

Junkfood macht dumm

Eine Studie stellte fest, dass bereits nach einer Woche Verzehr von übermäßigen fetten und zuckerhaltigen Nahrungsmitteln die Gedächtnisleistung beeinträchtigt wird.



...

5i W\`Y]b`_i fnnY]h][Yf`J YfnY\`f`j cb`ž b_ZccX`_Ubb`g]W\`bY[Uh]j `Ui Z
X]Y` ; Y\`fb`Y]ghi b[`Ui gk]f_Ybž`k]Y` : cfgW\i b[gYf[YVb]ggY`XYf
Ui ghfU`]gW\Yb`i b]j Yfg]h`h`BYk `Gci h\`K U`Yg`fl BGK Ł`nY][Yb"
9fgha U`][` \UVYb` : cfgW\Yf`bUW\ [Yk]YgYbž`XUgg`F UhYbž`X]Y`a]h
gY\`f`ZYhh!`i bX`ni W_Yf\`U`h][Ya` : i hhYf`[YZØhhYfh`k i fXYbž`bUW\
VYfY]hg`Y]bYf`K cW\Y`i bhYf` ; YX`W\hb]gghØfi b[Yb`"]hhYb"
=bhYfYggUbhYfk Y]gY`k UfYb`X]Y`9f[YVb]ggY`VY]`F UhYbž`X]Y`nk Uf
[Ygi bXYg` : i hhYfž`UVYf`Ni W_Yfk UggYf`Yf\`Y`hYbž`À`b`]W\ "

8]Y'; YXÅW hb]ggWÅX][i b['VYnc['g]WÅ 'Ui Z'X]Y 'K]YXYfYf_Ybbi b[
j cb'CfhYbž'k cVY]'X]Y'H]YfY'DfcV`Ya Y`UhhYb'ni `a Yf_Ybž'k Ybb
Y]b'; Y[YbghUbX'j YffØW_h'k i fXY"'8]YgY'H]YfY`']hhYb'Ui WÅ 'i bhYf
9bhmØbXi b[Yb'ja `]\ddcWJa dU`Yb'6YfY]WÅ 'XYg'; Y\]fbgž'k Y`WÅYf
a]h'XYf'fÅi a `]WÅYb'9f]bbYfi b[gZÅ\][_Y]h']b'J YfV]bXi b['[YVfUWÅ h
k]fX"' K]f'k]ggYbž'XUgg', VYf[Yk]WÅ h'9bhmØbXi b[Yb'ja '? ØfdYf
Ui g`Øghž'UVYf'V]g'j cf'?i fnYa `k Uf'i bg'b]WÅ h'VYk i gghž'XUgg'Yg
Ui WÅ 'YbXYfi b[Yb'ja `; Y\]fb`Yfj cffi Zh žgc'DfcZ'A Uf[UfYh'A cff]g
j cb'XYf'a YX]n]b]gWÅYb': U_i `hÅh'XYf'I BGK "

8 Ug', VYffUgWÅYbXY'Ub'XYb': cfgWÅ i b[gYf[YVb]ggYb']gh'X]Y
GWÅbY`][_Y]hž'a]h'XYf'g]WÅ 'X]Y 'K U\fbY\`a i b[gZÅ\][_Y]h
j YfgWÅ'YWÅ hYfhY žgc'A cff]g.' I bgYfYb'j cf'Åi Z[Yb'8UhYb'ni Zc`[Y
]gh'X]Y'GWÅÅX][i b['Ui WÅ 'b]WÅ h'fYj Yfg]VY ž'k Ybb'X]Y 'F UhYb'k]YXYf
Ui ZY]bY [Ygi bXY'9fbÅ\fi b['i a [YghY`h'k YfXYbž'k Ug'gY\`f
VYXYb_`]WÅ 'gh"' 9]b][Y`HY]'Y'XYg'; YXÅW hb]ggYg'XYf'H]YfY'V`]YVYb
j cb'6YY]bhfÅWÅ h][i b[Yb'j YfgWÅ cbhž'i bX'XUg'i bUV\Åb[]['j cb'XYf
'Yk Y][Yb'9fbÅ\fi b["'5`Y'H]YfY'_cbbhYb'[`Y]WÅYfa U»Yb'[i h
8]b[Y'k]YXYfYf_YbbYbž'Y[U`cV'g]Y'ni 'XYf'; fi ddY'a]h[Ygi bXYb
: i hhYfž'ž b_ZccX'fgY\`fZYhh'i bX'ni W_Yf\U'h][ž'a]h'?i WÅYbž'7\]dg
i bX'?Y_gYbŁ'cXYf'ni f' [Ygi bX'd'i g'Ni W_Yf `; fi ddY[Y\ØfhYb"
8]Y'ZYgh[YghY`hYb'; YXÅW hb]gj YfÅbXYfi b[Yb'hfUhYb'Ui Ž'bcWÅ
VYj cf'; Yk]WÅ hgi bhYfgWÅ]YXY'nk]gWÅYb'XYb'H]YfYb'ZYgh[YghY`h
k YfXYb'_cbbhYb"'8]Y'k Y]hYfY': cfgWÅ i b[gUfVY]h'gc`'_`ÅfYbž'k]Y
9bhmØbXi b[Yb'ja `; Y\]fb'XYf'H]YfY'a]h'i b[Ygi bXYf'9fbÅ\fi b[
j Yf\]bXYfh'k YfXYb'_ØbbYb"

K]f'j Yfa i hYbž'XUgg'X]Y'9f[YVb]ggY'Ui WÅ 'Ui Z'A YbgWÅYb
ØVYfhfU[VUf'g]bX ž'gU[h'A cff]g"' 8]Y'9fbÅ\fi b['k]f_h'g]WÅ 'j b
'YXYa '5'hYf'Ui Z'XUg'; Y\]fb'Ui gž'UVYf'Y'Å'hYf'k]f'k YfXYbž'XYghc
YbhgWÅY]XYbXYf']gh'g]Y'i bX'_ØbbhY'Ui WÅ 'XYa '5VVUi '_c[b]h]j Yf
: Å\][_Y]hYb'Ybh[Y[Ybk]f_Yb"' 8]Y': cfgWÅ i b['VUi h'Ui Z'ZfØ\YfYf
5fVY]h'Ui Ž'Ui g'XYf'F ØW_gWÅ`ØggY'Ui Z', VYf[Yk]WÅ h[Ync[Yb
k YfXYb'_ØbbYb"' K Ybb'a Ub'VYXYb_hž'XUgg'_U`cf]YbfY]WÅYg
9ggYb'X]Y': i b_h]cb'XYg'<]ddcWJa di g'j YfgWÅ'YWÅ hYfhž'gc'_ØbbhY
Y]b'Yf\Ø'hYf'?cbgi a 'bcWÅ 'ni gÅhn']WÅ 'ni f'; Yk]WÅ hgni bU\`a Y
VY]hfU[Ybž']bXYa 'XUg'Yd]gcX]gWÅY'; YXÅW hb]g'VYY]bhfÅWÅ h][h
k]fX ž'Yf[Åbnh'X]Y': cfgWÅYf]b"'8]Y'A YbgWÅYb'gY]Yb'g]WÅ

a Ò[`]WXYfk Y]gY`]\fYf`_ÒfdYfY][YbYb`G][bU`Y`k]Y
<Y]»\i b[YfUhhUW_Yb`cXYf`GÀhh][i b[g[YZØ\``k Yb][Yf`VYk i ggh"
f]Xk Ł

6Ygi WXYb`G]Y`i bg`Ui Z.`ZY]gW i bXWŁ"Uh