

## **Pressemeldung: Dr. Jacobs Institut: Kalium der vergessene Lebensretter**

### **Literatur:**

- Aburto NJ, Hanson S, Gutierrez H, Hooper L, Elliott P, Cappuccio FP (2013): Effect of increased potassium intake on cardiovascular risk factors and disease: systematic review and meta-analyses. *BMJ*; 346: f1378.
- Amtsblatt der Europäischen Union (2008): Richtlinie 2008/100/EG der Kommission vom 28. Oktober 2008 zur Änderung der Richtlinie 90/496/EWG des Rates über die Nährwertkennzeichnung von Lebensmitteln hinsichtlich der empfohlenen Tagesdosen, der Umrechnungsfaktoren für den Energiewert und der Definitionen.
- Arampatzis S, Funk GC, Leichtle AB, Fiedler GM, Schwarz C, Zimmermann H, Exadaktylos AK, Lindner G (2013): Impact of diuretic therapy-associated electrolyte disorders present on admission to the emergency department: a cross-sectional analysis. *BMC Med*; 11: 83.
- Ascherio A, Rimm EB, Hernán MA, Giovannucci EL, Kawachi I, Stampfer MJ, Willett WC (1998): Intake of potassium, magnesium, calcium, and fiber and risk of stroke among US men. *Circulation*; 98(12): 1198-1204.
- Bognár A (1988): Vitaminveränderung bei der küchenmäßigen Zubereitung von Gemüse. *Ern Umschau*; 32(6): 177-181.
- Eaton SB, Eaton SB 3rd, Konner MJ (1997): Paleolithic nutrition revisited: a twelve-year retrospective on its nature and implications. *Eur J Clin Nutr*; 51(4): 207-216.
- FNB (Food and Nutrition Board) (2004): Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate. Panel on Dietary Reference Intakes for Electrolytes and Water. Standing Committee on the Scientific Evaluation of Dietary Reference Intakes. Institute of Medicine of the National Academies. The National Academies Press, Washington D.C. URL: <http://www.nap.edu/openbook.php?isbn=0309091691> (29.01.2013).
- Forschungsinstitut für Kinderernährung Dortmund (2006): Ermittlung des Kochsalzkonsums in Verzehrserhebungen anhand der Kochsalzausscheidung im Urin – eine Sonderauswertung der DONALD Studie. Abschlussbericht. URL: <http://download.ble.de/05HS048.pdf> (26.06.2013).
- GBD (Global Burden of Disease Study, 2010) (2012): Global and regional mortality from 235 causes of death for 20 age groups in 1990 and 2010: a systematic analysis for the Global Burden of Disease Study 2010. *Lancet*; 380(9859): 2095-2128.
- Green DM, Ropper AH, Kronmal RA, Psaty BM, Burke GL; Cardiovascular Health Study (2002): Serum potassium level and dietary potassium intake as risk factors for stroke. *Neurology*; 59(3): 314-320.
- Lemann J Jr, Pleuss JA, Gray RW, Hoffmann RG (1991): Potassium administration reduces and potassium deprivation increases urinary calcium excretion in healthy adults [corrected]. *Kidney Int*; 39(5): 973-983.
- Luft FC, Rankin LI, Bloch R, Weyman AE, Willis LR, Murray RH, Grim CE, Weinberger MH (1979): Cardiovascular and humoral responses to extremes of sodium intake in normal black and white men. *Circulation*; 60(3): 697-706.
- McDonough AA, Thompson CB, Youn JH (2002): Skeletal muscle regulates extracellular potassium. *Am J Physiol Renal Physiol*; 282(6): F967-F974.
- Morris RC Jr, Schmidlin O, Frassetto LA, Sebastian A (2006): Relationship and interaction between sodium and potassium. *J Am Coll Nutr*; 25(3 Suppl): 262S-270S.
- MRI (Max Rubner-Institut) (2013): Kochsalzzufuhr der deutschen Bevölkerung. Max Rubner-Institut präsentiert aktuelle Zahlen. Pressemitteilung des Max Rubner-Instituts vom 26.03.2013. URL: [http://www.mri.bund.de/no\\_cache/de/aktuelles/pressemitteilungen/pressemitteilungen-infoseite-neu/Pressemitteilung/kochsalzzufuhr-der-deutschen-bevoelkerung.html](http://www.mri.bund.de/no_cache/de/aktuelles/pressemitteilungen/pressemitteilungen-infoseite-neu/Pressemitteilung/kochsalzzufuhr-der-deutschen-bevoelkerung.html) (03.09.2013).
- MRI (Max Rubner-Institut), Bundesforschungsinstitut für Ernährung und Lebensmittel (2008): Nationale Verzehrsstudie II. Ergebnisbericht Teil 2. Die bundesweite Befragung zur Ernährung von Jugendlichen und Erwachsenen. URL: [http://www.mri.bund.de/fileadmin/Institute/EV/NVSII\\_Abschlussbericht\\_Teil\\_2.pdf](http://www.mri.bund.de/fileadmin/Institute/EV/NVSII_Abschlussbericht_Teil_2.pdf).
- Sacks FM, Svetkey LP, Vollmer WM, Appel LJ, Bray GA, Harsha D, Obarzanek E, Conlin PR, Miller ER 3rd, Simons-Morton DG, Karanja N, Lin PH; DASH-Sodium Collaborative Research Group (2001): Effects on blood pressure of reduced dietary sodium and the Dietary Approaches to Stop Hypertension (DASH) diet. DASH-Sodium Collaborative Research Group. *N Engl J Med*; 344(1): 3-10.
- Sebastian A, Frassetto LA, Sellmeyer DE, Merriam RL, Morris RC Jr (2002): Estimation of the net acid load of the diet of ancestral preagricultural Homo sapiens and their hominid ancestors. *Am J Clin Nutr*; 76(6): 1308-1316.
- WHO (World Health Organization) (2012): Guideline: Potassium intake for adults and children. Geneva. URL: [http://www.who.int/nutrition/publications/guidelines/potassium\\_intake\\_printversion.pdf](http://www.who.int/nutrition/publications/guidelines/potassium_intake_printversion.pdf) (03.09.2013).
- WHO (World Health Organization) (2013): Global Strategy on Diet, Physical Activity and Health. Population sodium reduction strategies. URL: <http://www.who.int/dietphysicalactivity/reducingsalt/en/> (03.09.2013).
- Yang Q, Liu T, Kuklina EV, Flanders WD, Hong Y, Gillespie C, Chang MH, Gwinn M, Dowling N, Khoury MJ, Hu FB (2011): Sodium and potassium intake and mortality among US adults: prospective data from the Third National Health and Nutrition Examination Survey. *Arch Intern Med*; 171(13): 1183-1191.
- Young DB (2001): Role of Potassium in Preventive Cardiovascular Medicine. Kluwer Academic Publishers, Boston.