

Veganer tragen erhöhtes Risiko für Jodmangel

Studie des Bundesinstituts für Risikobewertung zeigt Unterschiede zwischen veganer und fleischhaltiger Ernährungsweise.

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K Yf'g]WX'j Y[Ub'YfbÀ\fhž'\Uh'Y]b'Yf\Ò\hYg'F]g]_c'ZØf'Y]bYb xXa Ub[Y`"'8UfUi Z'XYi hYb '9f[YVb]qqY'Y]bYq cfgWkib[gjcf\UVYbg:XYg:6ibXYg]bgh]hihg:ZØf:F]g]_cVYkYfhib[fbZFŁ'\]b"'=b'XYa 'Ghi X]YbdfcY_h' F]g]_Yb'i bX'JcfhY]`Y'XYf jY[UbYb'9fbÀ\fib['fF6J8Ł'ibhYfgiW\hY'Y]b6ZF! cfgWXib[ghYUa 'VY]'' * 'j Y[Ub ii bX'' * 'A]gWX_cgh'YggYbXYb DYfqcbYb'X]Y'BÀ\fqhcZi Yfqcf[ib["'?Y]b'k YqYbh']W\Yf I bhYfgWX]YX'nY][hY'g]WX']b'6Yni ['Ui Z'J]hUa]b!6%&ž'XUg'VY] VY]XYb; fi ddYb]bYhk UXYa [Y]WXYbAU» Ui gfY]WXYbX]a '6`i h jcf\UbXYb'kUf"8U'J]hUa]b!6%&']b'Y]bYf'ZØf'XYb'AYbgW\Yb jYfZØ[VUfYb:cfa ZUghbif]bh]Yf]gWXYb@YVYbga]hhYb jcf_ca a hž'_ÒbbhY'X]Y'JYfqcf[ib['VY]'XYb'q]W\'jY[Ub Yfbà\fYbXYb 'HY]`bY\a YbXYb 'Ub 'XYf'9]bbU\a Y'j cb BU\fi b[gYf[Abni b[ga]hhY`b``]Y[Yb" 8]YgY'Ghi X]Y'Yfa O[`]W\h'Ygž X]Y'| Y[UbY'9fbà\fi b[']b'6Yni ['Ui Z'Y]bY'J]Y`nU\`'| cb'J]hUa]bYb i bX'Gdi fYbY`Ya YbhYb'a]h'Y]bYf'A]gWX_cgh'ni 'j Yf[`Y]WXYb ž $gU[h6Z\!F!Df\grave{A}g]XYbh^*DfcZYggcf^*8f''^8f''^5bXfYUg^*< YbgY^*''^6Y]^*VY]XYb$ i bhYfgi WhYb '9fbà\fi b[gZcfa Yb '\UdYfh'Yg'VY]'XYf JUf]UbhY'YXcWX'XYih`]WX'Uig[YdfÀ[hYf"

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± XYfF6J8!Ghi X]Y 'UbU`mg]YfhY 'XUg6ZF!: cfgWki b[ghYUa '6`i h! i bX'l f]bdfcVYb'i bX'k YfhYhY'@YVYbggh]`!: fU[YVÒ[Yb'i bX 9fbÀ\fi b[gdfchc_c``Y'Ui g"'Jcb'XYb'hY]`bY\a YbXYb'DYfgcbYb fdfc'; fi ddY'Yk Y]`g'%, ': fUi Yb'i bX'A ÀbbYf']a '5`hYf'j cb'' \$!*\$

★J\fYbŁ'bU\a Yb'bU\Yni 'U``Y'g]W\'j Y[Ub'YfbÀ\fYbXYb'i bX'Y]b
8f]hhY``XYf'A]gW_cgh'VYj cfni [YbXYb'A YbgW\Yb'i bhYfgW\]YX`]W\Y

 $6 YgcbXYfg'Ui ZZA``][k UfYb'X]Y'Ghi X]YbYf[YVb]ggY']b'6Yni ['Ui Z XUg'Gdi fYbY'Ya Ybh'<math>\infty$ X''8]Y']b'1 f]bdfcVYb'[Ya YggYbY ∞ XUi ggWXY]Xi b['[]Vh'5i ZgWX'i gg'XUfØVYfž'k]Y'[i h'XYf'? ÔfdYf'a]h XYa 'Gdi fYbY'Ya Ybh'j Yfgcf[h']gh''8]Y'A Y\fnU\``XYf HY]`bY\a YbXYb'k Uf'i bhYfj Yfgcf[h''8Yf'A Ub[Y``k Uf'VY]`XYb J Y[UbYf]bbYb'i bX'J Y[UbYfb'XYi h']WX'Ui g[YdfA[hYf' 'VY]'Y]bYa 8f]hhY`'j cb']\bYb'`U['XYf'K Yfh'i bhYf\U'V'j cb'&\$'A]_fc[fUa a 'dfc @]hYf'fl [#@\ZXYa 'j cb'XYf'K Y`h[Ygi bX\Y]hgcf[Ub]gUh]cb'fK < C\x XYZ]b]YfhYb'; fYbnk YfhZ'UV'XYggYb'l bhYfgWXfY]hi b['Y]bY'gWXk YfY I bhYfj Yfgcf[i b['VYghY\h''8cW\nY][hYb'g]WX'VY]'j Y[UbYf 9fbA\fi b['Ui WX'[Ygi bX\Y]h`]WXY'J cfhY]'Y'k]Y'Y]bY'\Ô\YfY 5i ZbU\a Y'j cb'6U``UghghcZZYb'i bX'b]YXf][YfY'7\c`YghYf]bk YfhY'' 6Y]'VY]XYb'9fbA\fi b[ggh]`Yb''[UV'Yg'VY]'WU'''%\$'i 'XYf HY]`bY\a YbXYb'<]bk Y]gY'Ui Z'Y]bYb'9]gYba Ub[Y`''

8]Y'[YbUiYb'GhiX]YbYf[YVb]ggY'\Uh'XUg'<mark>8Yi hgW\Y'ŸfnhYV`Uhh</mark>' jYfÒZZYbh`]W\h"

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6Ygi WXYb G]Y i bg Ui Z ZY]gWXi bXWc "Uh