

Kluge Ernährung beginnt im Kopf - und auf dem Teller

Kluge Ernährung beginnt im Kopf: Neurowissenschaftlerin Manuela Macedonia erklärt, wie hochwertige tierische Lebensmittel Gehirnleistung, Gesundheit und Psyche beeinflussen.



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9fbÀ\fi b['U`g`GdfUWY Y 'XYf`B Yfj Yb

K Ybb`A Ubi Y`U`A UWXcb]U`Y]b`bYi Yg`6i W j YfÒZZYbh`]W hž
`cfW h`X]Y`k]ggYbgWUZh`]W Y`7ca a i b]hm`]bnk]gW Yb `YYVbgc
Ui Za Yf_gUa `Ui Z`k]Y`X]Y `VfY]hY `@YgYfgWUZh` 8]Y `OghYffY]W]gW !
]hU`]Yb]gW Y`B Yi fck]ggYbgWUZh`]W Yb `5fVY]hYb `ØVYf`XUg` ; Y\]fb i bX`XYb
@YVYbggh]ž`Uh'a]h ? cW X]W _ i [° `YfbYi h`Y]b `K Yf_
j cf[Y`Y[h`XUg`X]Y `Ni gUa a Yb\Ab[Y`nk]gW Yb `9fbÀ\fi b[i bX
_c[b]h]j Yf` ; Ygi bX\Y]h`dfAn]gYž`U`hU[gbU\ i bX`ØVYffUgW YbX

dfU_h]gWX_YfnÀ\`h''A UWWXcb]U'j YfV]bXYh_ca d`YI Y
bYi fcV)c`c[]gWX Y'DfcnYggY'a]h`Y]bYf_`UfYb'6chgWX UZh'9fbÀ\fi b[
]gh'b]WX h`bi f'9bYf[]Yni Z \fž'gcbXYfb'Y]b'X]fY_hYf
?ca a i b]Uh]cbg_UbU`nk]gWX Yb'HY``Yf'i bX'BYfj YbgmghYa "I bX
g]Y'gYhnh'Xcfh'Ubž'k c'j]Y`Y'8 YVUhhYb'i bgWX UfZ'k YfXYb'`VY]XYf
: fU[Yž'k]Y'g]WX 'VYgh]a a hY'@VVYbga]hH`hUhgÀWX `]WX 'Ui Z
; YXÀWX hb]gž'Gh]a a i b[ž; Y\]fbYbhk]W_i b['i bX
@Y]ghi b[gZÀ\][_Y]h'Ui gk]f_Yb"

=a 'A]hH`di b_hghY\h'_Y]b'8]ÀhgmghYa ž'_Y]b'HFYbX" GHUhhXYggYb
d`ÀX]Yfh'A UWWXcb]U'ZØf'Y]bY' _i [Y'9fbÀ\fi b[.`bUhi fVY`UggYbž
i bj YfUfVY]hYhž'fY]WX 'Ub'A]_fcbÀ\fgcZZYb'i bX'YggYbn]Y``Yb
5a]bcgÀi fYb"6YgcbXYfg]bhYbg]j'k]Xa'Yh'g]Y'g]WX 'YbYb
6YghUbXhY]Yb'XYf'BU\fi b[ž'X]Y'XUg'a YbgWX`]WX Y'; Y\]fb']b'gY]bYf
9bhk]W_i b[' [YdfÀ[h'\UVYb' XUfi bhYf'Ui WX':`Y]gWX 'i bX'
K]'XZ'Y]gWX "'; YbUi 'X]YgY'DUggU[Yb'g]bX'Ygž'X]Y']b']\fYf
k]ggYbgWX UZh]WX Yb'?`Uf\Y]h'Y]bY'k]WX h][Y'9f[Àbni b['ZØf'X]Y
YfbÀ\fi b[gcd`]h]gWX Yb'8]g_i gg]cbYb'i bgYfYf'NY]h'XUfghY``Yb"

H]Yf]gWX Y'Dfc hY]bY' 'i bX'k Ufi a 'XYf'A Ub[Y`
Ub']\bYb': c`[Yb' \Uh

8Yf'k]ggYbgWX UZh]WX Y'6']W_`Ui ZYf]gWX Y'Dfc hY]bY'n]Y\h'g]WX
k]Y'Y]b'fc hYf': UXb'Xi fWX'XUg'6i WX": A UWWXcb]U'Yf]bbYfh'XUfUbž
XUgg': `Y]gWX'ØVYf'`U\fhUi gYbXY'b]WX h`bi f'BÀ\fgcZZe i Y``Yž
gcbXYfb'Y]b'YbhgWX Y]XYbXYf'A chcf'XYf'a YbgWX`]WX Yb
9bhk]W_i b['k Uf"<Yi hYž]a 'NY]hU'hYf'XYg', VYfZi ggYgž'fØW_h'cZh
X]Y': fu[Y'bUWX'XYa'CV'j cb':`Y]gWX_cbgia']b'XYb'J cfXYf[fi bX'
k Yb][Yf'XUg'K]Yj]Y' 'i bX']b'k Y'WX Yf'E i U']hÀh"
8UVY]'`UggYb'g]WX'X]Y'd\mg)c`c[]gWX Yb'9ZZY_hY'`Uf'VYbYbbYb"
: cfgWX i b[gUfVY]hYb'Ui g'A YI]_cž?Yb]U' i bX'Y[mdhYb'nY][Ybž'XUgg
?]bXYfž'X]Y'fY[Y'a À»][:`Y]gWX'cXYf'A]WX'Yf\U'hYbž'VYggYfY
_ØfdYf']WX Y' i bX'_c[b]h]j Y'@Y]ghi b[Yb'YfVf]b[Yb"6YgcbXYfg
Y]bXfØW_]WX ']gh'Y]bY'nk Y']À\ f][Y'Ghi X]Y'Ui g'?'Yb]U. :- \$\$
GWX Ø'Yf]bbYb' i bX'GWX Ø'Yf'Yf']Y'hYb'XYbgY'VYb'?U'cf]Yb[Y\U'h']b
: cfa'hfUX]h]cbY'`Yf'A U]g!6c\bYb!; Yf]WX hY'`Y]ba U`di fž'Y]ba U`
a]h'A]WX 'i bX'Y]ba U`a]h: `Y]gWX'Ub[YfY]WX Yfh"8Ug'9f[YVb]g'gh
Y]bXYi h][.8]Y'?]bXYf'XYf: `Y]gWX [fi ddY'VUi hYb'a Y\ f

A i g_Y`a UggY`Ui Z`gW b]hhYb`]b`A Uh\Ya Uh]_i bX`GdfUW Y`VYggYf
UV`i bX`ZY\`hYb`gY`hYbYf`_fUb_\Y]hg\U`VYf"

9]bY`[fc»Ub[Y`Y[hY`Ghi X]Y`Ui g`XYa`_J\`f`&\$&(`a`h` &"\$\$\$
?]bXYfb`Ui g`Z\`bZ`Uzf]Ub]gW Yb`@AbXYfb`Yf[Abnh`X]YgY
9f_Ybbhb]ggY. H]Yf]gW Y`@VYbga`jhhy`Yf\O\Yb`X]Y
Xi fW gW b]hh]W Y`? OfdYf[f\`Y`g][b]Z_Ubh`8]Y`I fgUW Y`]Y[h`b
XYf`K`f_i b[`h]Yf]gW Yf`Dfc\hY]bY`Ui Z`XYb`? bcW YbghcZk YW gY`.
G]Y`]YZYfb`X]Y`bchb YbX][Yb`5a`]bcg\Ai fYb\j YfVYggYfb`XYb
? U`n]i a \Ui g\U`hi bX`VYY]bZi ggYb`K`UW ghi a gdfcnYggY
\cfa cbY`"

K`Ufi a`J`]hUa`]b`8`i`bX`?`U`n]i`a`XYb
I`b\hYfgW]YX`a`UW Yb

=`]bXi ghf]U`g]YfhYb`@AbXYfb`hf]hh`Y]b`UbXYfYf`5gdY_h`]b`XYb
J`cfXYf[fi`bX`K`Ug`dUgg]Yfh\k`Ybb`h]Yf]gW Y`Xi`fW`dZUb\`]W Y
Dfc\hY]bY`YfgYhnh\k`YfXYb`3`9]bY`_cbhfc`]YfhY`Nk`O`Z`K`cW Yb!Ghi X]Y
a`]h`%`*`9fk`UW gYbYb`XYi`hYh`XUfUi`Z\`]b\j`XUgg`Y]b`\c\Yf`5b\hY`]
dZUb\`]W Yf`Dfc\hY]bY`X]Y`?`bcW YbfYgcfdh]cb\j`Yfgh\Af`_h`_Y]b
<`]bk`Y]g`Ui`Z`dchYbn]Y`Y`F`]g]_Yb`Z\`X]Y`?`bcW Yb[`Ygi`bX\Y]h"
5i`ggW`U[`YVYbX`k`Uf`X]Y`b]YXf][`YfY`J`]hUa`]b`8`i`bX
?`U`n]i`a`Ui`ZbU\`a`Y`]b`XYf`dZUb\`Yb`VYhcbhYb`;`fi`ddY"

A`UW Xcb]U`j`Yfk`Y]gh\`ni`XYa`Ui`Z`Y]bY`gY`hYbY`@Ub[`nY]hghi`X]Y\`X]Y
(`-`_J\`fY`]Ub[`A`YbgW`Yb`VY`[`Y]hYh`U\h`X]Y`]a`YfghYb`@VYbga`U\`f
Ub`Dfc\hY]b`9bYf[`]Y!`A`Ub[`Y`]hYb`8`Ug`9f[`YVb]g.`8]Y
5i`gk`f_i`b[`Yb`Ui`Z`X]Y`Y\`fbU\`h\j`]h\h\`i`bX`_c[`b]h\j`Y`A\`[_Y]hYb
g]bX`bcW`]a`5`hYf`a`YggVUf`V]g`]b`ni`VYgW`Yi`b][`hYb
XYa`Ybn]Y`Yb`DfcnYggYb`8]Y`9fb\`fi`b[`]b`XYb`YfghYb
@VYbga`cbU\`Yb\`gc`nY][`hX]Y`8`UhYb`U[`Y\`df\`[`hXUg`Y\`fb`Y]b
@VYb`]Ub[`"

K`]`XZ`Y]gW .`8`Ug`i`b\hYfgW\`A`hnhY`;`Y\`fb`ZccX

6YgcbXYfg`Y]bXfi`W_gj`c`VYgW`fY]Vh`A`UW Xcb]U`XYb`GhY`Ybk`Yfh
j`cb`K`]`XZ`Y]gW .`Y]b`@VYbga`jhhy`z`XUg`]b`]\`fYb

?]bX\Y]hgYf]bbYfi b[Yb 'YYbgc 'dfÀgYbh]gh'k]Y ']b 'XYf
bYi fcV]c`c[]gWYb '@hYfUh f" K]`X `nY]WbYh'g]W .Xi fW .Y]bYb
\Ò\YfYb '5bhY]`Ub 'Ca Y[U!' !: YhhgÀi fYb 'Ui g'U'g
\Yf_Òa a `]WYg': `Y]gW " 8]YgY': YhhgÀi fYb 'g]bX 'nYbhfU`Y '6Ui ghY]bY
ZØf'gmbUdh]gWY D`Ughjn]hÀh ' `YbY '5bdUggi b[gZÀ\][_Y]h'XYg
; Y\]fbgž'X]Y '@YfbYb 'i bX ; YXÀW h'b]g'Yfgh'Yfa Ò[`]W h" <]bni
_ca a h '9]gYb 'j YfVYggYfh'X]Y 'GUI YfghcZ] Yfgcf[i b['XYf
BYfj YbnY ``Yb" N]b_ ZØfXYfh'B Yi fc[YbYgY 'i bX 'gmbUdh]gWY
5bdUggi b[" GY`Yb 'k]f_h'Ubh]cl]XUhj 'i bX 'gW Øhnh'j cf 'nY ``i 'ÀfYa
GhfYgg" J]hUa]b '6%&]gh'YbhgWY]XYbX 'ZØf'X]Y 'A mY ']bgW]W h'X]Y
=gc`]Yfi b['XYf'BYfj YbVU\bYb" < cW k Yfh][Y 'DfchY]bY ``]YZfb
YI U_h'YbY '5a]bcgÀi fYbž'X]Y 'ni f'6]Xi b['j cb '8cdUa]b 'i bX
GYfchcb]b [YVfUi W h'k YfXYb"

B]W h'ni 'Yhnh'nY][h'X]Y 'Ubh\fcdc`c[]gW Y 'DYfgdY_h]j Yž'k]Y
i b hYfgW]YX `]W ? i 'hi fYb 'h]Yf]gW Y 'B U\ fi b['bi hnYb " A UW Xcb]U
VYgW fY]Vh'Ub gW U i ']W X]Y 'hfUX]h]cbY ``Y '9fbÀ\ fi b[gk Y]gY 'XYf
=bi]h'i bX 'bca UX]gW Yf'J Ò`_Yf'k]Y 'XYf' < UXnU" 8]YgY '6Y]gd]Y 'Y
a UW Yb 'XYi h]W ž'XUgg' Wfb]j cfY '9fbÀ\ fi b[' \]ghcf]gW 'b]Y
Ui ggW 'Y» ']W 'Ui g'A i g_Y'ZY]gW 'VYghUbX ' ' =bbYfY]Ybž: Yhhž
? bcW Yba Uf'_i bX 'gc[Uf'DUbgbYb]b\ U`hY 'gd]Y 'hYb 'Y]bY 'nYbhfU`Y
Fc ``Y" 8 Yf' <]bhYf[fi bX 'gh_`Uf 'G]Y ``]YZf hYb 'A]_fcba\ fghcZZYž'X]Y
]b 'YI hfYa Yb ' ? 'ja UncbYb 'ØVYf'YVYbgk]W h]['k UfYb"

K Ufi a ' : `Y]gW 'X]Y 'DgmW Y 'VYY]bZ'i ggh

A UW Xcb]U 'VYgW fY]Vh'VYgcbXYfg'Y]bXfi W_gj c ``ž'k]Y 'Yb[' : `Y]gW
a]h'i bgYfYf'dgmW]gW Yb 'i bX '_c[b]h]j Yb 'GhUV]`]hÀh'j Yf_bØdZh]gh'
: `Y]gW ``]YZf h'YbY 'YggYbn]Y ``Yb '5a]bcgÀi fYbž'Ui g'XYbYb 'XUg
; Y\]fb 'gY]bY 'nYbhfU`Yb '6chYbghcZZY 'V]XYh 'GYfchcb]b 'ZØf
Gh]a a i b['i bX 'GW 'Už'8cdUa]b 'i bX 'BcfUXfYbU]b 'ZØf'A ch]j Uh]cb
i bX ' ? cbnYbhfUh]cb 'gck]Y ' <]ghUa]b 'ZØf'5i Za Yf_gUa _Y]h'i bX
; YXÀW h'b]g": Y\ `Yb 'X]YgY '6Ui ghY]bY 'ØVYf'`Àb[YfY 'NY]h' _ÒbbYb
A ØX][_Y]h'5bhf]YVg`cg][_Y]h'cXYf'Gh]a a i b[ggW k Ub_i b[Yb 'X]Y
: c'[Y'gY]b " 9]b '[i h'ni VYfY]hYhYg 'GhØW : `Y]gW ž'gc 'A UW Xcb]Už
k]f_h'XU\Yf'b]W h'bi f'_i ']bUf]gW ž'gcbXYfb 'V]cW Ya]gW ' 'U'g
dfÀn]gYf' a di 'g'ZØf'[Y]gh][Y ' ? 'Uf\Y]h'i bX 'gYY']gW Yg
; `Y]W [Yk]W h"

; Yk]bbYb 'G]Y' ? cWX 'X]WX '_`i [°

8]Y 'B Yi fck]ggYbgWX UZhYf]b 'A Ubi Y`U'A UWYXcb]U'j YfV]bXYh]b
]\fYa '6i WX ' ? cWX 'X]WX '_`i [° 'k]ggYbgWX UZh]WX Y '9f_Ybbhb]ggY 'a]h
U``hU[gbU\Yb '9a dZY\`i b[Yb ' i bX'nY][hžk]Y 'X]Y '9fbÀ\fi b[
i bgYf'; Y]fbži bgYfY 'Gh]a a i b['i bX'i bgYfY '@Y]ghi b[gZÀ\][_Y]h
dfÀ[h"9]b 'K Yf_žXUg 'Z bX]Yfh`Yf_`Àfhžk Ufi a 'VYgh]a a hY
@VYVbga]hhY ' 'XUfi bhYf '\cWX k Yfh][Yg: 'Y]gWX ' 'YW hY
; Y\]fbVccghYf 'g]bX"



8f" 'A Ubi Y`U'A UWYXcb]U

? cWX 'X]WX '_`i [°

YX]h]c b 'Už'&\$, 'GY]hYb '[YVi bXYb

=G6B . ' - +, !' !- - \$\$%!, ' - !&ž' ' &, ž!

K]f'j Yf`cgYb 'XfY] '9I Ya d`UfY °

GWX fY]VYb'G]Y'i bg'V]g'&\$"·ÀbbYf'&\$&* 'Ub' c ZZ]WY 4 ZY]gWX i bXWC "Uh"·6]hhY'[YVYb'G]Y'·À fYb'B Ua Yb'gck]Y
·À fY'9!A U]`!5XfYggY'Ub' 'X]Y'; Yk]bbYf'k YfXYb'[Ync[Yb'i bX
gWX f]Zh`]WX j YfghÀbX][h"

8 Yf'F YWX hgk Y[']gh'Ui g[YgWX`cggYb"·8 Yf'DfY]g'_Ubb'b]WX h'j b'VUF
UV[Y`Ògh'k YfXYb"·A]hUfVY]hYbXY'XYg'J Yf`U[g'8]Y'GWX bUhYfY'g]bX
j cb'XYf'HY]bU\ a Y'Ui g[YgWX`cggYb"

Nk]gWX Yb'K]ggYb gWX UZh'i bX'? ØWX Y

8 Ugg'X]YgYg'6i WX'VY]U'Yf'k]ggYb gWX UZh']WX Yb'DfÀn]g]cb'Y]b'
? cWX Vi WX'V'Y]Vh'z a UWX h'gY]bY'GhÀf_Y'Ui g"·8]Y'F YnYd hY' j ca
K]XWj Yh'Ui g'XYa'5cghUhU'V]g'ni a'; Ya]gWX hYb'; Y_cWX hYb'
g]bX'_Y]bY'bcghU'[]gWX Yb'9]bgWX ØVYz'gcbXYfb'XYf'nk Y]hY'HY]
Y]bYg'5f[i a Yb hg.'; i hY'9fbÀ\ fi b[']gh'_Y]bY'UVghfU_hY
; Ygi bX\Y]hga U» bU\ a Yž'gcbXYfb'[Y`VVhY'? i 'hí fž
: Ua]]Yb[YgWX]WX hY'i bX'< UbXk Yf_"

: Øf'X]Y': 'Y]gWX VfUbWX Y']gh' ? cWX'X]WX'_i [. 'XYg\U\V'a Y\ f'U'g'Y]b
Ub fY[YbXYg '@YgYj Yf[bØ[Yb"·9g'']YZYfh'Y]bYb'_cbnYbhf]YfhYb
, VYfV']WX'XUfØVYfž'k Ufi a '\cWX k Yfh][Y'h]Yf]gWX Y'@VVYbga]hhY'
Xcfhi bj Yfn]WX hVUf'g]bXž'k c'Yg'i a 'K UWX ghi a ž'; Ygi bX\Y]hž
[Y]gh][Y'@Y]ghi b[gZÀ\][_Y]h'i bX'@VVYbgei U']hÀh'[Y\h' i bX'k]Y
k Y]h'X]Y'; cfgWX i b['i bX'hfUX]h]cbY'`Y'? cWX_i bgh'XUVY]< UbX']b
< UbX'[Y\Yb"

6Ygi WX Yb'G]Y'i bg'Ui Z.'ZY]gWX i bXWC "Uh