Die vollständige Literaturliste für Interessierte

Einleitung
ZEMEL, M.B.: The calcium key. The revolutionary diet discovery that will help you lose weight faster. Wiley, 2004

Kapitel: Kühe machen muhhh und wir machen muhhh

Kapitel: Gekonnt abnehmen! Lernen worauf es ankommt.
KOKKINOS, A. et al.: Eating slowly increases the postprandial response of the anorexigenic gut hormones, peptide YY and glucagon-like peptide-1, J Clin Endocrinol Metab 95(1), 337-7, 2009

Kapitel: Milch macht schlank – das sagt die Wissenschaft!
BUSH, N.C., ALVAREZ, J.A. et al.: Dietary calcium intake is associated with less gain in intra-abdominal adipose tissue over 1 year. Obesity 18(11), 2101-4, 2010

CHRISTENSEN, R. et al.: Effect of calcium from dairy and dietary supplements on faecal fat excretion: a meta-analysis or randomized controlled trials. Obesity Reviews 10, 475-486, 2009


FAGHIH, S. et al.: Comparison of the effects of cows’ milk, fortified soy milk, and calcium supplement on weight and fat loss in premenopausal overweight and obese woman. Nutrition, Metabolism & Cardiovascular Diseases, 1-5, 2010


PING-DELFOS, W.C.S, SOARES, Mario: Diet induced thermogenesis, fat oxidation and food intake following sequential meals: Influence of calcium and vitamin D. Clinical nutrition, 1-8, 2011

SCHRAGER, S.: Dietary calcium intake and obesity. The Journal of the American Board of Family, 18, 205-210, 2005


ZEMEL M.B. et al.: Calcium and dairy acceleration of weight and fat loss during energy restriction in obese adults. Obesity Research 12, 582-90, 2004


Kapitel: Die Milchdiät braucht weniger Kohlenhydrate


FLECHTNER-MORS, M. et al.: Enhanced weight loss with protein-enriched meal replacement in subjects with the metabolic syndrome. Diabetes Metabolism Research and Reviews, 2010


VELDHORST, A.B. et al.: Gluconeogenesis and energy expenditure after high protein, carbohydrate-free diet, Am J Clin Nutr 90, 519-26, 2009

WESTERTERP, K.R.: Diet induced thermogenesis. Nutrition & Metabolism, 1-5, 2004


Kapitel: Milchdiät = Low-Carb mit der Extraportion Milch


ROLLS, B.J. et al.: Salad and satiety: energy density and portion size of a first-course salad affect energy intake at lunch. Journal of the American Dietetic Association 104 (10), 1570-6, 2004


Kapitel: Nicht nur Milch trinken!


DENNIS, E.A. et al.: Water consumption increases weight loss during a hypocaloric diet intervention in middle-aged and older adults. Obesity (Silver Spring) 18(2), 300-307, 2010


FLOOD-OBBAGY, J.E., ROLLS, B.J.: The effect of fruit in different forms on energy intake and satiety at a meal. Appetite 52(2), 416-422, 2009


SAYON-OREA, C. et al.: Type of alcoholic beverage and incidence of overweight/obesity in a mediterranean cohort: The SUN project. Nutrition, 2010

Kapitel: Sind Sie zuckersüchtig?

BEULENS, J.W et al.: Alpha-lactalbumin combined with regular diet increases plasma Trp-LNAA ratio. Physiol Behav 81(4), 585-93, 2004


MASSOLT, E.T. et al.: Appetite suppression through smelling of dark chocolate correlates with changes in ghrelin in young women. Regul Pept 161(1-3), 81-6, 2010

PAGOTO, S.L. et al.: Acute tryptophan depletion and sweet food consumption by overweight adults. Eat Behav. 10(1), 36-41, 2009

WARWICK, Z.S. et al.: Taste and smell sensations enhance the satiating effect of both a high-carbohydrate and a high-fat meal in humans. Physiol Behav 53(3), 553-63, 1993


Kapitel: Jetzt geht es zum Sport


PHILLIPS, S.M., ZEMEL, M.B.: Effect of protein, dairy components and energy balance in optimizing body composition. (unveröffentlicht)

Kapitel: Entspannt abnehmen

DALLMAN, M.F.: Stress-induced obesity and the emotional nervous system. Trends Endocrinol Metab. 21(3), 159-65, 2010


WATSON, N.F. et al.: A twin study of sleep duration and body mass index. J Clin Sleep Med. 6(1), 11-17, 2010

ZULLEY, J.: Mein Buch vom guten Schlaf, Zabert-Sandmann Verlag, 2005

Kapitel: Schlank auch in Zukunft


BUSH, N.C. et al.: Dietary calcium intake is associated with less gain in intra-abdominal adipose tissue over 1 year. Obesity 10, 2010


LÖFGREN, P. et al.: Prospective and controlled studies of the action of insulin and catecholamine in fat cells of obese women following weight reduction. Diabetologia 48(11), 2334-42, 2005

QIN, L.Q. et al.: Higher branched-chain amino acid intake is associated with a lower prevalence of being overweight or obese in middle-aged East Asian and Western adults. J Nutr 141(2), 249-54, 2011


Kapitel: Milchmythen – was ist dran?


Impressum


