

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`GdfUW\Y`XYf`BYfj Yb

K Ybb`A Ubi Y`U`A UWXcb]U`Y]b`bYi Yg`6i W\j YfÖZZYbh]W\hž
 \cfW\hX]Y`k]ggYbgW\UZh]W\Y`7ca`a`i`b]hm]bnk]gW\Yb`YVYbgc
 Ui`Za`Yf_gUa`Ui`Zk`jY`X]Y`VfY]hY`@YgYfgW\UZh`8]Y`ÖghYffY]W\]gW\!
]hU`jYb]gW\Y`BYi`fck`]ggYbgW\UZhYf]bž`gY]h`đ\fyb`VY`Ub`bh`ZØf`j\fy
 dcdi`Àfk`]ggYbgW\UZh]W\Yb`5fVY]hYb`ØVYf`XUg`;`Y\]fb`i`bX`XYb
 @YVYbggh]ž`Uha`]h`?cW\`X]W\`_`i`[`°`YfbYi`hY]b`K`Yf_
 j`cf[`Y`Y[`hž`XUg`X]Y`Ni`gUa`a`Yb\Àb[`Y`nk`]gW\Yb`9fbÀ\fi`b[`i`bX
 _c[`b]h]j`Yf`;`Ygi`bX\Y]h`dfÀn]gYž`U`hU[`gbU\`i`bX`ØVYffUgW\YbX

d fU_h]gW\`YfnÅ\`h" A UW\Xcb]U`j YfV]bXYh_ca d`YI Y
bYi fcV]c`c[]gW\Y`DfcnYggY`a]hY]bYf`_`UfYb`6chgW\UZh`9fbÅ\fi b[
]gh`b]W\h`bi f`9bYf[]Yni Z \fž`gcbXYfb`Y]b`X]fY_hYf
?ca a i b[_Uh]cbg_UbU`nk]gW\Yb`HY`Yf`i bX`BYfj YbgmghYa "I bX
g]Y`gYhnhXcfh`Ubž`k c`j]Y`Y`8YVUhYb`i bgW\UfZ`k YfXYb` `VY]`XYf
: fU[Yž`k]Y`g]W\`VYgh]a a hY`@YVYbga]hhY`hUhgÅW\`]W\`Ui Z
; YXÅW\hb]gž`Gh]a a i b[ž; Y\]fbYbhk]W_`i b[`i bX
@Y]ghi b[gZÅ\][_Y]h`Ui gk]f_Yb"

⇒a `A]hhY`di b_highY\`h`_Y]b`8]ÅhgmghYa ž`_Y]b`HfYbX" GhUhhXYggYb
d`ÅX]Yfh`A UW\Xcb]U`Z0f`Y]bY` _`i [Y`9fbÅ\fi b[.`bUhi fVY`UggYbž
i bj YfUfVY]hYhž`fY]W\`Ub`A]_fcbÅ\fghcZZYb`i bX`YggYbn]Y`Yb
5a]bcgÅi fYb"6YgcbXYfg]b`hYbg]j `k]Xa Yh`g]Y`g]W\`YbYb
6YghUbXhY]`Yb`XYf`BU\fi b[ž`X]Y`XUg`a YbgW\`]W\Y; Y\]fb`]b`gY]bYf
9b`hk]W_`i b[`[YdfÅ[h`UVYb` `XUfi bhYf`Ui W\`:`Y]gW\`i bX`
K]`XZ`Y]gW\`"; YbUi `X]YgY`DUggU[Yb`g]bX`Ygž`X]Y`]b`]\fYf
k]ggYbgW\UZh]W\Yb`?`Uf`Y]hY]bY`k]W\h[Y`9f[Åbni b[`Z0f`X]Y
YfbÅ\fi b[gdc`]h]gW\Yb`8]g_i gg]cbYb`i bgYfYf`NY]h`XUfghY`Yb"

H]Yf]gW\Y`DfchY]bY` `i bX`k Ufi a `XYf`A Ub[Y`
Ub`]bYb`:`c`[Yb`U`h

8Yf`k]ggYbgW\UZh]W\Y`6`]W_`Ui Z`h]**Yf]gW\Y`DfchY]bY`**n]Y\`h`g]W\
k]Y`Y]b`fchYf`: UXYb`Xi fW\`XUg`6i W\`"A UW\Xcb]U`Yf]bbYfh`XUfUbž
XUgg`: `Y]gW\`0VYf`J\fhUi gYbXY`b]W\h`bi f`BÅ\fghcZzei Y`Yž
gcbXYfb`Y]b`Yb`hgW\Y]XYbXYf`A chcf`XYf`a YbgW\`]W\Yb
9b`hk]W_`i b[`k Uf"<Yi hYž`ja `NY]hU`hYf`XYg`, VYfZi ggYgž`f0W_h`cZh
X]Y`: fU[Y`bUW\`XYa `CV`j cb`: `Y]gW\`cbgi a `]b`XYb`JcfXYf[fi bX`
k Yb][Yf`XUg`K]Yj]Y`i bX`]b`k Y`W\Yf`E i U`hÅh"
8UVY]`UggYb`g]W\`X]Y`d`mg]c`c[]gW\Yb`9ZZY_hY`_`Uf`VYbYbbYb"
: cfgW\i b[gUfVY]hYb`Ui g`A YI]_cž?Yb]U`i bX`Y[mdhYb`nY][Ybž`XUgg
?]bXYfž`X]Y`fY[Y`a Å»][`:`Y]gW\`cXYf`A]W\`Yf\U`hYbž`VYggYfY
_0fdYf`]W\Y`i bX`_c[b]h]j Y`@Y]ghi b[Yb`YfVf]b[Yb"6YgcbXYfg
Y]bXf0W_`]W\`]ghY]bY`nk Y]Å\f][Y`Ghi X]Y`Ui g`?Yb]U.`- \$\$
GW\0Yf]bbYb`i bX`GW\0Yf`Yf\]Y`hYb`XYbgY`VYb`?U`cf]Yb[Y\U`h]b
: cfa `hfUX]h]cbY`Yf`A U]g!6c`bYb!; Yf]W\hY` `Y]ba U`di fž`Y]ba U`
a]h`A]W\`i bX`Y]ba U`a]h: `Y]gW\`Ub[YfY]W\Yfh"8Ug`9f[YVb]g]gh
Y]bXYi h][.`8]Y`?]bXYf`XYf: `Y]gW\[fi ddY`VUi hYb`a Y\`f

A i g_Y`a UggY`Ui Z`gW\ b]hYb`]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` `đ\ f`&\$&(`a`]h` `&"\$\$\$
?]bXYfb`Ui g`Z0bZ`UZf`_Ub]gW\Yb`@AbXYfb`Yf[Abnh`X]YgY
9f_Ybbhb]ggY. **H]Yf]gW\Y`@YVYbga`]hhY`**Yf\0\Yb`X]Y
Xi fW\gW\ b]h]W\Y`?0fdYf[f0»Y`g][b]Z`_Ubh`"8]Y`I fgUW\Y`]Y[h`]b
XYf`K`]f_i b[`h]Yf]gW\Yf`DfchY]bY`Ui Z`XYb`?bcW\YbghcZk`YW\gY`.
G]Y`]YZYfb`X]Y`bchk`YbX][Yb`5a`]bcgAi`fYbž`j`YfVYggYfb`XYb
?U`n]i`a` \Ui`g\U`h`i`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`bhYfgW\]YX`a`UW\Yb`

đ`]bXi`ghf]U`]g]YfhYb`@AbXYfb`hf]h`Y]b`UbXYfYf`5gdY`_h`]b`XYb
J`cfXYf[fi`bX.`K`Ug`dUgg]Yfhž`k`Ybb`h]Yf]gW\Y`Xi`fW\`dZUb`n`]W\Y
DfchY]bY`YfgYmh`k`YfXYb3`9]bY`_cbhfc``]YfhY`Nk`0`Z`K`cW\Yb!Ghi`X]Y
a`]h`%` *`9fk`UW\gYbYb`XYi`hYh`XUfUi`Z`\]bž`XUgg`Y]b`_c\Yf`5bhY]`
dZUb`n`]W\Yf`DfchY]bY`X]Y`?bcW\Yb`fYgcfdh]cb`j`Yfgh`Af`_h` `Y]b
<]bk`Y]g`Ui`Z`dchYbn]Y``Y`F`]g]_Yb`Z0f`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`nYbVYhcbhYb`;`fi`ddY"

A`UW\Xcb]U`j`Yfk`Y]gh`ni`XYa` `Ui`Z`Y]bY`gY`hYbY`@Ub[`nY]hghi`X]Yž`X]Y
(`-`đ\`fY`_Ub[`A`YbgW\Yb`VY[`Y]hYh`\Uhž`X]Y`ja` `YfghYb`@YVYbg`U\`f
Ub`DfchY]b!9bYf[]Y!A`Ub[Y``]hYb""8Ug`9f[YVb]g.`8]Y
5i`gk`]f_i b[Yb`Ui`Z`X]Y`;`Y\]fbU`_hj`]h`h`i`bX`_c[b]hj`Y`:`A\][`_Y]hYb
g]bX`bcW\`ja` `5`hYf`a`YggVUf` `V]g`\]b`ni` `VYgW\`Yi`b][`hYb
XYa`Ybn]Y``Yb`Dfc`nYggYb""8]Y`9fb`À\fi`b[`]b`XYb`YfghYb
@YVYbga`cbUhYbž`gc`nY][`h`X]Y`8UhYb`U[Yž`df`A[`h`XUg`;`Y\]fb`Y]b
@YVYb``Ub["

K`]`X`Z`Y]gW\.`8`Ug`i`bhYfgW\`À`hnhY`;`Y\]fb`Zc`c`X`

6YgcbXYfg`Y]bXfi`W_gj`c``VYgW\fy]Vh`A`UW\Xcb]U`XYb`GhY``Ybk`Yfh
j`cb`**K`]`X`Z`Y]gW\`**`Y]b`@YVYbga`]hY`ž`XUg`]b`]`fYb`

?]bX\Y]hgYf]bbYfi b[Yb`YVYbgc`dfÄgYbh]gh`k]Y`]b`XYf
bYi fcV]c`c[]gWXYb`@]hYfUhi f`K]`X`nY]WAbYh`g]W`Xi fW`Y]bYb
\\ÖYfYb`5bhY]`Ub`C a Y[U!`! : YhhgÄi fYb`Ui g`U`g
\\Yf_Öa a `]WXYg` : `Y]gW`"8]YgY` : YhhgÄi fYb`g]bX`nYbhfU`Y`6Ui ghY]bY
ZÖf`gmbUdh]gWXY`D`Ugh]n]hÄh` `YbY`5bdUggi b[gZÄ`][_Y]h`XYg
; Y\]fbgž`X]Y`@YfbYb`i bX` ; YXÄW`hb]g`Yfgh`Yfa Ö[`]W`h`<]bni
_ca a h`9]gYb`j YfVYggYfh`X]Y`GUi YfghcZ] Yfgcf[i b[`XYf
BYfj YbnY`Yb`"N]b`_ZÖfXYfh`BYi fc[YbYgY`i bX`gmbUdh]gWXY
5bdUggi b["GY`Yb`k]f`h`Ubh]cl]XUh]j `i bX`gW`Øhnh] cf`nY`i`ÄfYa
GhfYgg`"J]hUa`]b`6%&`]gh`YbhgWXY]XYbX`ZÖf`X]Y`A mY`]bgW`]W`hž`X]Y
`gc`]Yfi b[`XYf`BYfj YbVU`bYb`"<cW`k Yfh][Y`DfchY]bY`"]YZYfb
YI U`h`YbY`5a`]bcgÄi 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`Y`hnh`nY][h`X]Y`Ubh`fcd`c`c[]gWXY`DYfgdY`_h]j Yž`k]Y
i bhYfgW`]YX`]W`?`i`hi fYb`h]Yf]gWXY`BU`fi b[`bi`hnYb`"A UW`Xcb]U
VYgW`fY]Vh`Ub`gW`Ui`]W`X]Y`hfUX]h]cbY`Y`9fbÄ`fi b[gk`Y]gY`XYf
`bi`]hi bX`bca`UX]gWXYf`J`Ö`_Yf`k]Y`XYf`<UXnU`"8]YgY`6Y]gd]Y`Y
a UW`Yb`XYi`h]W`ž`XUgg` Wufb]j cfY`9fbÄ`fi b[`\\]ghcf]gW`b]Y
Ui ggW`]Y»`]W`Ui g`A i g`_Y`ZY]gW`VYghUbX` ``bYfY]Ybž` : Yhhž
?bcWXYba Uf`_`i bX`gc[Uf`DUbgYb]b`\\U`hY`gd]Y`hYb`Y]bY`nYbhfU`Y
Fc`Y`"8Yf`<]bhYf[fi bX`]gh`_Uf.`G]Y`]YZYfhYb`A]_fcbÄ`fghcZZYž`X]Y
]b`YI hfYa Yb`?`]a 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]hi bgYfYf`dgmW`]gWYb`i bX`_c[b]h]j Yb`GhUV`]hÄh] Yf_bØdZh]gh"
: `Y]gW`]YZYfh`YbY`YggYbn]Y`Yb`5a`]bcgÄi fYb`žUi g`XYbYb`XUg
; Y\]fb`gY]bY`nYbhfU`Yb`6chYbghcZZY`V]`XYh`GYfchcb]b`ZÖf
Gh]a a i b[`i bX`GW`UŽ`8cdUa`]b`i bX`BcfUXfYbU`]b`ZÖf`A ch]j Uh]cb
i bX`?cbnYbhfUh]cb`gck]Y`<]ghUa`]b`ZÖf`5i Za Yf_gUa`_Y]h`i bX
; YXÄW`hb]g`" : Y\`Yb`X]YgY`6Ui ghY]bY`ØVYf`Äb[YfY`NY]hž`_ÖbbYb
A ØX][_Y]hž`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
dfÄn]gYf`a di`g`ZÖf`[Y]gh][Y`?`Uf`Y]h`i bX`gYY`]gWXYg
; `Y]W`[Yk]W`h`"

; Yk]bbYb`G]Y` ? cW\`X]W\`_`i [°

8]Y`B Yi fck]ggYbgW\UZhYf]b`A Ubi Y`U`A UW\Xcb]U`j YfV]bXYh`b
]\fYa`6i W\` ? cW\`X]W\`_`i [°`k]ggYbgW\UZh`W\Y`9f_Ybbhb]ggY`a]h
U`hU[gbU\Yb`9a dZY\`i b[Yb` `i bX`nY][hž`k]Y`X]Y`9fbÀ\fi b[
i bgYf`; Y\]fbž`i bgYfY`Gh]a a i b[`i bX`i bgYfY`@Y]ghi b[gZÀ\][_Y]h
dfÀ[h`9]b`K Yf_ž`XUg`Z bX]Yfh`Yf_`Àfhž`k Ufi a`VYgh]a a hY
@VYbga]hY` `XUfi bhYf`\cW\k Yfh][Yg`: `Y]gW\` `YW\hY
; Y\]fbVccghYf`g]bX"



8f``A Ubi Y`U`A UW\Xcb]U

? cW\`X]W\`_`i [°

YX]h]cb`Už`&\$, `GY]hYb`[YVi bXYb

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

K]f`j Yf`cgYb`XfY]`9I Ya d`UfY°

GWfY]VYb`G]Y`i bg`V]g`&\$`"ÀbbYf`&\$`*`Ub`
c ZZ]W 4 Z`Y]gW i b XW "Uh"6]hY`[YVYb`G]Y`ÀfYb`BUa`Yb`gck`Y
ÀfY`9!A`U`!5XfYggY`Ub``X]Y`; Yk`]bbYf`k`YfXYb`[Ync[Yb`i bX
gWf]Zh]W`j`YfghAbX][h"

8Yf`FYW`hgk`Y`[`]gh`Ui`g`[YgW`cggYb`"8Yf`DfY]g`_Ubb`b]W`h`b`VUf
UV[Y`Ògh`k`YfXYb`"A`]hUfVY]hYbXY`XYg`J`Yf`U`[g`8]Y`GW`bUhhYfY]`g]bX
j`cb`XYf`HY]`bU\`a`Y`Ui`g`[YgW`cggYb"

Nk`]gW`Yb`K`]ggYbgW`UZh`i`bX`?`ØW`Y`

8Ugg`X]YgYg`6i`W`VY]`U`Yf`k`]ggYbgW`UZh]W`Yb`DfÀn]g]cb`Y]b`
? c W Vi W`V`Y]Vhž`a`UW`h`gY]bY`GhÀf`_Y`Ui`g`"8]Y`F`YnYdhY``j`ca
K`]XW]j`Yh`Ui`g`XYa`5cghUhU`V]g`ni`a``; Ya`]gW`hYb`; Y`cW`hYb`
g]bX`_Y]bY`bcghU`[]gW`Yb`9]bgW`ØVYž`gcbXYfb`XYf`nk`Y]hY`HY]`
Y]bYg`5f[i`a`Yb`hg.`; i`hY`9fb`À\fi`b[`]gh`_Y]bY`UVghfU`hY
; Ygi`bX\Y]hga`U»bU\`a`Yž`gcbXYfb`[Y`YVhY`?i`hi`fž
: Ua`j`Yb[YgW`]W`hY`i`bX`<UbXk`Yf`_"

: Øf`X]Y`:`Y]gW`VfUbW`Y`]gh`?cW`X]W`_i`[`X`Yg\U`V`a`Y\`f`U`g`Y]b
UbfY[YbXYg`@YgYj`Yf[bØ[Yb`"9g`Y]ZYfh`Y]bYb`_cbnYbhf]YfhYb
, VYfV`]W`XUfØVYfž`k`Ufi`a``cW`k`Yfh][Y`h]Yf]gW`Y`@YVYbga`]hY`
Xcfhi`bj`Yfn]W`hVUf`g]bXž`k`c`Ygi`a`K`UW`ghi`a`ž; Ygi`bX\Y]hž
[Y]gh][Y`@]ghi`b[gZÀ\][_Y]hi`bX`@YVYbgei`U]hÀh[Y\`h`i`bX`k`Y
k`Y]h`X]Y`:`cf`gW`i`b[`i`bX`hfUX]h]cbY`Y`?cW`_i`bgh`XUVY]`<UbX`]b
<UbX`[Y\Yb"

6Ygi`W`Yb`G]Y`i`bg`Ui`Z.`Z`Y]gW`i`bXW`"Uh