

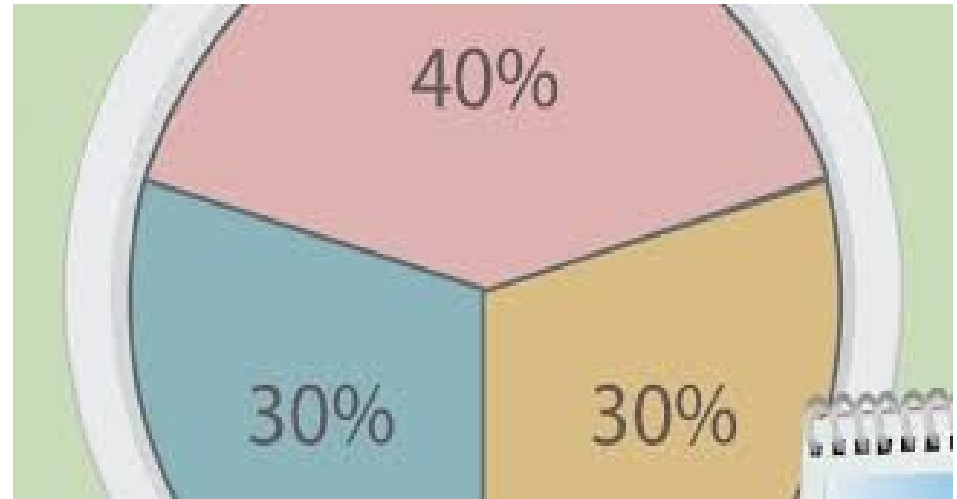
# Zone diet

by Dr. Barry Sears

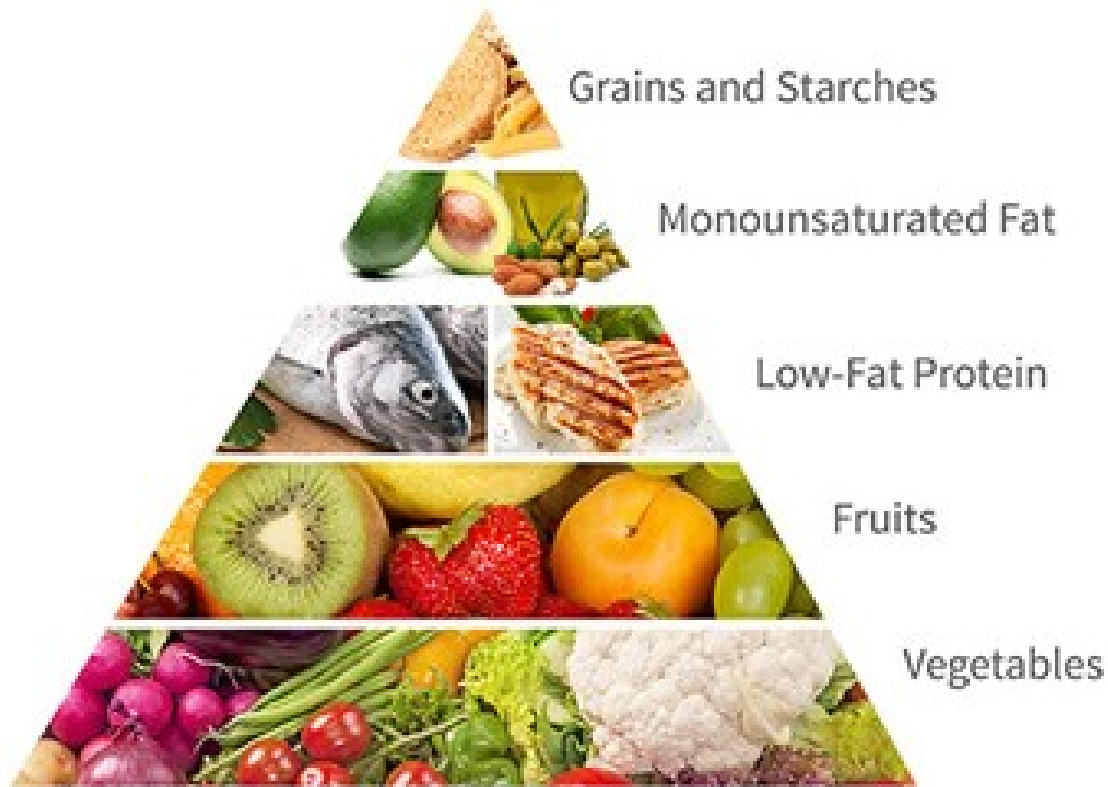


# Základ

- Protizápalová diéta
- Kvalita a MNOŽSTVO
- 0.75 – “ratio between proteins and carbohydrates“ = pomer bielkovín so sacharidmi (rovnováha inzulín-glukagon)
- Nízky glykemický index
- 3+2=5 – stabilná hladina inzulínu
- B-S-T = 30%-40%-30%



# Základ



Zone Food Pyramid

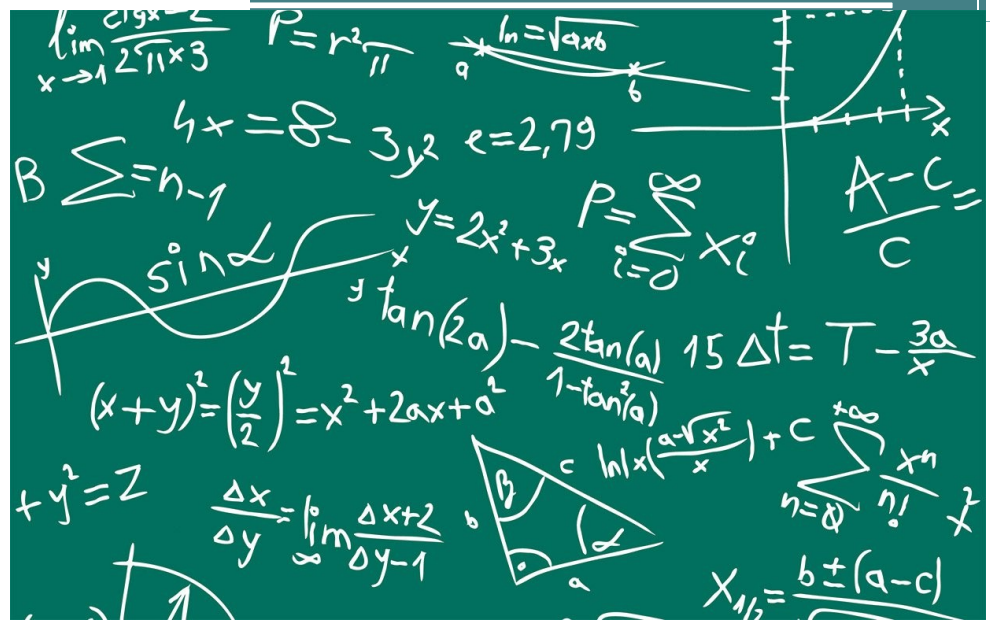
# BLOK

- 7g proteinov
- 9g sacharidov
- 3g tuku

Block Prescription Based on Sex and Body Type

Breakfast	Lunch	Snack	Dinner	Snack	Total Blocks	Body Type
2	2	2	2	2	10	Small female
3	3	1	3	1	11	Medium female
3	3	2	3	2	13	Large female
4	4	1	4	1	14	Athletic, well muscled female
4	4	2	4	2	16	Small male
5	5	1	5	1	17	Medium male
5	5	2	5	2	19	Large male
4	4	4	4	4	20	X-Large male
5	5	3	5	3	21	Hard gainer
5	5	4	5	4	23	Large hard gainer
5	5	5	5	5	25	Athletic, well muscled male

# Výpočet blokov



Lean Body Mass (lb)\*activity level (0-1)

/

7 (gram proteinu v 1 bloku)





- Proteiny **15 blokov** \* 7 g = 105 g (420 cal)
- Sacharidy **15 blokov** \* 9 g = 135 g (540 cal)
- Tuky **15 blokov** \* 3 g = 45 g (405 cal)
- Total Cal = **1,365 (+ skryté cal)**

- Príklad jedla:

- 270g Kuracích prs

- 1 Artyčok

- 250ml (OBJEM!)

Dusenej zeleniny

- 24 Arašidov

- 1 Jablko



28g proteiny, 36g sacharidy 12g tuky.

4-blokové jedlo

## Block Chart

## Protein (cooked quantity)

chicken breast	1 oz
turkey breast	1 oz
ground turkey	1 1/2 oz
veal	1 oz
beef	1 oz
ground beef	1 1/2 oz
canadian bacon	1 oz
corned beef	1 oz
duck	1 1/2 oz
ham	1 oz
lamb	1 oz
ground lamb	1 1/2 oz
pork	1 oz
ground pork	1 1/2 oz
calamari	1 1/2 oz
catfish	1 1/2 oz
clams	1 1/2 oz
crabmeat	1 1/2 oz
flounder/sole	1 1/2 oz
lobster	1 1/2 oz
salmon	1 1/2 oz
sardines	1 oz
scallops	1 1/2 oz
swordfish	1 1/2 oz
shrimp	1 1/2 oz
tuna steak	1 1/2 oz
canned tuna	1 oz
protein powder	1 oz
seitan	1 oz
soy burgers	1/2 patty
soy sausage	2 links
spirulina (dried)	1/2 oz
soy cheese	1 oz
firm tofu	2 oz
soft tofu	3 oz
whole egg	1 large
egg whites	2 large
egg substitute	1/4 cup
cottage cheese	1/4 cup
cheese	1 oz
feta cheese	1 1/2 oz
ricotta cheese	2 oz

## Carbohydrate (cooked)

oatmeal	1/3 cup
artichoke	1 small
asparagus	12 spears
green beans	1 cup
beet greens	1 1/4 cup
black beans	1/4 cup
bok choy	3 cups
broccoli	1 1/4 cup
brussel sprouts	3/4 cup
cabbage	1 1/3 cup
cauliflower	1 1/4 cup
chick peas	1/4 cup
collard greens	1 1/4 cup
dill pickles	3 (3 in)
eggplant	1 1/2 cup

## Carbohydrate (raw)

alfalfa sprouts	7 1/2 cup
bean sprouts	3 cups
broccoli	2 cups
cabbage	2 1/4 cups
cauliflower	2 cups
celery	2 cups
cucumber	1 (9 in)
lettuce, iceberg	1 head
lettuce, romaine	6 cups
mushrooms	3 cups
onion	2/3 cup
peppers	1 1/4 cup
radishes	2 cups
salts	1/2 cups
snow peas	3/4 cup
spinach	4 cups
tomato	1 cup
apple	1/2
apple sauce	3/8 cup
apricots	3 small
blackberries	1/2 cup
cantaloupe	1/4
cherries	7
fruit cocktail	1/3 cup
blueberries	1/2 cup

## Carbohydrate (cooked)

lima beans	1/3 cup
kale	1 1/4 cup
kidney beans	1/4 cup
leeks	1 cup
lentils	1/4 cup
okra	3/4 cup
onions	1/2 cup
saufkraut	1 cup
spagetti squash	1 cup
spinach	1 1/3 cup
swiss chard	1 1/4 cup
tomato sauce	1/2 cup
tomatoes	3/4 cup
yellow squash	1 1/4 cup
zucchini	1 1/3 cup

## Carbohydrate (raw)

grapes	1/2 cup
grapefruit	1/2
honeydew	1/2
kiwi	1
lemon	1
lime	1
nectarine	1/2
orange	1/2
peach	1
pear	1/2
pineapple	1/2 cup
plum	1
raspberries	2/3 cup
strawberries	1 cup
tangerine	1
watermelon	2/4 cup

## Combo Items (quantity)

milk	1 cup
yogurt (plain)	1/2 cup
soybeans	1/4 cup
soymilk	1 cup
tempeh	1 1/2 oz

## (unfavorable)

## Carbohydrate (quantity)

Vegetables	
Acorn Squash	3/8 cup
Baked Beans	1/8 cup
Beets	1/2 cup
Black-eyed peas	1/4 cup
Butternut Squash	1/3 cup
Cooked carrots	1/2 cup
Corn	1/4 cup
French Fries	5
Hubbard squash	2/3 cup
Lima beans	1/4 cup
Parsnips	1/3 (9 in)
Peas	1/3 cup
Pinto Beans	1/4 cup
Potato, boiled	1/3 cup
Potato, mashed	1/3 cup
Refried beans	1/4 cup
Sweet Potato, baked	1/3 (5 in)
Sweet potato, mashed	1/3 cup
Turnip	3/4 cup

## Fruit

Banana	1/3 (9 in)
Cranberries	1/4 cup
Cranberry sauce	4 tsp
Dates	2
Figs	3/4
Guava	1/2 cup
Kumquat	3
Mango	1/3 cup
Papaya	2/3 cup
Prunes	2
Raisins	1 Tbs

## Fruit Juice

Apple juice	1/3 cup
Cranberry juice	1/4 cup
Fruit Punch	1/4 cup
Grape juice	1/4 cup
Grapefruit juice	3/8 cup
Lemon juice	1/3 cup
Orange juice	3/8 cup
Pineapple juice	1/4 cup
Tomato juice	3/4 cup

## Fat (quantity)

almonds	-3
avocado	1 Tbs
canola oil	1/3 tsp
macadamia nuts	-1
olives	-5
peanut butter	1/2 tsp
peanuts	-6
cashews	-3
peanut oil	1/3 tsp
olive oil	1/3 tsp
tahini	1/3 tsp
guacamole	1/2 Tbs
vegetable oil	1/3 tsp
mayonnaise	1/3 tsp
mayo, light	1 tsp
sesame oil	1/3 tsp
sunflower seeds	1/4 tsp
bacon bits	2 1/2 tsp
butter	1/3 tsp
half and half	1 Tbs
cream, light	1/2 tsp
cream cheese	1 tsp
sour cream	1 tsp
tartar sauce	1/2 tsp
lard	1/3 tsp
veg. shortening	1/3 tsp

10 OZ =  
280 g

\*Note: combo items contain 1 block of protein and 1 block carbohydrate



# Zmeny

- Zvýšený príjem mononenasýtených mastných kyselín
- (Doporučený) zvýšený príjem Omega-3
- Zvýšený príjem zeleniny (?)
- Znížený príjem zložených sacharidov
- Meranie & váženie (+/-)



# Výskumy



- Nepotvrdili proklamované účinky
- Chevront SN: The Zone Diet phenomenon: a closer look at the science behind the claims. *J Am Coll Nutr.* 2003 Feb;22
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- McNamara RK, Perry M, and Sears, B. “[Dissociation of C-reactive protein levels from long-chain omega-3 fatty acid status and anti-depressant response in adolescents with major depressive disorder: an open-label dose-ranging trial.](#)” J Nutr Therapeutics 2:235-243 (2013).
- Georgiou T, Neokleous A, Nikolaou D, and Sears B. “[Pilot study for treating dry age-related macular degeneration \(AMD\) with high-dose omega-3 fatty acids.](#)” PharmaNutrition 2:8-11 (2014).
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- Sears B. “[Anti-inflammatory diets.](#)” J Am Coll Nutr 34: Suppl 1 14-21 (2015).
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- 300 lidí s nadváhou
  - low-carb (Atkins),
  - low-fat (Ornish),
  - low-saturated-fat/moderate-carb (LEARN)
  - Zone

Dva měsíce: všichni schudli o cca 3 kilá – Atkins 4,5kg

Rok:

- low-carb (Atkins) – 5kg
- low-fat (Ornish) – 2,5kg
- low-saturated-fat/moderate-carb (LEARN) – 3kg
- Zone - 2,3kg

- 300 lidí s nadváhou
  - low-carb (Atkins)
  - Weight Watchers
  - low-fat (Ornish)
  - Zone



Po roku:

- low-carb (Atkins) – 2,5kg
- Weight Watchers – 3kg
- low-fat (Ornish) - 4kg
- Zone - 3,5kg
  
- Všetky skupiny u 10% sledovaných znížili o 8-10% telesnej hmotnosti

- Štúdia z roku 2014 – Circulation: Cardiovascular Quality and Outcomes
- Atkins, South Beach, Weight Watchers a the Zone diet:
- Ani jedna nepreukázala viac ako 5% stratu hmotnosti y dlhodobého hľadiska (2roky+)

# Finanční rozbor

- Výber potravín!
- Vstupné náklady (váha, odmerky)
- Denne: 220kc (zelenina, ovocie, orechy, losos, vajicka, kura)
- 2 týždne cca 2800

