

Literatur:

- Bao J, Atkinson F, Petocz P, Willett WC, Brand-Miller JC (2011): Prediction of postprandial glycemia and insulinemia in lean, young, healthy adults: glycemic load compared with carbohydrate content alone. *Am J Clin Nutr*; 93: 984–996.
- Barnard ND, Cohen J, Jenkins DJ, Turner-McGrievy G, Gloede L, Green A, Ferdowsian H (2009): A low-fat vegan diet and a conventional diabetes diet in the treatment of type 2 diabetes: a randomized, controlled, 74-wk clinical trial. *Am J Clin Nutr*; 89(5): 1588S-1596S.
- Barnard ND, Cohen J, Jenkins DJ, Turner-McGrievy G, Gloede L, Jaster B, Seidl K, Green AA, Talpers S (2006): A low-fat vegan diet improves glycemic control and cardiovascular risk factors in a randomized clinical trial in individuals with type 2 diabetes. *Diabetes Care*; 29(8): 1777-1783.
- Fraser GE, Shavlik DJ (2001): Ten years of life: Is it a matter of choice? *Arch Intern Med*; 161(13): 1645-1652.
- Goldman DP, Cutler D, Rowe JW, Michaud PC, Sullivan J, Peneva D, Olshansky SJ (2013): Substantial health and economic returns from delayed aging may warrant a new focus for medical research. *Health Aff (Millwood)*; 32(10): 1698-1705.
- Jacobsen B, Knutsen S, Fraser G (1998): Does high soy milk intake reduce prostate cancer incidence? The Adventist Health Study. *Cancer Causes Control*; 9(6): 553-557.
- Lim EL, Hollingsworth KG, Aribisala BS, Chen MJ, Mathers JC, Taylor R (2011): Reversal of type 2 diabetes: normalisation of beta cell function in association with decreased pancreas and liver triacylglycerol. *Diabetologia*; 54(10): 2506-2514.
- Orlich MJ, Singh PN, Sabaté J, Jaceldo-Siegl K, Fan J, Knutsen S, Beeson WL, Fraser GE (2013): Vegetarian dietary patterns and mortality in Adventist Health Study 2. *JAMA Intern Med*; 173(13): 1230-1238.
- Ornish D, Brown SE, Scherwitz LW, Billings JH, Armstrong WT, Ports TA, McLanahan SM, Kirkeeide RL, Brand RJ, Gould KL (1990): Can lifestyle changes reverse coronary heart disease? The Lifestyle Heart Trial. *Lancet*; 336(8708): 129-133.
- Ornish D, Lin J, Chan JM, Epel E, Kemp C, Weidner G, Marlin R, Frenda SJ, Magbanua MJ, Daubenmier J, Estay I, Hills NK, Chainani-Wu N, Carroll PR, Blackburn EH (2013): Effect of comprehensive lifestyle changes on telomerase activity and telomere length in men with biopsy-proven low-risk prostate cancer: 5-year follow-up of a descriptive pilot study. *Lancet Oncol*; 14(11): 1112-1120.
- Ornish D, Scherwitz LW, Billings JH, Brown SE, Gould KL, Merritt TA, Sparler S, Armstrong WT, Ports TA, Kirkeeide RL, Hogeboom C, Brand RJ (1998): Intensive lifestyle changes for reversal of coronary heart disease. *JAMA*; 280(23): 2001-2007.
- Pischke CR, Weidner G, Elliott-Eller M, Scherwitz L, Merritt-Worden TA, Marlin R, Lipsenthal L, Finkel R, Saunders D, McCormac P, Scheer JM, Collins RE, Guarneri EM, Ornish D (2006): Comparison of coronary risk factors and quality of life in coronary artery disease patients with versus without diabetes mellitus. *Am J Cardiol*; 97(9): 1267-1273.
- Rizzo NS, Jaceldo-Siegl K, Sabate J, Fraser GE (2013): Nutrient profiles of vegetarian and nonvegetarian dietary patterns. *J Acad Nutr Diet*; 113(12): 1610-1619.
- Rizzo NS, Sabaté J, Jaceldo-Siegl K, Fraser GE (2011): Vegetarian dietary patterns are associated with a lower risk of metabolic syndrome: the adventist health study 2. *Diabetes Care*; 34(5): 1225-1227.
- Statistisches Bundesamt (2012): 3 Sterbefälle; 3.16 Durchschnittliche weitere Lebenserwartung nach Altersstufen. URL: https://www.destatis.de/DE/ZahlenFakten/GesellschaftStaat/Bevoelkerung/Sterbefaelle/Tabellen/Lebenserwartung.pdf?__blob=publicationFile (27.05.2013).
- Tantamango-Bartley Y, Jaceldo-Siegl K, Fan J, Fraser G (2013): Vegetarian diets and the incidence of cancer in a low risk population. *Cancer Epidemiol Biomarkers Prev*; 22(2): 286-294.
- Tonstad S, Stewart K, Oda K, Batech M, Herring RP, Fraser GE (2013): Vegetarian diets and incidence of diabetes in the Adventist Health Study-2. *Nutr Metab Cardiovasc Dis*; 23(4): 292-299.
- University of Southern California (2013): Delayed aging is better investment than cancer, heart disease. *ScienceDaily*. URL: <http://www.sciencedaily.com/releases/2013/10/131007162357.htm> (10.12.2013).
- Willcox DC, Willcox BJ, Todoriki H, Suzuki M (2009): The Okinawan diet: health implications of a low-calorie, nutrient-dense, antioxidant-rich dietary pattern low in glycemic load. *J Am Coll Nutr*; 28 Suppl: 500S-516S.
- Willcox DC, Willcox BJ, Wang NC, He Q, Rosenbaum M, Suzuki M (2008): Life at the extreme limit: phenotypic characteristics of supercentenarians in Okinawa. *J Gerontol A Biol Sci Med Sci*; 63(11): 1201-1208.