

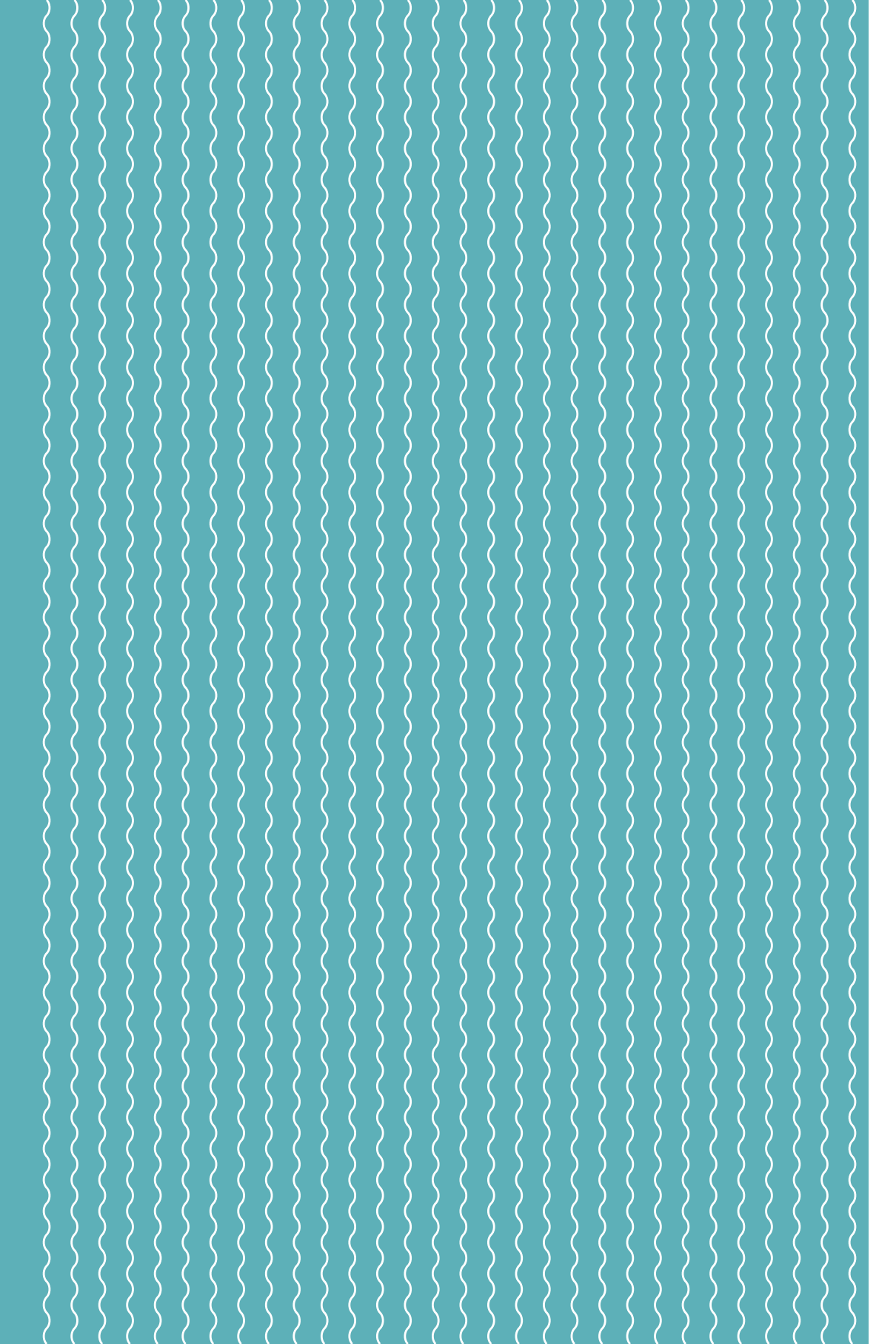
PDF DE  
ACOMPAÑAMIENTO  
AL AUDIOLIBRO:

Dr. Carlos Jaramillo

# EL MILAGRO

**Aliméntese bien, controle  
su peso y convierta su  
cuerpo en su mejor aliado**

# METABÓLICO



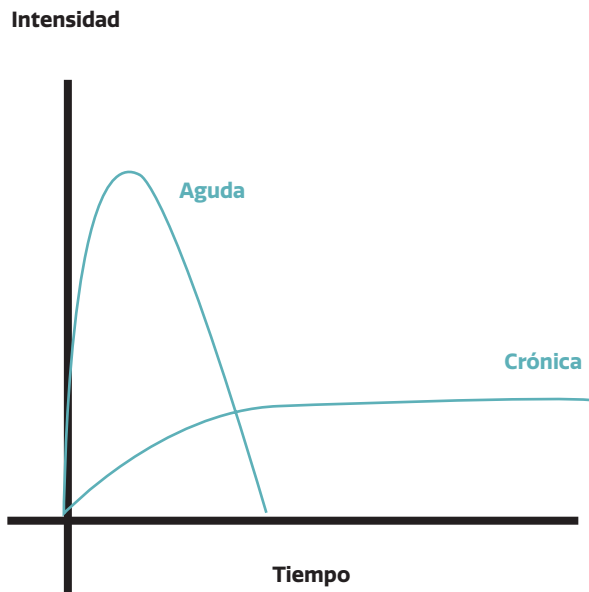
# Introducción

Acá encontrará los gráficos que acompañan el audiolibro, que le ayudarán a entender mejor el texto que escuchará a continuación y que hacen parte de la versión impresa y digital de este título. En el audio se le indicará el momento en que deba ver cada uno, para complementar la información.

## Gráfico 1

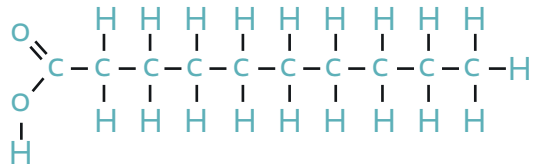


## Gráfico 2

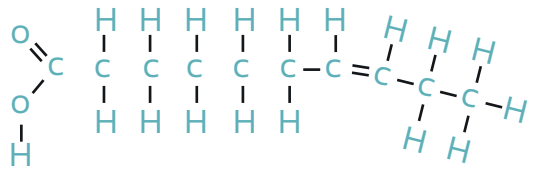


## Gráfico 3

### Saturado



### Insaturado



## Gráfico 4

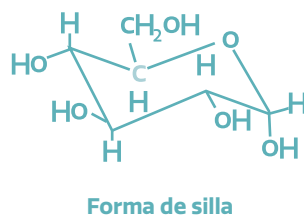
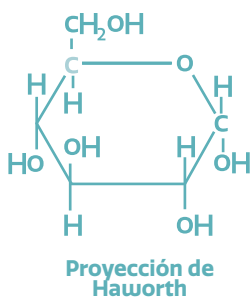
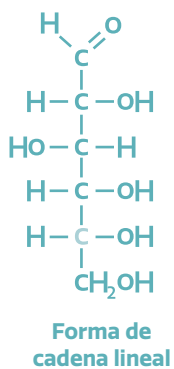


Tabla 1

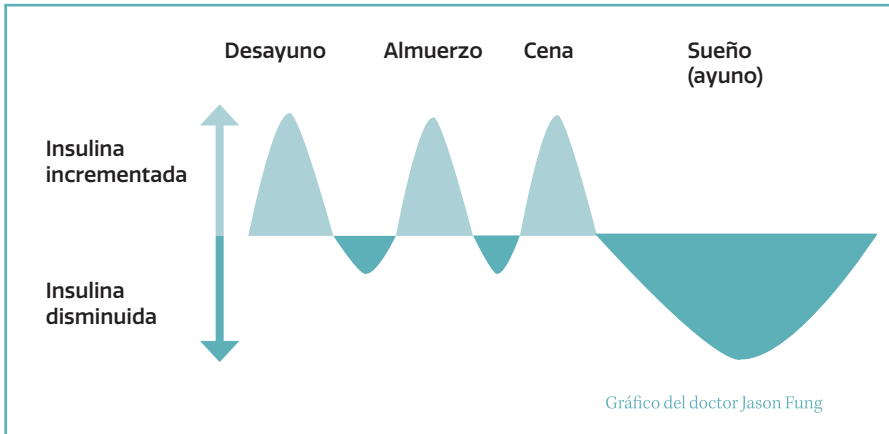
<b>CARNES</b>	
Carne de res (170 gramos)	54 gramos
Pavo, pechuga (170 gramos)	51,4 gramos
Chuleta de cerdo (170 gramos)	49 gramos
Pavo, carne oscura (170 gramos)	48,6 gramos
Hamburguesa (170 gramos)	48,6 gramos
Pollo, carne oscura (170 gramos)	47,2 gramos
Atún (170 gramos)	40,1 gramos
Bistec asado (170 gramos)	38,6 gramos
Pollo, pechuga (170 gramos)	37,8 gramos
Jamón (170 gramos)	35,4 gramos
Salmón (170 gramos)	33,6 gramos

<b>LÁCTEOS / HUEVOS</b>	
Leche de soya (177 mililitros)	6,7 gramos
Huevos (1 grande)	6,5 gramos

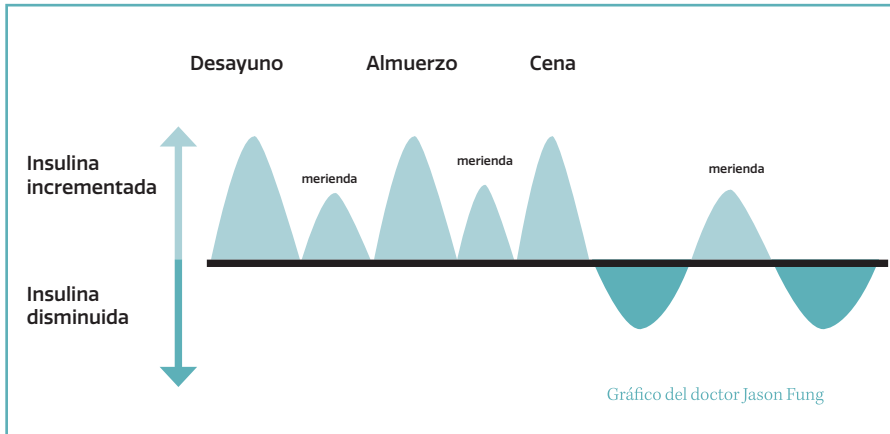
<b>SUSTITUTOS DE LA CARNE, GRANOS, LEGUMBRES Y NUECES</b>	
Hamburguesa de vegetales (170 gramos)	51,4 gramos
Tofu (170 gramos)	13,8 gramos
Mantequilla de almendra (2 cucharadas)	7 gramos
Lentejas (½ taza)	9 gramos
Guisantes (½ taza)	8,1 gramos
Frijoles (½ taza)	7,6 gramos
Semillas de ajonjolí (28 gramos)	7,5 gramos
Caraotas (½ taza)	7,5 gramos
Garbanzos (½ taza)	7,3 gramos
Arvejas (½ taza)	4,1 gramos



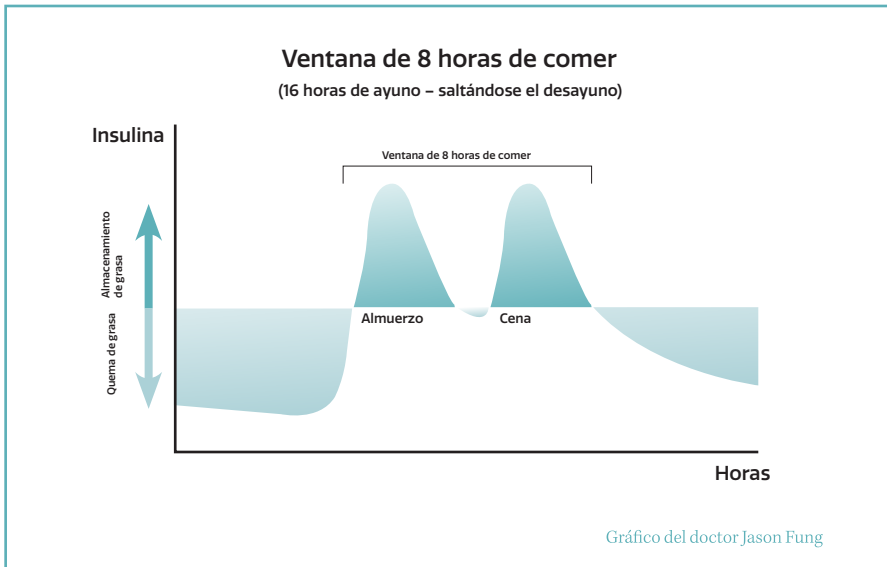
## Gráfico 5

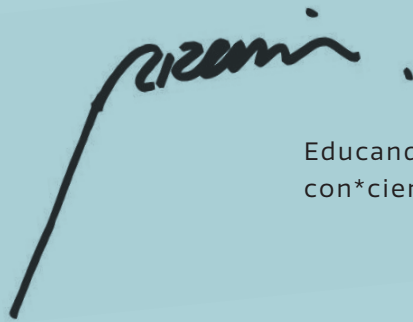


## Gráfico 6



## Gráfico 7



A handwritten signature in black ink, appearing to read 'Marta', is positioned on the left side of a light blue rectangular area. The signature is fluid and cursive, with a long, sweeping underline that extends downwards and to the left.

Educando  
con\*ciencia

# Referencias bibliográficas

## Primera parte El problema metabólico

### Capítulo 1 La epidemia

- World Health Organization. *Global report on diabetes*. 2016. Disponible en: [http://apps.who.int/iris/bitstream/10665/204871/1/9789241565257\\_eng.pdf](http://apps.who.int/iris/bitstream/10665/204871/1/9789241565257_eng.pdf). Consultado el 6 de junio del 2017.
- Centers for Disease Control and Prevention. *Number (in Millions) of Civilian, Non-Institutionalized Persons with Diagnosed Diabetes, United States, 1980-2014*. Disponible en: <https://www.cdc.gov/diabetes/statistics/prev/national/figpersons.htm>. Consultado el 6 de junio del 2017. Usado con autorización.
- Tabish, S. A. Is diabetes becoming the biggest epidemic of the twenty-first century? *Int J Health Sci*. 2007;1(2):5-8.
- Yudkin, J. Diet and coronary thrombosis hypothesis and fact. *Lancet*. 27 de julio de 1957;273(6987):155-162.
- Yudkin, J. The causes and cure of obesity. *Lancet*. 19 de diciembre de 1959;274(7112):1135-1138.
- Xu, Y. *et al.* Prevalence and Control of Diabetes in Chinese adults. *JAMA*. 2013;310(9):948-958.
- Menke, A. *et al.* Prevalence of and trends in diabetes among adults in the United States, 1988–2012. *JAMA*. 2015;314(10):1021-1029.

- Polonsky, K. S. The past 200 years in diabetes. *N Engl J Med* 2012;367(14):1332-1340.
- National Heart, Lung, and Blood Institute [Internet]. *Maintaining a healthy weight on the go*. Abril del 2010. Disponible en: [nhlbi.nih.gov/health/public/heart/obesity/aim\\_hwt.pdf](http://nhlbi.nih.gov/health/public/heart/obesity/aim_hwt.pdf).

## Capítulo 2

### La gran mentira

- Brownell, K. D., Puhl, R. M., Schwartz, M. B. y L. Rudd (eds.). (2005). *Weight bias: Nature, consequences, and remedies*. Nueva York, NY: Guilford Publications.
- Ludwig, D. S. Weight loss strategies for adolescents: A 14-year-old struggling to lose weight. *JAMA*. 1.º de febrero del 2012;307(5):498-508.
- Ebbeling, C. B., Swain, J. F., Feldman, H. A., Wong, W. W., Hachey, D. L., Garcia-Lago, E. y D. S. Ludwig. Effects of dietary composition on energy expenditure during weight-loss maintenance. *JAMA*. 27 de junio del 2012;307(24):2627-2634. doi: 10.1001/jama.2012.6607. PubMed [citation] PMID: 22735432, PMCID: PMC3564212.
- Suminthan, P. Long-term persistence of hormonal adaptations to weight loss. *N Engl J Med*. 27 de octubre del 2011;365(17):1597-1604.
- Keys, A., Brožek, J., Henschel, A., Mickelsen, O. y H. L. Taylor. *The biology of human starvation* (2 volumes). MINNE ed. St. Paul, MN: University of Minnesota Press; 1950.
- O'Meara, S., Riemsma, R., Shirran, L., Mather, L. y G. Ter Riet GA systematic review of the clinical effectiveness of orlistat used for the management of obesity. *Obes Rev*. Febrero del 2004;5(1):51-68.

- Torgerson, J. S. *et al.* Xenical in the Prevention of Diabetes in Obese Subjects (XENDOS) Study. *Diabetes Care*. Enero del 2004;27(1):155-161.
- Ladabaum, U. *et al.* Obesity, abdominal obesity, physical activity, and caloric intake in US adults: 1988 to 2010. *Am J Med*. Agosto del 2014;127(8):717-727.
- Sims, E. A. Experimental obesity in man. *J Clin Invest*. Mayo de 1971;50(5):1005-1011.
- Sims, E. A. *et al.* Endocrine and metabolic effects of experimental obesity in man. *Recent Prog Horm Res*. 1973;29:457-496.
- Shell E. R. *The hungry gene: the inside story of the obesity industry*. Nueva York: Grove Press; 2003.
- *Countries that exercise the most include United States, Spain, and France*. Huffington Post [Internet]. 31 de diciembre del 2013. Disponible en: [huffingtonpost.ca/2013/12/31/country-exercise-most-\\_n\\_4523537.html](http://huffingtonpost.ca/2013/12/31/country-exercise-most-_n_4523537.html). Consultado el 6 de abril del 2015.
- Dwyer-Lindgren, L., Freedman, G., Engell, R. E., Fleming, T. D., Lim, S. S., Murray, C. J. y A. H. Mokdad. Prevalence of physical activity and obesity in US counties, 2001–2011: A road map for action. *Population Health Metrics*. 10 de julio del 2013;11:7. Disponible en: [biomedcentral.com/content/pdf/1478-7954-11-7.pdf](http://biomedcentral.com/content/pdf/1478-7954-11-7.pdf). Consultado el 8 de abril del 2015.

## Capítulo 3

### Lo que nos enferma

- Guyton and Hall Textbook of Medical Physiology, 13.<sup>a</sup> edición, 2016.
- Smith, C. J., Fisher, M. y G. A. McKay,. Drugs for diabetes: part 2 sulphonylureas. *Br J Cardiol*. Noviembre del 2010;17(6):279-282.

- Domecq, J. P. *et al.* Drugs commonly associated with weight change: A systematic review and meta-analysis. *J Clin Endocrinol Metab.* Febrero del 2015;100(2):363-370.
- Kong, L. C. *et al.* Insulin resistance and inflammation predict kinetic body weight changes in response to dietary weight loss and maintenance in overweight and obese subjects by using a Bayesian network approach. *Am J Clin Nutr.* Diciembre del 2013;98(6):1385-1394.
- Martin, S. S., Qasim, A. y M. P. Reilly. Leptin resistance: A possible interface of inflammation and metabolism in obesity-related cardiovascular disease. *J Am Coll Cardiol.* 7 de octubre del 2008;52(15):1201-1210.
- Lustig, R. H. *et al.* Obesity, leptin resistance, and the effects of insulin suppression. *Int J Obesity.* 17 de agosto del 2004;28:1344-1348.
- Fauci, A. *et al.*, eds. Harrison's principles of internal medicine. 17.<sup>a</sup> ed. McGraw-Hill Professional; 2008. P. 2255.
- Hirsch, K. R., Smith-Ryan, A. E., Blue, M. N. M., Mock, M. G. y E. T. Trexler. Influence of segmental body composition and adiposity hormones on resting metabolic rate and substrate utilization in overweight and obese adults. *J Endocrinol Invest.* Junio del 2017;40(6):635-643. doi: 10.1007/s40618-017-0616-z. Publicación electrónica: 16 de febrero del 2017.
- Yamanaka, Y., Motoshima, H. y K. Uchida. Hypothalamic-pituitary-adrenal axis differentially responses to morning and evening psychological stress in healthy subjects. *Neuropsychopharmacol Rep.* 27 de noviembre del 2018. doi: 10.1002/npr2.12042.
- Jensen, T., Niwa, K., Hisatome, I., Kanbay, M., Andrés-Hernando, A., Roncal-Jiménez, C. A., Sato, Y., García, G., Ohno, M., Lanasa, M. A., Johnson, R. J. y M. Kuwabara. Increased Serum Uric Acid over five years is a Risk Factor for Developing Fatty Liver. *Sci Rep.* 6 de agosto del 2018;8(1):11735. doi: 10.1038/s41598-018-30267-2.



- Kuwabara, M., Kuwabara, R., Niwa, K., Hisatome, I., Smits, G., Roncal-Jiménez, C. A., MacLean, P. S., Yracheta, J. M., Ohno, M., Lanaspá, M. A., Johnson R. J. y D. I. Jalal. Different Risk for Hypertension, Diabetes, Dyslipidemia, and Hyperuricemia According to Level of Body Mass Index in Japanese and American Subjects.. *Nutrients*. 3 de agosto del 2018;10(8).
- King, C., Lanaspá, M. A., Jensen, T., Tolan, D. R., Sánchez-Lozada, L. G. y R. J. Johnson. Uric Acid as a Cause of the Metabolic Syndrome. *Contrib Nephrol*. 2018;192:88-102. doi: 10.1159/000484283. Publicación electrónica: 23 de enero del 2018.
- Johnson, R. J., Sánchez-Lozada, L. G., Andrews, P. y M. A. Lanaspá. Perspective: A Historical and Scientific Perspective of Sugar and Its Relation with Obesity and Diabetes. *Adv Nutr*. 15 de mayo del 2017;8(3):412-422. doi: 10.3945/an.116.014654. Versión impresa: Mayo del 2017.
- Johnson, R. J., Nakagawa, T., Sánchez-Lozada, L. G., Shafiu, M., Sundaram, S., Le, M., Ishimoto, T., Sautin, Y. Y. y M. A. Lanaspá. Sugar, uric acid, and the etiology of diabetes and obesity. *Diabetes*. Octubre del 2013;62(10):3307-3315. doi: 10.2337/db12-1814.
- Lanaspá, M. A., Sánchez-Lozada, L. G., Choi, Y. J., Cicerchi, C., Kanbay, M., Roncal-Jiménez, C. A., Ishimoto, T., Li, N., Marek, G., Duranay, M., Schreiner, G., Rodríguez-Iturbe, B., Nakagawa, T., Kang, D. H., Sautin, Y. Y. y R. J. Johnson. Uric acid induces hepatic steatosis by generation of mitochondrial oxidative stress: Potential role in fructose-dependent and -independent fatty liver. *J Biol Chem*. 23 de noviembre del 2011;287(48):40732-40744. doi: 10.1074/jbc.M112.399899. Publicación electrónica: 3 de octubre del 2011. PMID: 23035112

## Capítulo 4

### La ansiedad y la adicción a la comida

- Nutt, D. Development of a rational scale to assess the harm of drugs of potential misuse. *Lancet*. 24 de marzo del 2007;369(9566):1047-1053.
- Gearhardt, A. N. Food addiction: An examination of the diagnostic criteria for dependence. *J Addict Med*. Marzo del 2009;3(1):1-7.
- Colantuoni, C. Excessive sugar intake alters binding to dopamine and mu-opioid receptors in the brain. *Neuroreport*. 16 de noviembre del 2001;12(16):3549-3552.
- Volkow, N. D. "Nonhedonic" food motivation in humans involves dopamine in the dorsal striatum and methylphenidate amplifies this effect. *Synapse*. 1.º de junio del 2002;44(3):175-180.
- Lenoir, M. Intense sweetness surpasses cocaine reward. *PLoS One*. 1.º de agosto del 2007;2(8):e698.
- Wang, Y. C., Bleich, S. N. y S. L. Gortmaker. Increasing caloric contribution from sugar-sweetened beverages and 100 % fruit juices among US children and adolescents, 1988-2004. *Pediatrics*. Junio del 2008;121(6):e1604-1614. doi: 10.1542/peds.2007-2834.
- Fung, T. T. Sweetened beverage consumption and risk of coronary heart disease in women. *Am J Clin Nutr*. Abril del 2009;89(4):1037-1042. doi: 10.3945/ajcn.2008.27140. Publicación electrónica: 11 de febrero del 2009.
- Malik, V. S. Intake of sugar-sweetened beverages and weight gain: A systematic review. *Am J Clin Nutr*. Agosto del 2006;84(2):274-288.

- Forshee, R. A. Sugar-sweetened beverages and body mass index in children and adolescents: A meta-analysis. *Am J Clin Nutr.* Junio del 2008;87(6):1662-1671. Erratas en: *Am J Clin Nutr.* Enero del 2009;89(1):441-442.
- Wang, Y. C. y D. S. Ludwig. Impact of change in sweetened caloric beverage consumption on energy intake among children and adolescents. *Arch Pediatr Adolesc Med.* Abril del 2009;163(4):336-343. doi: 10.1001/archpediatrics.2009.23.
- Ludwig, D. S. Artificially sweetened beverages: Cause for concern. *JAMA.* 9 de diciembre del 2009;302(22):2477-2478. doi: 10.1001/jama.2009.1822.

## Capítulo 5

### La inflamación crónica

- Deng, Y. Adipokines as novel biomarkers and regulators of the metabolic syndrome. *Ann N Y Acad Sci.* Noviembre del 2010;1212:E1-E19. doi: 10.1111/j.1749-6632.2010.05875.x
- Nimptsch, K., Konigorski, S., y T. Pischon, Diagnosis of obesity and use of obesity biomarkers in science and clinical medicine. *Metabolism.* 23 de diciembre del 2018. pii: S0026-0495(18)30266-X. doi: 10.1016/j.metabol.2018.12.006 [Publicación electrónica antes de la impreza].
- Jones, O. A., Maguire, M. L. y J. L. Griffin. Environmental pollution and diabetes: A neglected association. *Lancet.* 26 de enero del 2008;371(9609):287-288. doi: 10.1016/S0140-6736(08)60147-6.
- Atkinson, R. L. Viruses as an etiology of obesity. *Mayo Clin Proc.* Octubre del 2007;82(10):1192-1198.
- Shamriz, O. y Y. Shoenfeld. Infections: A double-edge sword in autoimmunity. *Curr Opin Rheumatol.* Julio del 2018;30(4):365-372.

- Ram, R. y G. Morahan. Effects of Type 1 Diabetes Risk Alleles on Immune Cell Gene Expression. *Genes* (Basilea). 21 de enero del 2017;8(6).
- Yuan, Y. Obesity-Related Asthma: Immune Regulation and Potential Targeted Therapies. *J Immunol Res*. 28 de junio del 2018;2018:1943497.
- Carpaij, O. A. y M. van den Berge. The asthma-obesity relationship: Underlying mechanisms and treatment implications. *Curr Opin Pulm Med*. Enero del 2018;24(1):42-49.
- Nirmalkar, K. Gut Microbiota and Endothelial Dysfunction Markers in Obese Mexican Children and Adolescents. *Nutrients*. 19 de diciembre del 2018;10(12).
- Bohan, R. Gut microbiota: A potential manipulator for host adipose tissue and energy metabolism. *J Nutr Biochem*. 10 de noviembre del 2018;64:206-217.
- Belizário, J. E. y J. Faintuch. Microbiome and Gut Dysbiosis. *Exp Suppl*. 2018;109:459-476.
- Wilders, M. IgG antibodies against food antigens are correlated with inflammation and intima media thickness in obese juveniles. *Exp Clin Endocrinol Diabetes*. Abril del 2008;116(4):241-245.
- DiNicolantonio, J. J. y J. H. O'Keefe. Importance of maintaining a low omega-6/omega-3 ratio for reducing inflammation. *Open Heart*. 26 de noviembre del 2018;5(2).
- Khadge, S. Immune regulation and anti-cancer activity by lipid inflammatory mediators. *Int Immunopharmacol*. Diciembre del 2018;65:580-592.
- Holick, M. F. Vitamin D: Importance in the prevention of cancers, type 1 diabetes, heart disease, and osteoporosis. *Am J Clin Nutr*. Marzo del 2004;79(3):362-371.
- Darroudi, S. Oxidative stress and inflammation, two features associated with a high percentage body fat, and that may lead to diabe-

tes mellitus and metabolic syndrome. *Biofactors*. 18 de diciembre del 2018.

- Battelli, M. G. Metabolic syndrome and cancer risk: The role of xanthine oxidoreductase. *Redox Biol.* 7 de diciembre del 2018;21.
- De Jongh, R. T., van Schoor, N. M. y P. Lips. Changes in vitamin D endocrinology during aging in adults. *Mol Cell Endocrinol.* 15 de septiembre del 2017;453:144-150.
- Mazidi, M., Michos, E. D. y M. Banach. The association of telomere length and serum 25-hydroxyvitamin D levels in US adults: The National Health and Nutrition Examination Survey. *Arch Med Sci.* 1.º de febrero del 2017;13(1):61-65.
- Marcon, F. Telomerase activity, telomere length and hTERT DNA methylation in peripheral blood mononuclear cells from monozygotic twins with discordant smoking habits. *Environ Mol Mutagen.* Octubre del 2017;58(8):551-559.
- Malhotra, A. Saturated fat does not clog the arteries: Coronary heart disease is a chronic inflammatory condition, the risk of which can be effectively reduced from healthy lifestyle interventions. *Br J Sports Med.* Agosto del 2017;51(15):1111-1112. doi: 10.1136/bjsports-2016-097285. Publicación electrónica: 25 de abril del 2017.

## Segunda parte Los mitos metabólicos

### Capítulo 6

#### Los alimentos

##### Las proteínas

- Yin, J. Protein restriction and cancer. *Biochim Biophys Acta Rev Cancer*. Abril del 2018;1869(2):256-262. doi: 10.1016/j.bbcan.2018.03.004. Publicación electrónica: 26 de marzo del 2018.
- Stojkovic, V. The Effect of Dietary Glycemic Properties on Markers of Inflammation, Insulin Resistance, and Body Composition in Postmenopausal American Women: An Ancillary Study from a Multicenter Protein Supplementation Trial. *Nutrients*. 11 de mayo del 2017;9(5). pii: E484. doi: 10.3390/nu9050484.
- Calton, E. K. Certain dietary patterns are beneficial for the metabolic syndrome: reviewing the evidence. *Nutr Res*. Julio del 2014;34(7):559-568. doi: 10.1016/j.nutres.2014.06.012. Publicación electrónica: 26 de junio del 2014.
- Bouvard, V., Loomis, D., Guyton, K. Z. *et al.* Carcinogenicity of consumption of red and processed meat. *Lancet Oncol*. Diciembre del 2015;16(16):1599-1600.
- Alexander, D. D. y C. A. Cushing. Red meat and colorectal cancer: A critical summary of prospective epidemiologic studies. *Obes Rev*. Mayo del 2011 May;12(5):e472-e493.
- Lin, J., Zhang, S. M., Cook, N.R. *et al.* Dietary fat and fatty acids and risk of colorectal cancer in women. *Am J Epidemiol*. 15 de noviembre del 2004;160(10):1011-1022.
- Sapkota, A. R., Lefferts, L. Y., McKenzie, S. *et al.* What do we feed to food-production animals? A review of animal feed ingredients and

their potential impacts on human health. *Environ Health Perspect.* Mayo del 2007;115(5):663-670.

- Centers for Disease Control and Prevention. *Salmonella and chicken: what you should know and what you can do.* <https://www.cdc.gov/features/SalmonellaChicken/index.html>. Actualizado el 11 de septiembre del 2017.
- Food and Drug Administration. Department of Health and Human Services. *2012 Summary Report on Antimicrobials Sold or Distributed for Use in Food-Producing Animals.* <https://www.fda.gov/downloads/ForIndustry/UserFees/AnimalDrugUserFeeActADUFA/UCM416983.pdf>. Septiembre del 2014.
- Consumer Reports. *Dangerous contaminated chicken.* <http://www.consumerreports.org/cro/magazine/2014/02/the-high-cost-of-cheap-chicken/index.htm>. Actualizado en enero del 2014.
- Klein, S., Witmer, J., Tian, A. y C. S. deWaal. Center for Science in the Public Interest. *The Ten Riskiest Foods Regulated by the U.S. Food and Drug Administration.* 7 de octubre del 2009.
- Johns Hopkins Bloomberg School of Public Health. *Global shift in farmed fish feed may impact nutritional benefits ascribed to consuming seafood.* <http://www.jhsph.edu/research/centers-and-institutes/johns-hopkins-center-for-a-livable-future/news-room/News-Releases/2016/global-shift-in-farmed-fish-feed-may-impact-nutritional-benefits-ascribed-to-consuming-seafood.html>. 14 de marzo del 2016.
- Done, H. Y. y R. U. Halden. Reconnaissance of 47 antibiotics and associated microbial risks in seafood sold in the United States. *J Hazard Mater.* 23 de junio del 2015;282:10-17.
- Fry, J. P., Love, D. C., MacDonald, G. K. *et al.* Environmental health impacts of feeding crops to farmed fish. *Environ Int.* Mayo del 2016;91:201-214.

- Mozaffarian, D. y E. B. Rimm. Fish intake, contaminants, and human health: evaluating the risks and the benefits. *JAMA*. 2006;296(15):1885-1899.
- Del Gobbo L, C., Imamura, F., Aslibekyan, S. *et al.*  $\Omega$ -3 Polyunsaturated fatty acid biomarkers and coronary heart disease: Pooling project of 19 cohort studies. *JAMA Intern Med*. 1.º de agosto del 2016;176(8):1155-1166.
- Whiteley, P. Gluten- and casein-free dietary intervention for autism spectrum conditions. *Front Hum Neurosci*. 4 de enero del 2013;6:344. doi: 10.3389/fnhum.2012.00344. eCollection 2012.

## Las grasas

- Siri-Tarino, P. W., Sun, Q., Hu, F. B. *et al.* Saturated fat, carbohydrate, and cardiovascular disease. *Am J Clin Nutr*. 2010;91(3):502-509.
- Volk, B. M., Kunces, L. J., Freidenreich, D. J. *et al.* Effects of step-wise increases in dietary carbohydrate on circulating saturated fatty acids and palmitoleic acid in adults with metabolic syndrome. *PLoS One*. 21 de noviembre del 2014;9(11):e113605.
- Chowdhury, R., Warnakula, S., Kunutsor, S. *et al.* Association of dietary, circulating, and supplement fatty acids with coronary risk: a systematic review and meta-analysis. *Ann Intern Med*. 18 de marzo del 2014;160(6):398-406.
- Aarsland, A. y R. R. Wolfe. Hepatic secretion of VLDL fatty acids during stimulated lipogenesis in men. *J Lipid Res*. 1998;39(6):1280-1286.
- Lorente-Cebrián, S., Costa, A.G., Navas-Carretero, S. *et al.* Role of omega-3 fatty acids in obesity, metabolic syndrome, and cardiovascular diseases: A review of the evidence. *J Physiol Biochem*. Septiembre del 2013;69(3):633-651. Carrie, L., Abellan van Kan, G., Rolland, Y. *et al.* PUFA for prevention and treatment of dementia? *Curr Pharm Des*. 2009;15(36):4173-4185.



- Loef, M. y H. Walach. The omega-6/omega-3 ratio and dementia or cognitive decline: A systematic review on human studies and biological evidence. *J Nutr Gerontol Geriatr.* 2013;32(1):1-23.
- Hibbeln, J. R. Depression, suicide and deficiencies of omega-3 essential fatty acids in modern diets. *World Rev Nutr Diet.* 2009;99:17-30.
- Simopoulos, A. P. The importance of the ratio of omega-6/omega-3 essential fatty acids. *Biomed Pharmacother.* Octubre del 2002;56(8):365-379.
- Eades, M. The Blog of Michael R. Eades, M.D. [Internet]. *Framingham follies.* 28 de septiembre del 2006. Disponible en: [proteinpower.com/drmike/cardiovascular-disease/framingham-follies](http://proteinpower.com/drmike/cardiovascular-disease/framingham-follies).
- Howard, B. V. *et al.* Low fat dietary pattern and risk of cardiovascular disease: The Womens' Health Initiative Randomized Controlled Dietary Modification Trial. *JAMA.* 8 de febrero del 2006;295(6):655-666.
- Willett, W. C. Dietary fat plays a major role in obesity: No. *Obes Rev.* Mayo del 2002;3(2):59-68.
- Sacks, F. M. *et al.* American Heart Association. Dietary Fats and Cardiovascular Disease: A Presidential Advisory from the American Heart Association. *Circulation.* 18 de julio del 2017;136(3):e1-e23.
- Malhotra, A. Saturated fat does not clog the arteries: Coronary heart disease is a chronic inflammatory condition, the risk of which can be effectively reduced from healthy lifestyle interventions. *Br J Sports Med* Agosto del 2017;51(15):1111-1112. doi: 10.1136/bjsports-2016-097285. Publicación electrónica: 25 de abril del 2017.
- Ramsden, C. E. *et al.* Re-evaluation of the traditional diet-heart hypothesis: Analysis of recovered data from Minnesota Coronary Experiment (1968-1973). *BMJ.* 12 de abril del 2016;353:i1246.

- Dehghan, M., Mente, A. Zhang, X. *et al.* Associations of fats and carbohydrate intake with cardiovascular disease and mortality in 18 countries from five continents (PURE): A prospective cohort study. *Lancet*. 29 de agosto del 2017.
- Masterjohn, C. *Saturated fat does a body good*. Weston A. Price Foundation. 6 de mayo del 2016.
- National Cholesterol Education Program Expert Panel on Detection, Evaluation, and Treatment of High Blood Cholesterol in Adults (Adult Treatment Panel III). National Institutes of Health; National Heart, Lung, and Blood Institute. Septiembre del 2002. Disponible en: [nhlbi.nih.gov/files/docs/resources/heart/atp3full.pdf](http://nhlbi.nih.gov/files/docs/resources/heart/atp3full.pdf). Consultado el 12 de abril del 2015.
- Siri-Tarino, P. W. *et al.* Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease. *Am J Clin Nutr*. Marzo del 2010;91(3):535-546.
- Yamagishi, K. *et al.* Dietary intake of saturated fatty acids and mortality from cardiovascular disease in Japanese. *Am J Clin Nutr*. Publicado por primera vez el 4 de agosto del 2010. doi: 10.3945/ajcn.2009.29146. Consultado el 12 de abril del 2015.
- Saslow, L. R. *et al.* An online intervention comparing a very low-carbohydrate ketogenic diet and lifestyle recommendations versus a plate method diet in overweight individuals with type 2 diabetes: A randomized controlled trial. *J Med Internet Res*. 13 de febrero del 2017;19(2):e36.
- Roberts, M. N. *et al.* A ketogenic diet extends longevity and healthspan in adult mice. *Cell Metab*. 5 de septiembre del 2017;26(3):539-546:e5.
- Liu, Y. M., Wang, H. S. Medium-chain triglyceride ketogenic diet, an effective treatment for drug-resistant epilepsy and a comparison with other ketogenic diets. *Biomed J*. Enero-febrero del 2013;36(1):9-15.

## La fructosa

- Lustig, R. H. Fructose: Metabolic, hedonic, and societal parallels with ethanol. *J Am Diet Assoc.* 2010; 110(9):1307-1321.
- Beck-Nielsen, H. *et al.* Impaired cellular insulin binding and insulin sensitivity induced by high-fructose feeding in normal subjects. *Am J Clin Nutr.* Febrero de 1980;33(2):273-278.
- Stanhope, K. L., *et al.* Consuming fructose-sweetened, not glucose-sweetened, beverages increases visceral adiposity and lipids and decreases insulin sensitivity in overweight/obese humans. *JCI.* 2009;119(5):1322-1334.
- Bizeau, M. E. y M. J. Pagliassotti. Hepatic adaptations to sucrose and fructose. *Metabolism.* 2005;54(9):1189-1201.
- Faeh, D. *et al.* Effect of fructose overfeeding and fish oil administration on hepatic de novo lipogenesis and insulin sensitivity in healthy men. *Diabetes.* 2005;54(7):1907-1913.
- Basu, S. *et al.* The relationship of sugar to population-level diabetes prevalence: An econometric analysis of repeated cross-sectional data. *PLoS One.* 2013;8(2):e57873.
- Ridgeway, L. USC News. *High fructose corn syrup linked to diabetes.* 28 de noviembre del 2012. Disponible en: <https://news.usc.edu/44415/high-fructose-corn-syrup-linked-to-diabetes/>. Consultado el 6 de junio del 2017.
- Goran, M. I. *et al.* High fructose corn syrup and diabetes prevalence: A global perspective. *Glob Pub Health.* 2013;8(1):55-64.
- Grundy, S. M. *et al.* Diagnosis and management of the metabolic syndrome: An American Heart Association/National Heart, Lung, and Blood Institute Scientific Statement. *Circulation.* 25 de octubre del 2005;112(17):2735-2752.
- Ginsberg, H. N. y P. R. MacCallum. The obesity, metabolic syndrome, and type 2 diabetes mellitus pandemic: Part I. Increased cardiovascular disease risk and the importance of atherogenic dyslipidemia in persons with the metabolic syndrome and type 2

diabetes mellitus. *Cardiometab Syndr*. Primavera del 2009;4(2):113-119.

- Ibarra-Reynoso, L. D. R., López-Lemus, H. L., Garay-Sevilla, M. E. y J. M. Malacara. Effect of restriction of foods with high fructose corn syrup content on metabolic indices and fatty liver in obese children. *Obes Facts*. 5 de agosto del 2017;10(4):332-40.
- Ruanpeng, D., Thongprayoon, C., Cheungpasitporn, W. y T. Harindhanavudhi. Sugar and artificially-sweetened beverages linked to obesity: A systematic review and meta-analysis. *QJM*. 11 de abril del 2017.
- Greenwood, D. C., Threapleton, D. E., Evans, C. E. *et al*. Association between sugar-sweetened and artificially sweetened soft drinks and type 2 diabetes: Systematic review and dose-response meta-analysis of prospective studies. *Br J Nutr*. 14 de septiembre del 2014;112(5):725-734.
- Wijarnpreecha, K., Thongprayoon, C., Edmonds, P. J. y W. Cheungpasitporn. Associations of sugar-and artificially sweetened soda with nonalcoholic fatty liver disease: A systematic review and meta-analysis. *QJM*. Julio del 2016;109(7):461-466.
- Cheungpasitporn, W., Thongprayoon, C., O'Corragain, O. A., Edmonds, P. J., Kittanamongkolchai, W. y S. B. Erickson. Associations of sugar-sweetened and artificially sweetened soda with chronic kidney disease: A systematic review and meta-analysis. *Nephrology* (Carlton). Diciembre del 2014;19(12):791-797.
- Vos, M. B. y J. E. Lavine. Dietary fructose in nonalcoholic fatty liver disease. *Hepatology*. Junio del 2013;57(6):2525-2531.
- Bray, G. A., Nielsen, S. J. y B. M. Popkin. Consumption of high-fructose corn syrup in beverages may play a role in the epidemic of obesity. *Am J Clin Nutr*. Abril del 2004;79(4):537-543.

## Los endulzantes artificiales y los edulcorantes

- Maher, T. J. y R. J. Wurtman. Possible neurologic effects of aspartame, a widely used food additive. *Environ Health Perspect.* Noviembre de 1987;75:53-57.
- Wang, Q. P. , Lin, Y. Q., Zhang, L. *et al.* Sucralose promotes food intake through NPY and a neuronal fasting response. *Cell Metab.* 12 de julio del 2016;24(1):75-90.
- Phillips, K. M., Carlsen, M. H. y R. Blomhoff. Total antioxidant content of alternatives to refined sugar. *J Am Diet Assoc.* Enero del 2009;109(1):64-71.
- Clay, J. *World Agriculture and the Environment: A Commodity-By-Commodity Guide to Impacts and Practices.* Washington, DC: Island Press; 1.º de marzo del 2004.
- Elizabeth, K. *UNCW professors study Splenda in Cape Fear River.* Star News Online. 10 de marzo del 2013.
- Wu-Smart, J. y M. Spivak. Sub-lethal effects of dietary neonicotinoid insecticide exposure on honey bee queen fecundity and colony development. *Sci Rep.* 26 de agosto del 2016;6:32108.
- Tey, S. L., Salleh, N. B., Henry, J. y C. G. Forde. Effects of aspartame-, monk fruit-, stevia- and sucrose-sweetened beverages on postprandial glucose, insulin and energy intake. *Int J Obes (Londres).* Marzo del 2017;41(3):450-457.
- Swithers, S. E. y T. L. Davidson. A role for sweet taste: Calorie predictive relations in energy regulation by rats. *Behav Neurosci.* Febrero del 2008;122(1):161-173.
- Feijó, F. de M., Ballard, C. R. , Foletto, K. C. *et al.* Saccharin and aspartame, compared with sucrose, induce greater weight gain in adult Wistar rats, at similar total caloric intake levels. *Appetite.* Enero del 2013;60(1):203-207.

- Borges, M. C., Louzada, M. L., De Sa, T. H. *et al.* Artificially sweetened beverages and the response to the global obesity crisis. *PLoS Med.* 3 de enero del 2017;14(1):e1002195.
- Hootman, K. C., Trezzi, J. P., Kraemer, L. *et al.* Erythritol is a pentose-phosphate pathway metabolite and associated with adiposity gain in young adults. *Proc Natl Acad Sci U S A.* 23 de mayo del 2017;114(21):E4233-E4240. doi: 10.1073/pnas.1620079114.
- Nettleton, J. A., Lutsey, P. L., Wang, Y. *et al.* Diet soda intake and risk of incident metabolic syndrome and type 2 diabetes in the Multi-Ethnic Study of Atherosclerosis (MESA). *Diabetes Care.* 2009;32(4):688-94.
- Soffritti, M., Belpoggi, F., Manservigi, M. *et al.* Aspartame administered in feed, beginning prenatally through life span, induces cancers of the liver and lung in male Swiss mice. *Am J Ind Med.* Diciembre del 2010;53(12):1197-1206.
- Suez, J., Korem, T., Zeevi, D. *et al.* Artificial sweeteners induce glucose intolerance by altering the gut microbiota. *Nature.* 2014;514(7521):181-186.
- Van Opstal, A. M. Dietary sugars and non-caloric sweeteners elicit different homeostatic and hedonic responses in the brain. *Nutrition.* 13 de septiembre del 2018;60:80-86. doi: 10.1016/j.nut.2018.09.004.
- Romo-Romo, A. Sucralose decreases insulin sensitivity in healthy subjects: A randomized controlled trial. *Am J Clin Nutr.* 1.º de septiembre del 2018;108(3):485-491.
- Kramer, H. The Millennial Physician and the Obesity Epidemic: A Tale of Sugar-Sweetened Beverages. *Clin J Am Soc Nephrol.* 7 de enero del 2019;14(1):4-6. doi: 10.2215/CJN.13851118. Publicación electrónica: 27 de diciembre del 2018.

## Los lácteos

- Danby, F. W. Acne, dairy and cancer. *Dermatoendocrinol.* Enero-febrero del 2009;1(1):12-16.
- Duarte-Salles, T. Dairy products and risk of hepatocellular carcinoma: The European Prospective Investigation into Cancer and Nutrition. *Int J Cancer.* 1.º de octubre del 2014;135(7):1662-1672.
- Larsson, S. C. Milk, milk products and lactose intake and ovarian cancer risk: A meta-analysis of epidemiological studies. *Int J Cancer.* 15 de enero del 2006;118(2):431-441.
- Harrison, S. *et al.* Does milk intake promote prostate cancer initiation or progression via effects on insulin-like growth factors (IGFs)? A systematic review and meta-analysis. *Cancer Causes Control.* Junio del 2017;28(6):497-528.
- Günther, A. L. Early Diet and Later Cancer Risk: Prospective Associations of Dietary Patterns During Critical Periods of Childhood with the GH-IGF Axis, Insulin Resistance and Body Fatness in Younger Adulthood. *Nutr Cancer.* 2015;67(6):877-892.
- Chan, J. M. Dairy products, calcium, and vitamin D and risk of prostate cancer. *Epidemiol Rev.* 2001;23(1):87-92.
- Ludwig, D. S. y W. C. Willett. Three daily servings of reduced-fat milk: An evidence-based recommendation? *JAMA Pediatr.* Septiembre del 2013;167(9):788-789.
- Danby, F. W. Acne, dairy and cancer: The 5alpha-P link. *Dermatoendocrinol.* Enero del 2009;1(1):12-16.
- Bischoff-Ferrari, H. A., Dawson-Hughes, B., Baron, J. A. *et al.* Milk intake and risk of hip fracture in men and women: A meta-analysis of prospective cohort studies. *J Bone Miner Res.* 2011;26(4):833-839.
- Heyman, M. B. Lactose intolerance in infants, children and adolescents. *Pediatrics.* Septiembre del 2006;118(3):1279-1286.
- Berkey, C. S., Rockett, H. R., Willett, W. C. *et al.* Milk, dairy fat, dietary calcium and weight gain: A longitudinal study of adolescents. *Arch Pediatr Adolesc Med.* Junio del 2005;159(6):543-550.

- Mozaffarian, D., Hao, T., Rimm, E. B. et al. Changes in diet and lifestyle and long-term weight gain in women and men. *N Engl J Med.* 2011;364(25):2392-2404.
- The Dairy Practices Council. *Guideline for Vitamin A & D Fortification of Fluid Milk.* [http://phpa.dhmh.maryland.gov/OEHFP/OFP-CHS/Milk/Shared%20Documents/DPC053\\_Vitamin\\_AD\\_Fortification\\_Fluid\\_Milk.pdf](http://phpa.dhmh.maryland.gov/OEHFP/OFP-CHS/Milk/Shared%20Documents/DPC053_Vitamin_AD_Fortification_Fluid_Milk.pdf). Julio del 2001.
- Dietitians for Professional Integrity. *How industry lobbying shapes the dietary guidelines.* <http://integritydietitians.org/2015/11/18/how-industry-lobbying-shapes-the-dietary-guidelines/>. 18 de noviembre del 2015.
- Lanou, A. J. Should dairy be recommended as part of a healthy vegetarian diet? Counterpoint. *Am J Clin Nutr.* Mayo del 2009;89(5):1638S-1642S.
- Feskanich, D., Willett, W. C., Stampfer, M. J. et al. Milk, dietary calcium, and bone fractures in women: A 12-year prospective study. *Am J Public Health.* 1997;87:992-997.
- Winzenberg, T., Shaw, K., Fryer, J. et al. Effects of calcium supplementation on bone density in healthy children: Meta-analysis of randomized controlled trials. *BMJ.* 14 de octubre del 2006;333(7572):775.
- Feskanich, D., Willett, W. C. y G. A. Colditz. Calcium, vitamin D, milk consumption, and hip fractures: A prospective study among postmenopausal women. *Am J Clin Nutr.* Febrero del 2003;77(2):504-511.
- Friedrich, N., Thuesen, B., Jorgensen, T. et al. The association between IGF-1 and insulin resistance: A general population study in Danish adults. *Diabetes Care.* Abril del 2012;35(4):768-773.
- Yakoob, M. Y., Shi, P., Willett, W. C. et al. Circulating biomarkers of dairy fat and risk of incident diabetes mellitus among men and women in the United States in two large prospective cohorts. *Circulation.* 26 de abril del 2016;133(17):1645-1654.



- Carroccio, A., Brusca, I., Mansueto, P. *et al.* Fecal assays detect hypersensitivity to cow's milk protein and gluten in adults with irritable bowel syndrome. *Clin Gastroenterol Hepatol*. Noviembre del 2011;9(11):965-971.
- Howchwallner, H., Schulmeister, U., Swoboda, I. *et al.* Cow's milk allergy: From allergens to new forms of diagnosis, therapy and prevention. *Methods*. Marzo del 2014;66(1):22-33.
- Katta, R. y M. Schlichte. Diet and dermatitis: Food triggers. *J Clin Aesthet Dermatol*. Marzo del 2014;7(3):30-36.
- Lill, C., Loader, B., Seemann, R. *et al.* Milk allergy is frequent in patients with chronic sinusitis and nasal polyposis. *Am J Rhinol Allergy*. Noviembre-diciembre del 2011;25(6):e221-e224.

## El gluten

- Serena, G., Camhi, S., Sturgeon, C., Yan, Sh. y Fasano, A. The Role of Gluten in Celiac Disease and Type 1 Diabetes, *Nutrients*. Septiembre del 2015;7(9): 7143-7162.
- Catassi, C. Diagnosis of Non-Celiac Gluten Sensitivity (NCGS): The Salerno Experts' Criteria. *Nutrients*. Junio del 2015;7(6):4966-4977.
- Sapone, A. Spectrum of gluten-related disorders: Consensus on new nomenclature and classification. *BMC Med*. 2012;10:13. Publicación electrónica: 7 de febrero del 2012.
- Catassi, C. Non-Celiac Gluten Sensitivity: The New Frontier of Gluten Related Disorders. *Nutrients*. Octubre del 2013;5(10):3839-3853. Publicación electrónica: 26 de septiembre del 2013.
- Samsel, A. y S. Seneff. Glyphosate, pathways to modern diseases II: Celiac sprue and gluten intolerance. *Interdisciplinary Toxicology*. 2013;6(4):159-184.
- Samsel, A. y S. Seneff. Glyphosate's suppression of cytochrome P450 enzymes and amino acid biosynthesis by the gut microbiome: Pathways to modern diseases. *Entropy*. 2013;15:1416-1463.

- Hyman, M. *Food: What the Heck Should I Eat?* Little, Brown and Company. Edición Kindle.
- Jackson, J. R. Neurologic and Psychiatric Manifestations of Celiac Disease and Gluten Sensitivity. *Psychiatr Q*. Manuscrito de la autora; disponible en PMC, 2 de mayo del 2013.
- Rostami, K. Gluten-Free Diet Indications, Safety, Quality, Labels, and Challenges. *Nutrients*. Agosto del 2017;9(8):846.
- Uhde, M., Ajamian, M., Caio, G. *et al*. Intestinal cell damage and systemic immune activation in individuals reporting sensitivity to wheat in the absence of coeliac disease. *Gut*. 2016;65:1930-1937.
- Rubio-Tapia, A., Kyle, R. A., Kaplan, E. L. *et al*. Increased prevalence and mortality in undiagnosed celiac disease. *Gastroenterology*. Julio del 2009;137(1):88-93.
- Sturgeon, C. y A. Fasano. Zonulin, a regulator of epithelial and endothelial barrier functions, and its involvement in chronic inflammatory diseases. *Tissue Barriers*. 21 de octubre del 2016;4(4):e1251384.

## Capítulo 7

### La actividad física

#### Entrenar en ayunas

- Achten, J., Gleeson, M. y A. E. Jeukendrup. Determination of the exercise intensity that elicits maximal fat oxidation. *Med Sci Sports Exerc*. 2002;34(1):92-97.
- Goedecke, J. H., St Clair Gibson, A., Grobler, L., Collins, M., Noakes, T. D. y E. V. Lambert. Determinants of the variability in respiratory exchange ratio at rest and during exercise in trained athletes. *Am J Physiol Endocrinol Metab*. 2000;279(6):E1325-E1334.

- Venables, M. C., Achten, J. y A. E. Jeukendrup. Determinants of fat oxidation during exercise in healthy men and women: a cross-sectional study. *J Appl Physiol.* 2005;98(1):160-167.
- McKenzie, E., Holbrook, T., Williamson, K., Royer, C., Valberg, S., Hinchcliff, K., José-Cunilleras, E., Nelson, S., Willard, M., Davis, M. Recovery of muscle glycogen concentrations in sled dogs during prolonged exercise. *Med Sci Sports Exerc.* 2005;37(8):1307-1312.
- Phinney, S. *The Art and Science of Low Carbohydrate Performance.* Beyond Obesity LLC. Edición Kindle.
- McKenzie, E. C., Hinchcliff, K. W., Valberg, S. J., Williamson, K. K., Payton, M. E. y M. S. Davis. Assessment of alterations in triglyceride and glycogen concentrations in muscle tissue of Alaskan sled dogs during repetitive prolonged exercise. *Am J Vet Res.* 2008;69(8):1097-1103.
- Volek, J. S., Quann, E. E. y C. E. Forsythe. Low carbohydrate diets promote a more favorable body composition than low fat diets. *Strength and Conditioning Journal.* 2010;32(1):42-47.
- Cahill Jr., G. F. y T. T. Aoki. Alternate fuel utilization by brain. En: Passonneau, J. V. *et al* (eds.). *Cerebral Metabolism and Neural Function.* Williams & Wilkins, Baltimore, 1980. Pp 234-242.
- Forsythe, C. E., Phinney, S. D., Fernández, M. L., Quann, E. E., Wood, R. J., Bibus, D. M., Kraemer, W. J., Feinman, R. D. y J. S. Volek. Comparison of low fat and low carbohydrate diets on circulating fatty acid composition and markers of inflammation. *Lipids.* 2008;43(1):65-77.
- Jarrett, S. G., Milder, J. B., Liang, L. P. y M. Patel. The ketogenic diet increases mitochondrial glutathione levels. *J Neurochem.* 2008;106(3):1044-1051.
- Sahlin, K., Shabalina, I. G., Mattsson, C. M., Bakkman, L., Fernstrom, M., Rozhdestvenskaya, Z., Enqvist, J. K., Nedergaard, J., Ekblom, B. y M. Tonkonogi. Ultraendurance exercise increases the production of reactive oxygen species in isolated mitochondria

from human skeletal muscle. *J Appl Physiol.* 2010;108(4):780-787.

## Tercera parte El milagro metabólico

- Foster-Powell, K., Holt, S. H. A. y J. C. Brand-Miller. International Table of Glycemic Index and Glycemic Load Values: 2002. *American Journal of Clinical Nutrition.* Enero del 2002;76:5-56. <http://ajcn.nutrition.org/content/76/1/5.full.pdf>.
- Frei, B., Ames, B. N., Blumberg, J. B. y W. C. Willett. Enough Is Enough. *Annals of Internal Medicine.* 3 de junio del 2014;160(11):807.
- Solon-Biet, S. M. The Ratio of Macronutrients, Not Caloric Intake, Dictates Cardiometabolic Health, Aging, and Longevity in Ad Libitum-Fed Mice. *Cell Metabolism.* 4 de marzo del 2014;19(3):418-430.
- Levine, M. y V. D. Longo. Low Protein Intake Is Associated with a Major Reduction in IGF-1, Cancer, and Overall Mortality in the 65 and Younger but Not Older Population. *Cell Metabolism.* 4 de marzo del 2014;19(3):407-417.
- Song, M., Fung, T. T., Hu, F. B., Willett, W. C., Longo, V. D., Chan, A. T. y Giovannucci E. L. Association of Animal and Plant Protein Intake With All-Cause and Cause-Specific Mortality. *JAMA Internal Medicine.* 2016;176(10):1453-1463.
- Pollack, M. Insulin and Insulin-Like Growth Factor Signaling in Neoplasia. *Nature Reviews Cancer.* Diciembre del 2008;8(12):915-928.
- Yang, M. U. y T. B. Van Itallie. Composition of Weight Lost During Short-Term Weight Reduction: Metabolic Responses of Obese Subjects to Starvation and Low-Calorie Ketogenic and Nonketogenic Diets. *Journal of Clinical Investigation.* Septiembre de 1976;58(3):722-730.

- Willett, W. C., Dietz, W. H. y G. A. Colditz. Guidelines for Healthy Weight. *New England Journal of Medicine*. Agosto de 1999;341:427-434.
- Pischon, T., Boeing, H., Hoffmann, K. *et al.* General and Abdominal Adiposity and Risk of Death in Europe. *New England Journal of Medicine*. 13 de noviembre del 2008;359:2105-2120.
- Barnosky, A. R., Hoody, K. K., Unterman, T. G. y K. A. Varady, Intermittent Fasting vs. Daily Calorie Restriction for Type 2 Diabetes Prevention: A Review of Human Findings. *Translation Research*. Octubre del 2014,164(4): 302-311.
- Bangalore, S., Fayyad, R., Laskey, R., DeMicco, D. A., Messerli, F. H. y D. D. Waters. Body Weight Outcomes in Coronary Disease. *New England Journal of Medicine*. 6 de abril del 2017;(376):1332-1340. doi: 10.1056/NEJMoa1606148.
- Hall, K. D. Diet Versus Exercise in “The Biggest Loser” Weight Loss Competition. *Obesity*. 21:957–959. doi: 10.1002/oby.20065.
- Colman, R. J., Anderson, R. M. *et al.* Caloric Restriction Delays Disease Onset and Mortality in Rhesus Monkeys. *Science*. 10 de julio del 2009;325(5937).
- Colman, R. J., Beasley, T. M. *et al.* Caloric Restriction Reduces Age-Related and All-Cause Mortality in Rhesus Monkeys. *Nature*. Abril del 2014;325(5937):201-204.
- Sofi, F., Macchi C. *et al.* Mediterranean Diet and Health Status: An Updated Meta-Analysis and a Proposal for a Literature-Based Adherence Score. *Public Health Nutrition* Diciembre del 2014;17(12):2769-2782.
- Bendinelli B., Masala G. *et al.* Fruit, Vegetables, and Olive Oil and Risk of Coronary Heart Disease in Italian Women: The EPICOR Study. *American Journal of Clinical Nutrition*. Febrero del 2011;93(2):275-283.
- Buckland, G., Travier, N. *et al.* Olive Oil Intake and Breast Cancer Risk in the Mediterranean Countries of the European Prospective

Investigation into Cancer and Nutrition Study. *International Journal of Cancer*. 2012;131:2465-2469.

- Bao, Y., Han, J. *et al.* Association of Nut Consumption with Total and Cause-Specific Mortality. *New England Journal of Medicine*. Noviembre del 2013;369:2001-2011.
- Bendinelli, B., G. Masala, *et al.* Fruit, Vegetables, and Olive Oil and Risk of Coronary Heart Disease in Italian Women: The EPI-COR Study. *American Journal of Clinical Nutrition*. Febrero del 2011;93(2):275-283.
- Buckland, G., Travier, N. *et al.* Olive Oil Intake and Breast Cancer Risk in the Mediterranean Countries of the European Prospective Investigation into Cancer and Nutrition Study. *International Journal of Cancer*. 2012;131:2465-2469.
- Kerndt, P. R. *et al.* Fasting: the history, pathophysiology and complications. *West J Med*. Noviembre de 1982;137(5):379-399.
- Harvie, M. N. *et al.* The effects of intermittent or continuous energy restriction on weight loss and metabolic disease risk markers. *Int J Obes* (Londres). Mayo del 2011;35(5):714-727.
- Klempel, M. C. *et al.* Intermittent fasting combined with calorie restriction is effective for weight loss and cardio-protection in obese women. *Nutr J*. 2012;11:98. doi: 10.1186/1475-2891-11-98. Consultado el 8 de abril del 2015.
- Thomson, T. J. *et al.* Treatment of obesity by total fasting for up to 249 days. *Lancet*. 5 de noviembre de 1966;2(7471):992-996.



