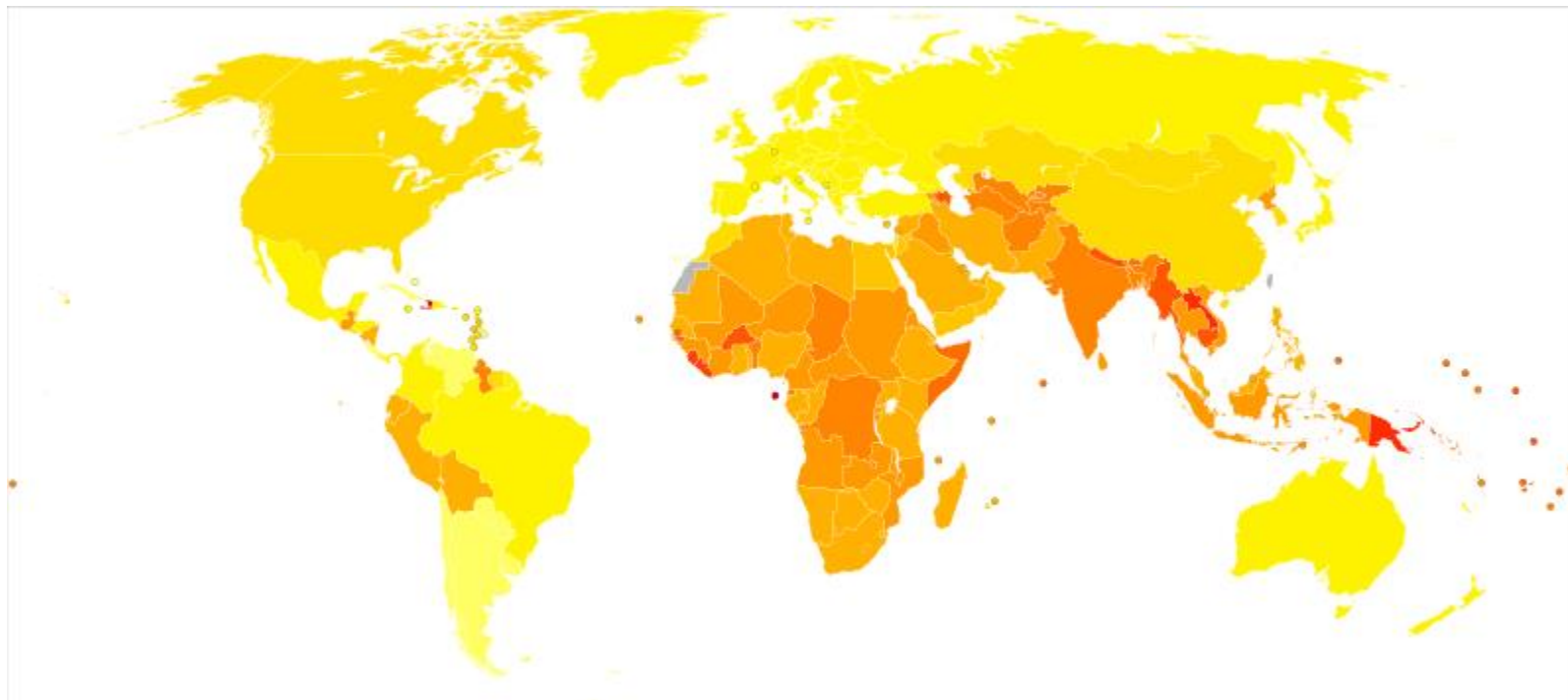
Inntak:
8,5 mg/d

Privat bilde

Nordic Nutrition Recommendations 2012



Anemi er den største ernæringsmangelen i verden



Wikipedia.org

Global, Regional, and National Prevalence of Anemia and Its Causes in 204 Countries and Territories, 1990–2019



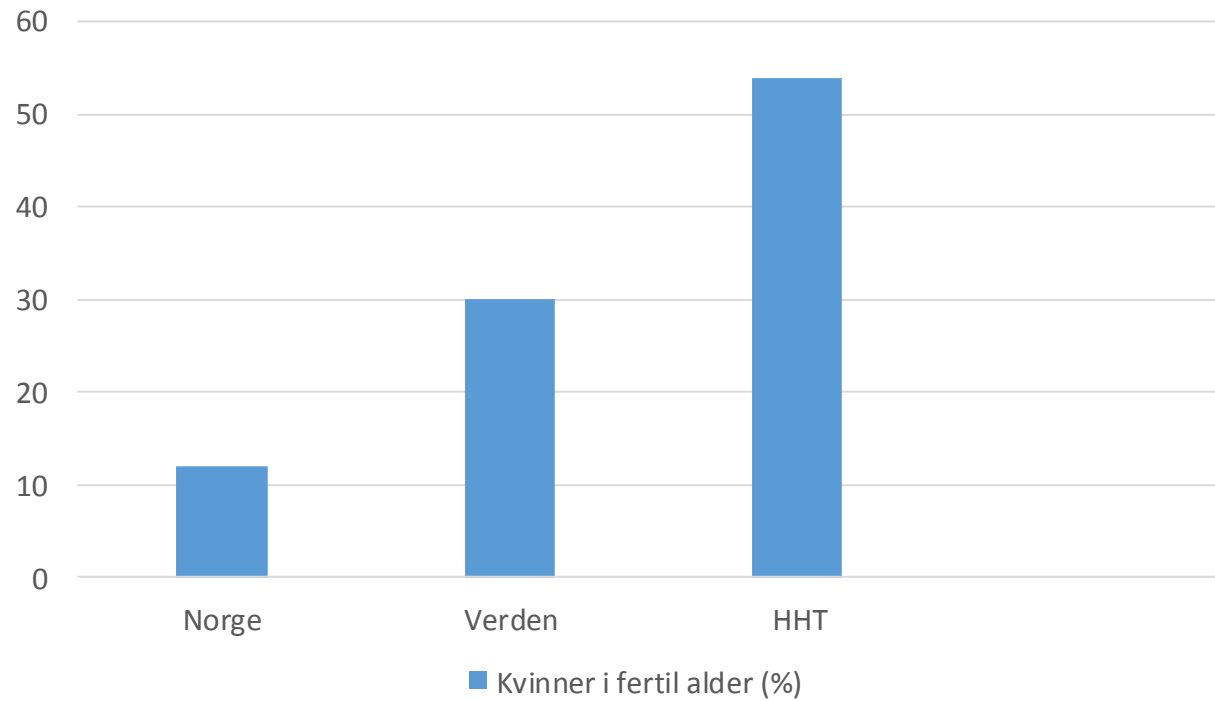
Anbefalt:
9 mg/d

Inntak:
10 mg/d

Privat bilde

Nordic Nutrition Recommendations 2012

Anemi





Anbefalt:
15 mg/d

Inntak:
8,5 mg/d

Privat bilde

Nordic Nutrition Recommendations 2012



0,3 mg



2,1 mg



0,8 mg



← 0,1 mg

0,1 mg



Private bilder



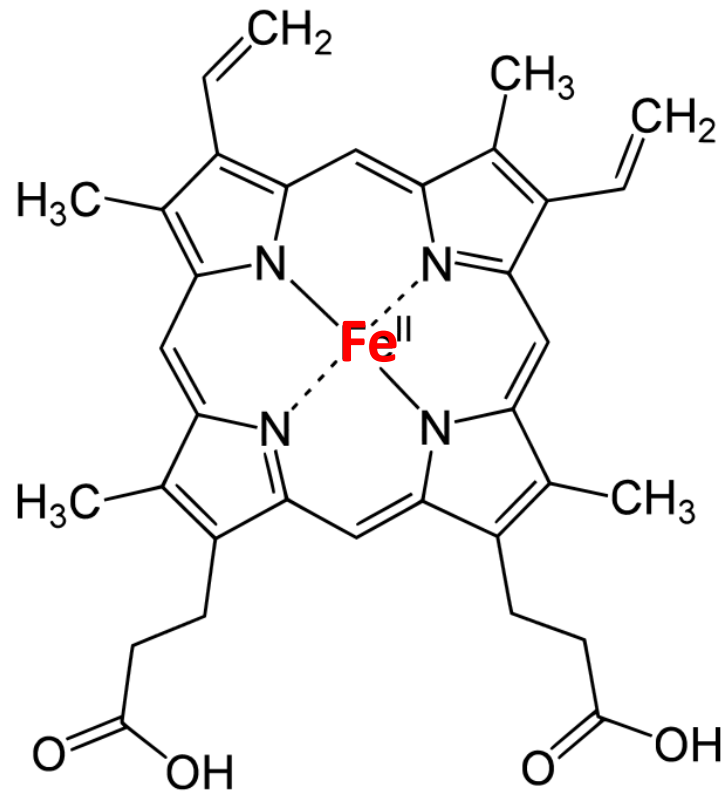
Linser	5 mg/d
Ris	1 mg/d
Grønsaker	2 mg/d
Smultring	0,6 mg/d
Sum	8,6 mg/d
<hr/>	
Anbefalt	15 mg/d
<hr/>	
Anbefalt minus inntak	-6,4 mg

Private bilder

Matvaretabellen.no

Pixabay.com

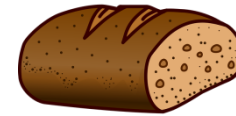
Hva kan øke jernopptaket?

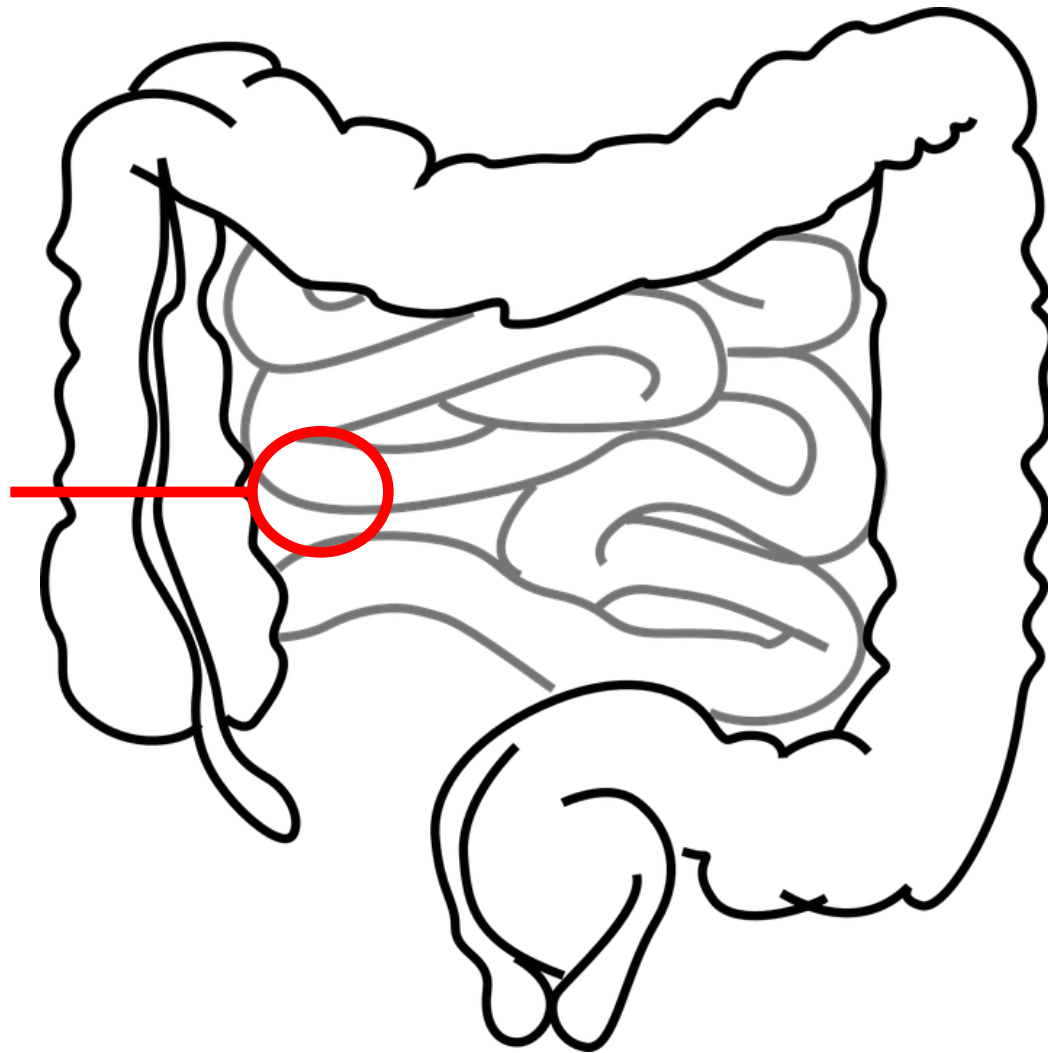


Wikipedia.org

Pixabay.com

Fe



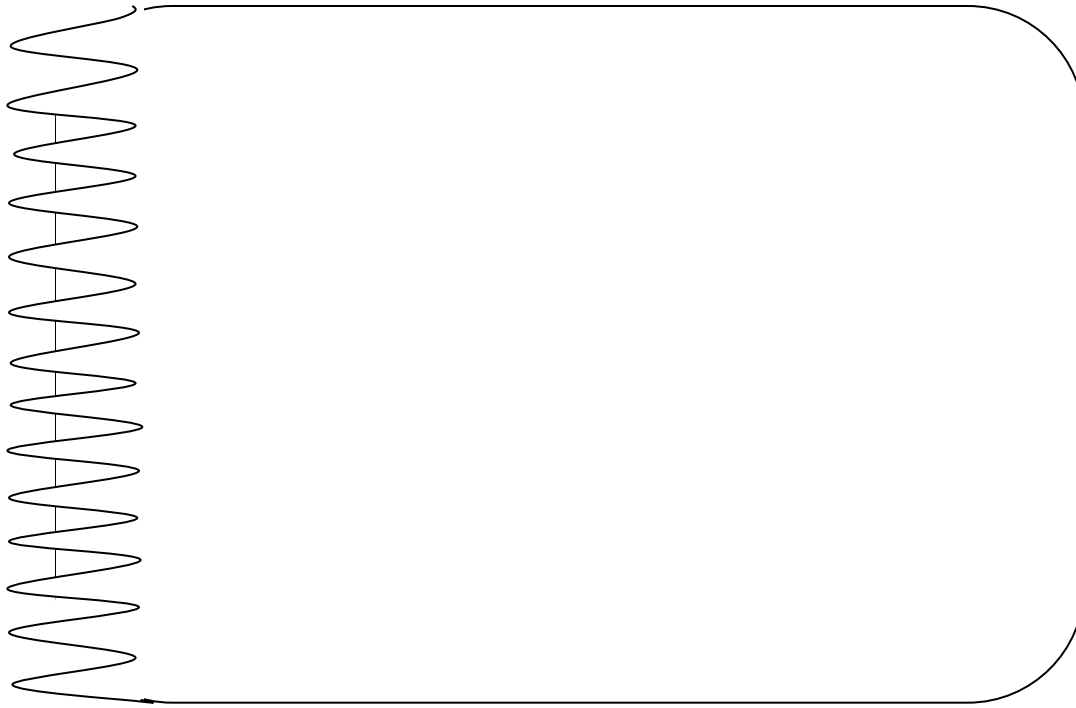


Pixabay.com

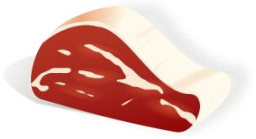


Tarmcelle

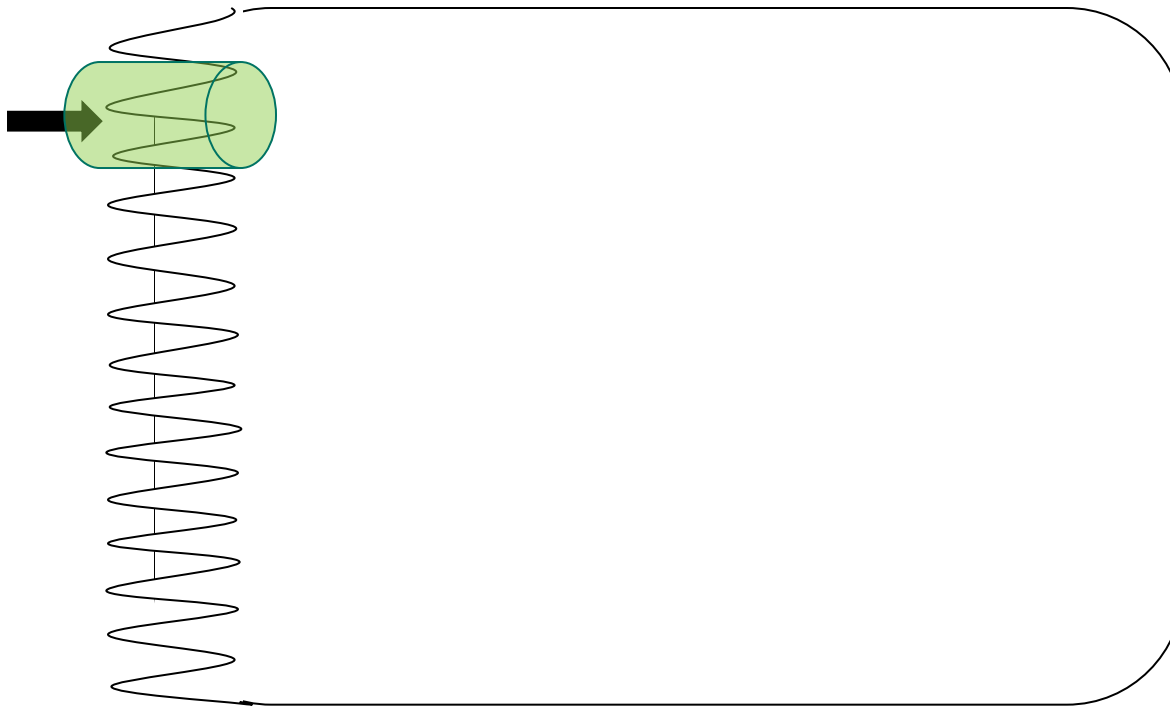
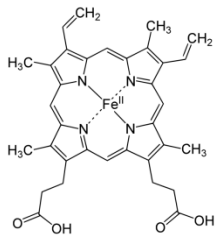
Tarm



Bilde: SSD



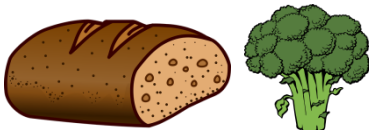
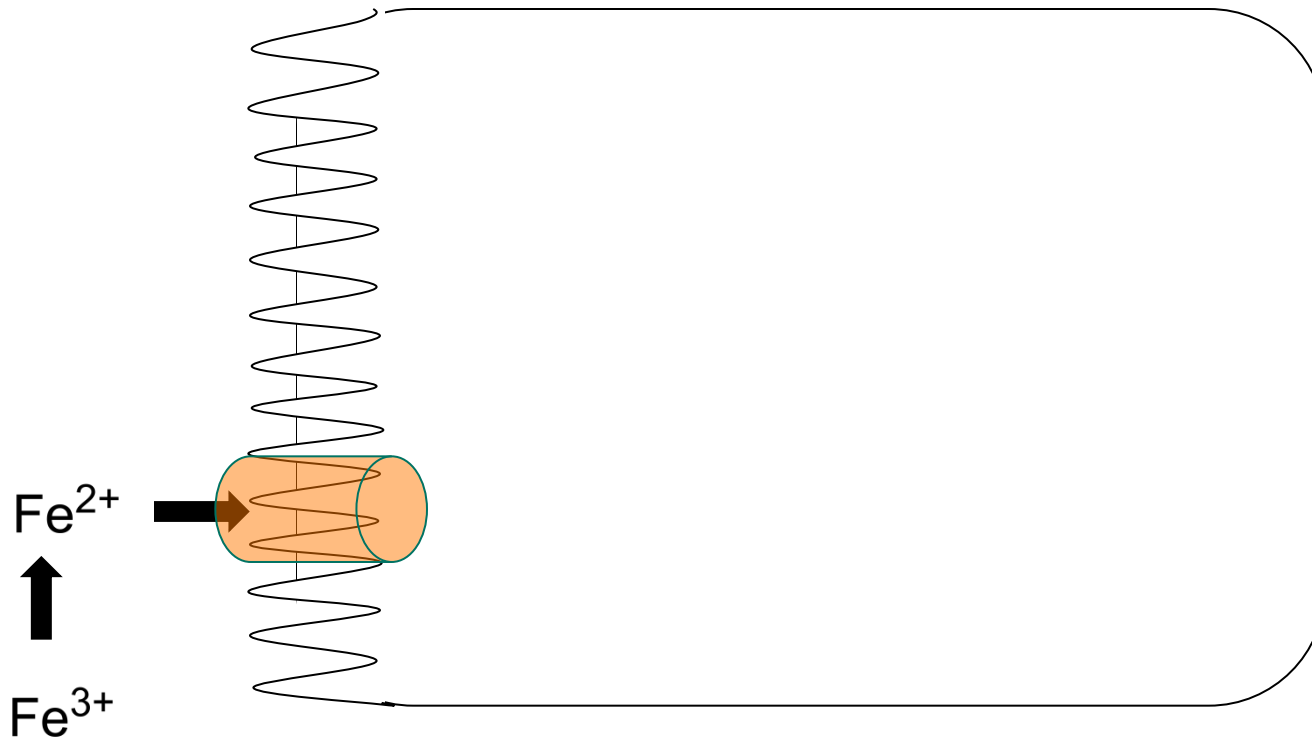
Tarmcelle



Bilde: SSD

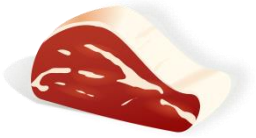
Kowdley KV et al Hepatol Commun 2021

Tarmcelle

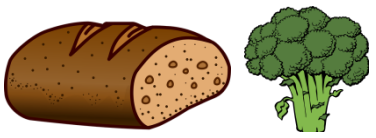
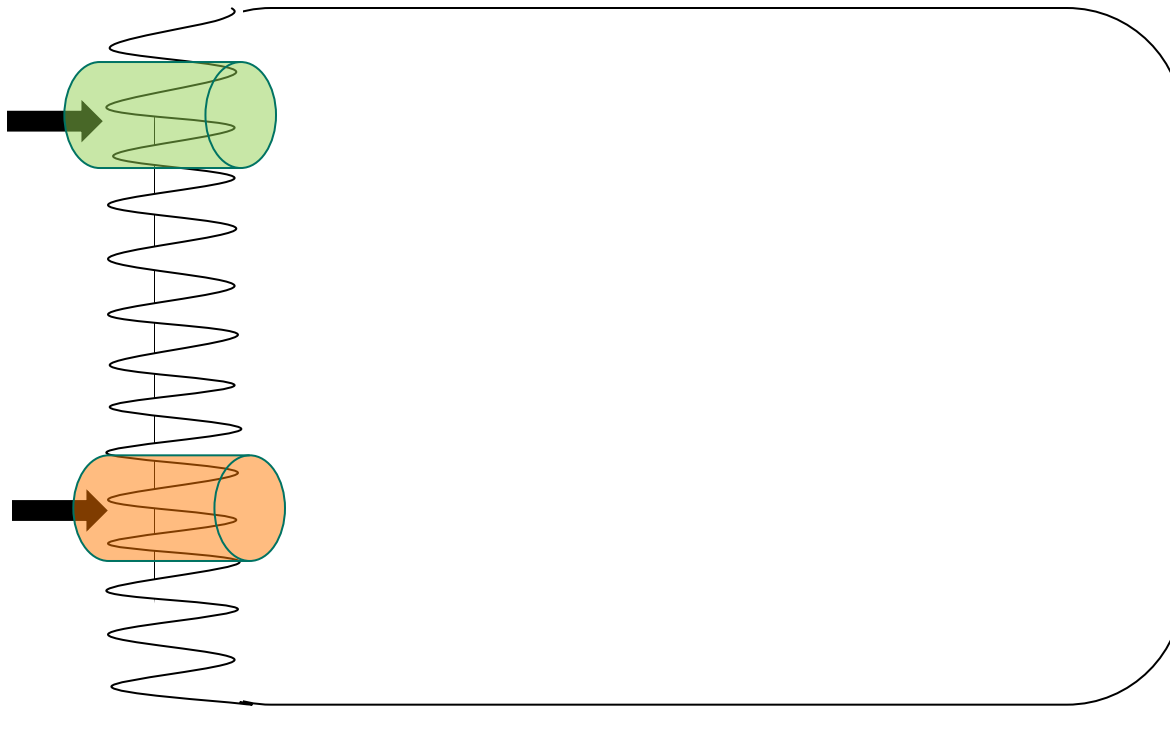
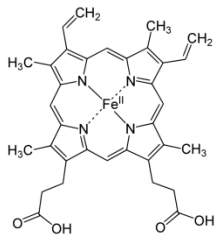


Bilder: SSD, wikipedia.org og pixabay.com

Kowdley KV et al Hepatol Commun 2021

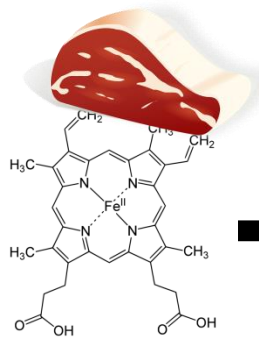


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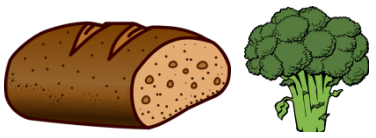
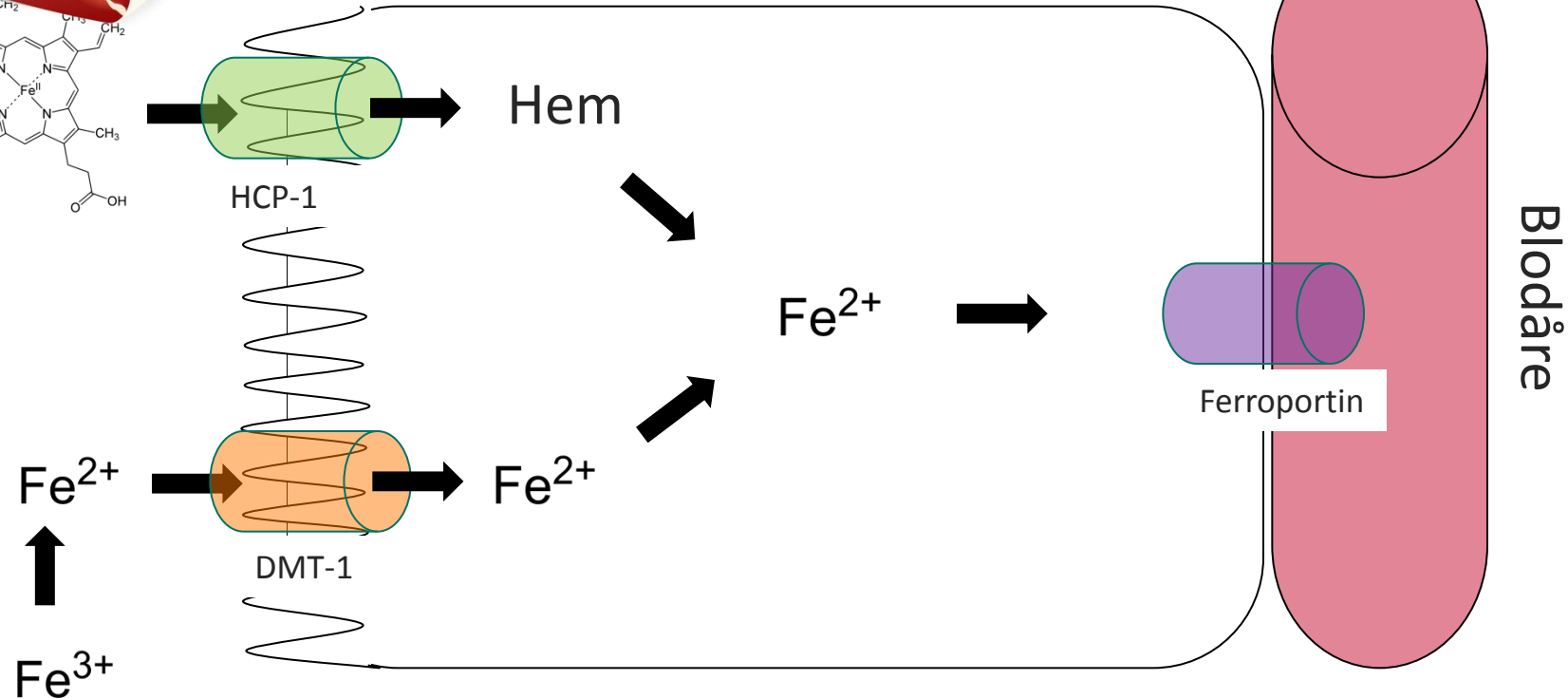


Bilder: SSD, wikipedia.org og pixabay.com

Kowdley KV et al Hepatol Commun 2021



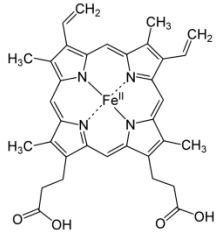
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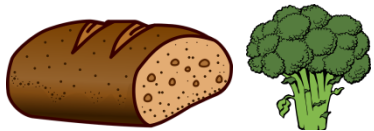
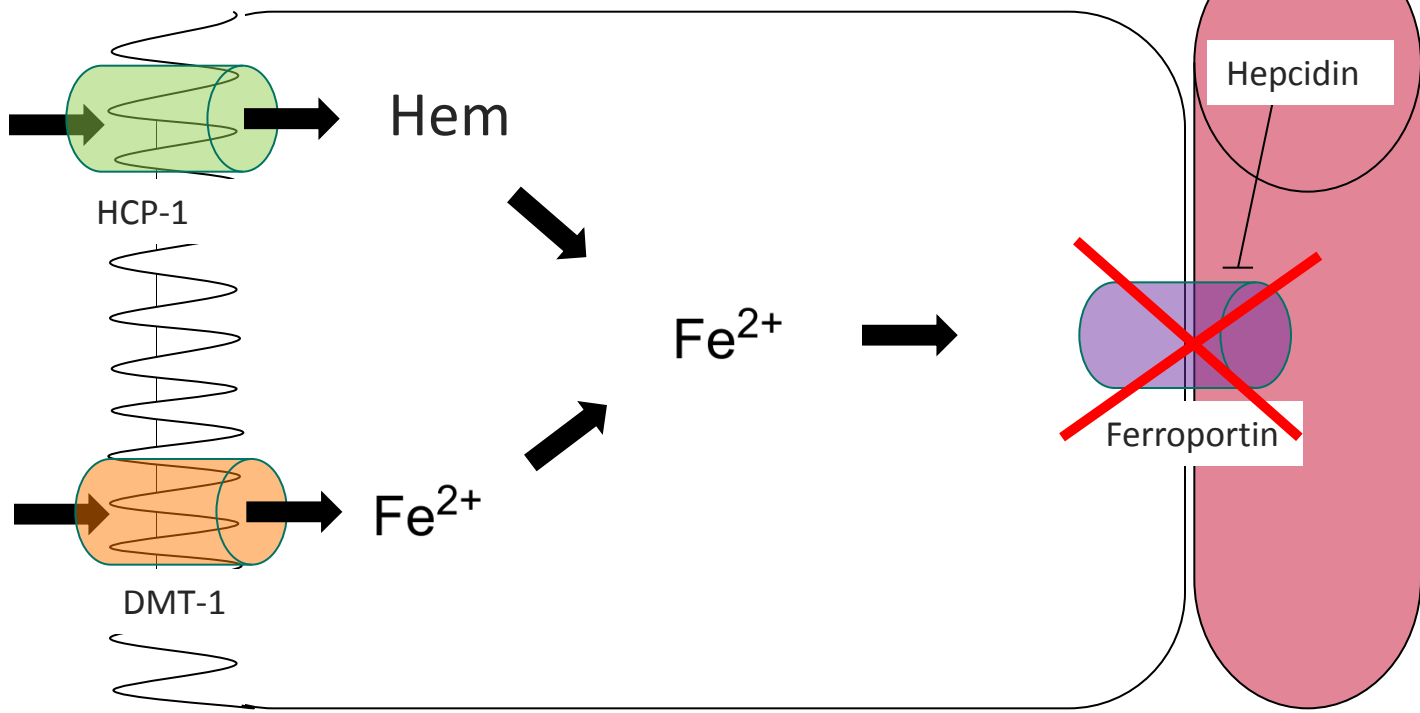
Bilder: SSD, wikipedia.org og pixabay.com

Kowdley KV et al Hepatol Commun 2021





Tarmcelle



Bilder: SSD, wikipedia.org og pixabay.com

Kowdley KV et al Hepatol Commun 2021





-60-70%





+60-70%





-60-70%



+60-70%





-50%





-40%



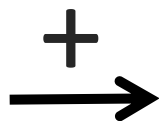


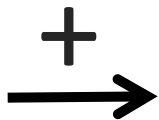
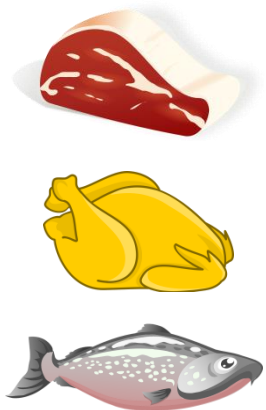
Vent 1-2 timer
-20%



+60-70%





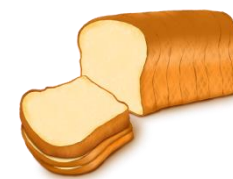


Vent 1-2 timer
-20%

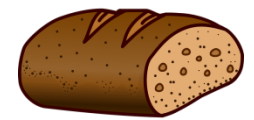


+60-70%





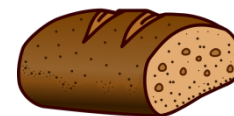
1 mg/100 g



3 mg/100 g



2,8 mg/100 g
25% tas opp



3 mg/100 g
5-15% tas opp



2,2 mg/100 g



0,7 mg/100 g

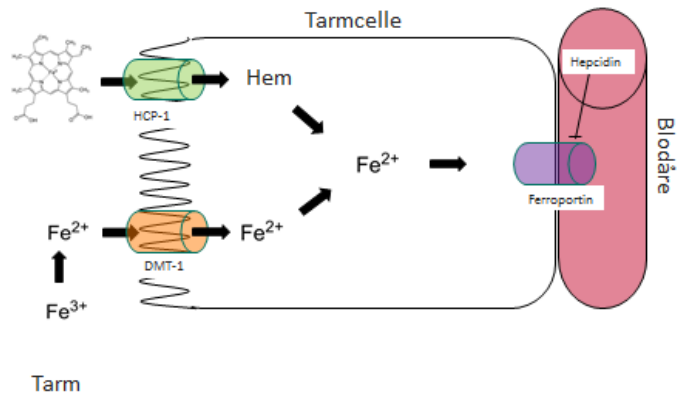


3-6 mg/100 g



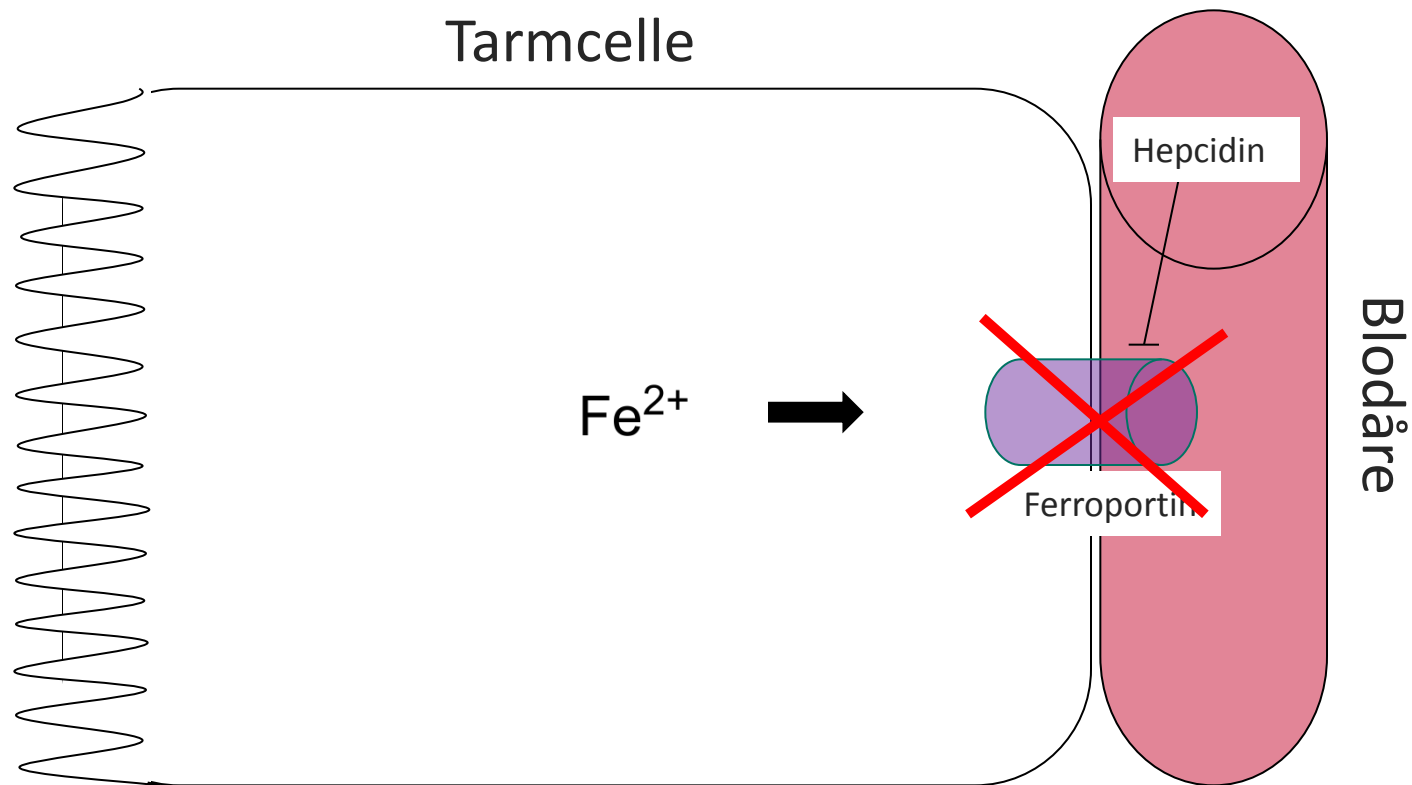
Privat bilde

Pixabay.com



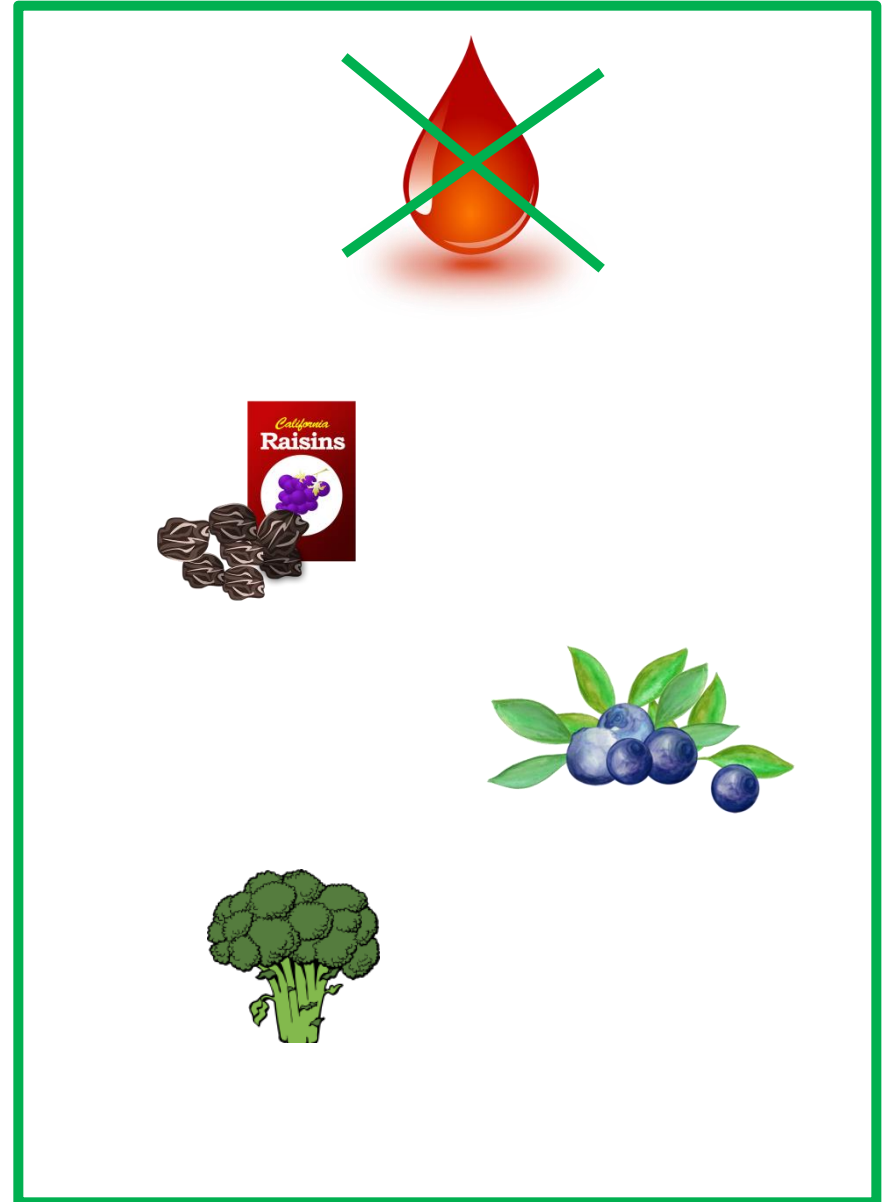
Privat bilde

Pixabay.com



Kosthold og Osler

1. Hva har dere hørt at dere skal spise?
2. Hva har dere hørt at dere ikke skal spise?



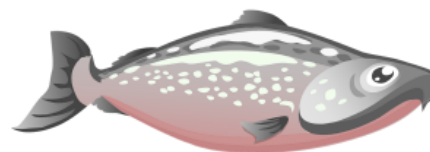
1

En håndfull nøtter/dag



2

Fete fiskemåltider/uke

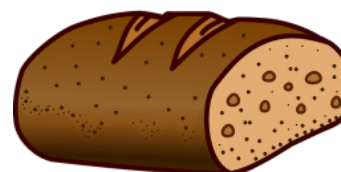


3

Magre
meieriprodukter/dag

4

Grove kornprodukter/dag



5

Frukt og
grønnsaker/dag



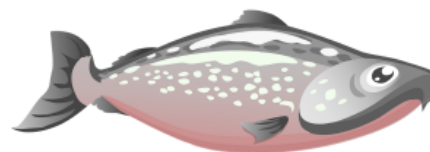
1

En håndfull nøtter/dag



2

Fete fiskemåltider/uke



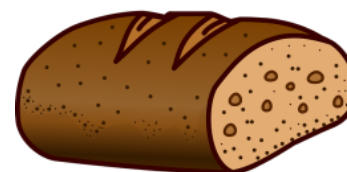
3

Magre meieriprodukter/dag



4

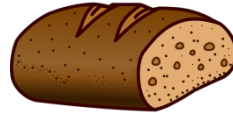
Grove kornprodukter/dag



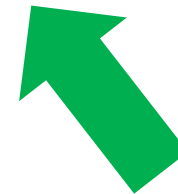
5

Frukt og grønnsaker/dag





Reduserer
jernopptak



Øker
jernopptak

