

Notas

Prefácio

1. MONTE, T.; PRITIKIN, I. *Pritikin: The Man Who Healed America's Heart*. Emmaus, Pensilvânia: Rodale Press, 1988.
2. GOULD, K.L.; ORNISH, D.; SCHERWITZ, L. et al. "Changes in Myocardial Perfusion Abnormalities by Positron Emission Tomography after Long-term, Intense Risk Factor Modification." *Journal of the American Medical Association*. Chicago: 1995; 274: p. 894-901.
3. ORNISH, D.; SCHERWITZ, L.; BILLINGS, J. et al. "Intensive Lifestyle Changes for Reversal of Coronary Heart Disease. Five-Year Follow-up of the Lifestyle Heart Trial." *Journal of the American Medical Association*. Chicago: 1998; 280: p. 2001-2007.
4. ORNISH, D.M.; SCHERWITZ, L.W.; DOODY, R.S. et al. "Effects of Stress Management Training and Dietary Changes in Treating Ischemic Heart Disease." *Journal of the American Medical Association*. Chicago: 1983; 249: p. 54-9.
5. ORNISH, D. "Intensive Lifestyle Changes and Health Reform." *The Lancet Oncology*. Londres: 2009; 10 (7): p. 638-9.
6. ADAMS, K.M.; KOHLMEIER, M.; ZEISEL, S.H. "Nutrition Education in U.S. Medical Schools: Latest Update of a National Survey." *Academic Medicine: Journal of the Association of American Medical Colleges*. Filadélfia: 2010; 85(9): p. 1.537-42.
7. JAMAL, A.; DUBE, S.R.; MALARCHER, A.M.; SHAW, L.; ENGSTROM, M.C. "Tobacco Use Screening and Counseling During Physician Office Visits Among Adults. National Ambulatory Medical Care Survey and National Health Interview Survey, 2005-2009". *Morbidity and Mortality Weekly Report*. Atlanta: 2012; (supl. 61): p. 38-45.

Introdução

1. BERZLANOVICH, A. M.; KEIL, W.; WALDHOER, T.; SIM, E.; FASCHING, P.; FAZENY-DÖRNER, B. "Do Centenarians Die Healthy? An Autopsy Study." *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*. Washington, D.C.: 2005; 60(7): p. 862-5.
2. KOHN, R.R. "Cause of Death in Very Old People." *Journal of the American Medical Association*. Chicago: 1982; 247(20): p. 2.793-7.
3. BERZLANOVICH, A.M.; KEIL, W.; WALDHOER, T.; SIM, E.; FASCHING, P.; FAZENY-DÖRNER, B. "Do Centenarians Die Healthy? An Autopsy Study." *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*. Washington, D.C.: 2005; 60(7): p. 862-5.
4. LENDERS, C.; GORMAN, K.; MILCH, H. et al. "A Novel Nutrition Medicine Education Model: The Boston University Experience." *Advances in Nutrition*. Bethesda: 2013; 4(1): p. 1-7.
5. MURRAY, C.J.; ATKINSON, C.; BHALLA, K. et al. "The State of US Health, 1990-2010: Burden of Diseases, Injuries, and Risk Factors." *Journal of the American Medical Association*. Chicago: 2013; 310(6): p. 591-608.
6. KRIS-ETHERTON, P.M.; AKABAS, S.R.; BALES, C.W. et al. "The Need to Advance Nutrition Education in the Training of Health Care Professionals and Recommended Research to Evaluate Implementation and Effectiveness." *The American Journal of Clinical Nutrition*. Bethesda: 2014; 99 (supl. 5): 1.153S-66S.
7. SWIFT, C.S. "Nutrition Trends: Implications for Diabetes Health Care Professionals." *Diabetes Spectrum: A Publication of the American Diabetes Association*. Alexandria, Virginia: 2009; 29(1): p. 23-5.
8. VETTER, M.L.; HERRING, S.J.; SOOD, M; SHAH, N.R.; KALET, A.L. "What Do Resident Physicians Know about Nutrition? An Evaluation of Attitudes, Self-perceived Proficiency and Knowledge." *Journal of the American College of Nutrition*. Nova York: 2008; 27(2): p. 287-98.
9. LAZARUS, K; WEINSIER, R.L.; BOKER, J.R. "Nutrition Knowledge and Practices of Physicians in a Family-Practice Residency Program: The Effect of an Education Program Provided by a Physician Nutrition Specialist." *The American Journal of Clinical Nutrition*. Bethesda: 1993; 58(3): 31925.
10. COMISSÃO DO SENADO PARA NEGÓCIOS, PROFISSÕES E DESENVOLVIMENTO ECONÔMICO. *Bill Analysis on SB 380*. Disponível em: <http://www.leginfo.ca.gov/pub/11-12/bill/sen/sb_0351-0400/sb_380_cfa_20110421_125358_sen_comm.html>. Audiência realizada em 25 de abril de 2011. Acesso em 31 de março de 2015.

NOTAS

11. CONSELHO MÉDICO DA CALIFÓRNIA. “Continuing Medical Education.” Disponível em: <http://www.mbc.ca.gov/Licensees/Continuing_Education/Nd>. Acesso em 31 de março de 2015.
12. “Wizard Edison Says Doctors of Future Will Give No Medicine.” *Newark Advocate*. 2 de janeiro de 1903.
13. STANGE, K.C.; ZYZANSKI, S.J.; JAÉN, C.R. et al. “Illuminating the ‘Black Box.’ A Description of 4454 Patient Visits to 138 Family Physicians.” *The Journal of Family Practice*. [S.l.]: 1998; 46(5): p. 377-89.
14. AITKEN, M.; FACULDADE DE SAÚDE PÚBLICA JOHNS HOPKINS BLOOMBERG. “The Trillion Dollar Market for Medicines: Characteristics, Dynamics and Outlook.” Disponível em: <<http://www.jhsph.edu/research/centers-and-institutes/center-for-drug-safety-and-effectiveness/academic-training/seminar-series/MUrray%20Aikten.pdf>>. 24 de fevereiro de 2014. Acesso em 29 de março de 2015.
15. WILLET, W.C. “Balancing Life-Style and Genomics Research for Disease Prevention.” *Science*. [S.l.]: 2002; 296(5568): p. 695-8.
16. WILLET, W.C. “Balancing Life-Style and Genomics Research for Disease Prevention.” *Science*. [S.l.]: 2002; 296(5568): p. 695-8.
17. ROBERTSON, T.L.; KATO, H.; RHOADS, G.G. et al. “Epidemiologic Studies of Coronary Heart Disease and Stroke in Japanese Men Living in Japan, Hawaii and California. Incidence of Myocardial Infarction and Death from Coronary Heart Disease.” *The American Journal of Cardiology*. Nova York: 1977; 39(2): p. 239-43.
18. MAYO CLINIC NEWS NETWORK. “Nearly 7 in 10 Americans Take Prescription Drugs, Mayo Clinic, Olmsted Medical Center Find.” Disponível em: <<http://newsnetwork.mayoclinic.org/discussion/nearly-7-in-10-americans-take-prescription-drugs-mayo-clinic-olmsted-medical-center-find/>>. 19 de junho de 2013. Acesso em 31 de março de 2015.
19. MURRAY, C.J.; ATKINSON, C.; BHALLA, K. et al. “The State of US Health, 1990-2010: Burden of Diseases, Injuries, and Risk Factors.” *Journal of the American Medical Association*. Chicago: 2013; 310(6): p. 591-608.
20. CRIMMINS, E.M.; BELTRÁN-SÁNCHEZ, H. “Mortality and Morbidity Trends: Is There Compression of Morbidity?” *The Journals of Gerontology. Series B, Psychological Sciences and Social Sciences*. [S.l.]: 2011; 66(1): p. 75-86.
21. CRIMMINS, E.M.; BELTRÁN-SÁNCHEZ, H. “Mortality and Morbidity Trends: Is There Compression of Morbidity?” *The Journals of Gerontology. Series B, Psychological Sciences and Social Sciences*. [S.l.]: 2011; 66(1): p. 75-86.

COMO NÃO MORRER

22. OLSHANSKY, S.J.; PASSARO, D.J.; HERSHOW, R.C. et al. "A Potential Decline in Life Expectancy in the United States in the 21st Century." *The New England Journal of Medicine*. Boston: 2005; 352(11): p. 1.138-45.
23. OFFORD, D.R. "Selection of Levels of Prevention." *Addictive Behaviors*. Oxford: 2000; 25(6): p. 833-42.
24. GOFRIT, O.N.; SHEMER, J.; LEIBOVICI, D.; MODAN, B.; SHAPIRA, S.C. "Quaternary Prevention: A New Look at an Old Challenge." *The Israel Medical Association Journal: IMAJ*. Israel: 2000; 2(7): p. 498-500.
25. STRASSER, T. "Reflections on Cardiovascular Diseases." *Interdisciplinary Science Reviews: ISR*. Londres: 1978; 3(3): p. 225-30.
26. LLOYD-JONES, D.M.; HONG, Y.; LABARTHE, D. et al. "Defining and Setting National Goals for Cardiovascular Health Promotion and Disease Reduction: The American Heart Association's Strategic Impact Goal through 2020 and Beyond." *Circulation*. [S.l.]: 2010; 121(4): p. 586-613.
27. YANCY, C.W. "Is Ideal Cardiovascular Health Attainable?" *Circulation*. [S.l.]: 2011; 123(8): p. 835-7.
28. LLOYD-JONES, D.M.; HONG, Y.; LABARTHE, D. et al. "Defining and Setting National Goals for Cardiovascular Health Promotion and Disease Reduction: the American Heart Association's Strategic Impact Goal through 2020 and Beyond." *Circulation*. [S.l.]: 2010; 121(4): p. 586-613.
29. YUSUF, S.; HAWKEN, S.; OUNPUU, S. et al. "Effect of Potentially Modifiable Risk Factors Associated with Myocardial Infarction in 52 Countries (the INTERHEART Study): Case-control Study." *The Lancet*. Londres: 2004; 364(9438): p. 937-52.
30. LLOYD-JONES, D.M.; HONG, Y.; LABARTHE, D. et al. "Defining and Setting National Goals for Cardiovascular Health Promotion and Disease Reduction: The American Heart Association's Strategic Impact Goal through 2020 and Beyond." *Circulation*. [S.l.]: 2010; 121(4): p. 586-613.
31. SHAY, C.M.; NING, H.; ALLEN, N.B. et al. "Status of Cardiovascular Health in US Adults: Prevalence Estimates from the National Health and Nutrition Examination Surveys (NHANES) 2003-2008." *Circulation*. [S.l.]: 2012; 125(1): p. 45-56.
32. SHAY, C.M.; NING, H.; ALLEN, N.B. et al. "Status of Cardiovascular Health in US Adults: Prevalence Estimates from the National Health and Nutrition Examination Surveys (NHANES) 2003-2008." *Circulation*. [S.l.]: 2012; 125(1): p. 45-56.
33. OMRAN, A.R. "The Epidemiologic Transition. A theory of the Epidemiology of Population Change." *The Milbank Memorial Fund Quarterly*. Nova York: 1971; 49(4): p. 509-38.
34. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS DOS ESTADOS UNIDOS. *Leading causes of death, 1900-1998*. Disponível em: <http://www.cdc.gov/nchs/data/dvs/lead1900_98.pdf>. Acesso em 29 de abril de 2015.

NOTAS

35. KOCHANEK, K.D.; MURPHY, S.L.; XU, J.; ARIAS, E. "Mortality in the United States, 2013." Resumo dos dados do Centro Nacional de Estatística em Saúde dos Estados Unidos; p. 178.
36. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. "A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990–2010: A Systematic Analysis for the Global Burden of Disease Study 2010." *The Lancet*. Londres: 2012; 380(9859): p. 2.224–60.
37. POPKIN, B.M. "Global Nutrition Dynamics: the World is Shifting Rapidly toward a Diet Linked with Noncommunicable Diseases." *The American Journal of Clinical Nutrition*. Bethesda: 2006; 84(2): p. 289–98.
38. ZHAI, F.; WANG, H.; DU, S. et al. "Prospective Study on Nutrition Transition in China." *Nutrition Reviews*. Washington, D.C.: 2009; 67 (supl. 1): S56–61.
39. SINGH, P.N.; ARTHUR, K.N.; ORLICH, M.J. et al. "Global Epidemiology of Obesity, Vegetarian Dietary Patterns and Noncommunicable Disease in Asian Indians." *The American Journal of Clinical Nutrition*. Bethesda: 2014; 100 (supl. 1): 359S–64S.
40. SINGH, P.N.; ARTHUR, K.N.; ORLICH, M.J. et al. "Global Epidemiology of Obesity, Vegetarian Dietary Patterns, and Noncommunicable Disease in Asian Indians." *The American Journal of Clinical Nutrition*. Bethesda: 2014; 100 (supl.1): 359S–64S.
41. MCCARTHY, M.F. "Proposal for a Dietary 'Phytochemical Index.'" *Medical Hypotheses*. [S.l.]: 2004; 63(5): p. 813–7.
42. MIRMIRAN, P.; BAHADORAN, Z.; GOLZARAND, M.; SHIVA, N.; AZIZI, F. "Association between Dietary Phytochemical Index and 3-Year Changes in Weight, Waist Circumference and Body Adiposity Index in Adults: Tehran Lipid and Glucose study." *Nutrition & Metabolism* [versão eletrônica]. Londres: 2012; 9(1): p. 108.
43. MIRMIRAN, P.; BAHADORAN, Z.; GOLZARAND, M.; SHIVA, N.; AZIZI, F. "Association Between Dietary Phytochemical Index and 3-Year Changes in Weight, Waist Circumference and Body Adiposity Index in Adults: Tehran Lipid and Glucose study." *Nutrition & Metabolism* [versão eletrônica]. Londres: 2012; 9(1): p. 108.
44. GOLZARAND, M.; BAHADORAN, Z.; MIRMIRAN, P.; SADEGHIAN-SHARRIF, AZIZI, F. "Dietary Phytochemical Index is Inversely Associated with the Occurrence of Hypertension in Adults: A 3-Year Follow-up (the Tehran Lipid and Glucose Study)." *European Journal of Clinical Nutrition*. Londres: 2015; 69(3): p. 392–8.
45. GOLZARAND, M.; MIRMIRAN, P.; BAHADORAN, Z.; ALAMDARI, S.; AZIZI, F. "Dietary Phytochemical Index and Subsequent Changes of Lipid Profile: A 3-Year Follow-up in Tehran Lipid and Glucose Study in Iran." *ARYA Atherosclerosis*. Isfahan: 2014; 10(4): p. 203–10.

COMO NÃO MORRER

46. BAHADORAN, Z.; KARIMI, Z.; HOUSHIAR-RAD, A.; MIRZAYI, H.R.; RASHIDKHANI, B. "Dietary Phytochemical Index and the Risk of Breast Cancer: A Case Control Study in a Population of Iranian Women." *Asian Pacific Journal of Cancer Prevention: APJCP*. Bangcoc: 2013; 14(5): p. 2747-51.
47. SERVIÇO DE PESQUISA DO DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. *Loss-Adjusted Food Availability*. Disponível em: <http://www.ers.usda.gov/datafiles/Food_Availabilty_Per_Capita_Data_System/LossAdjusted_Food_Availability/calories.xls>. 30 de setembro de 2014. Acesso em 29 de abril de 2015.
48. WANSINK, B.; KNIFFIN, K.M.; SHIMIZU, M. "Death Row Nutrition. Curious Conclusions of Last Meals." *Appetite*. Londres: 2012; 59(3): p. 837-43.
49. BAMBS, C.; KIP, K.E.; DINGA, A.; MULUKUTLA, S.R.; AIYER, A.N.; REIS, S.E. "Low Prevalence of 'Ideal Cardiovascular Health' in a Community-Based Population: The Heart Strategies Concentrating on Risk Evaluation (Heart SCORE) Study." *Circulation*. [S.l.]: 2011; 123(8): p. 850-7.
50. YANCY, C.W. "Is Ideal Cardiovascular Health Attainable?" *Circulation*. [S.l.]: 2011; 123(8): p. 835-7.
51. FORD, E.S.; BERGMANN, M.M.; KRORD, J.; SCHIENKIEWITZ, A.; WEIKERT, C.; BOEING, H. "Healthy Living is the Best Revenge: Findings from the European Prospective Investigation Into Cancer and Nutrition-Potsdam Study." *Archives of Internal Medicine*. Chicago: 2009; 169(15): p. 1.355-62.
52. PLATZ, E.A.; WILLETT, W.C.; COLDITZ, G.A.; RIMM, E.B.; SPIEGELMAN, D.; GIOVANNUCCI, E. "Proportion of Colon Cancer Risk that Might be Preventable in a Cohort of Middle-Aged US Men." *Cancer Causes & Control: CCC*. [S.l.]: 2000; 11(7): p. 579-88.
53. WAHLS, T.L. "The Seventy Percent Solution." *Journal of General Internal Medicine*. [S.l.]: 2011; 26(10): p. 1.215-6.
54. FORD, E.S.; BERGMANN, M.M.; BOEING, H.; LI, C.; CAPEWELL, S. "Healthy Lifestyle Behaviors and All-Cause Mortality Among Adults in the United States." *Preventive Medicine*. Nova York: 2012; 55(1): p. 23-7.
55. KHAW, K.T.; WAREHAM, N.; BINGHAM, S.; WELCH, A.; LUBEN, R.; DAY, N. "Combined Impact of Health Behaviours and Mortality in Men and Women: The EPIC-Norfolk Prospective Population Study." *Public Library of Science Medicine*. San Francisco: 2008; 5(1): e12.
56. JIANG, H.; JU, Z.; RUDOLPH, K.L. "Telomere Shortening and Ageing." *Zeitschrift für Gerontologie und Geriatrie*. [S.l.]: 2007; 40(5): p. 314-24.
57. MATHER, K.A.; JORM, A.F.; PARSLOW, R.A.; CHRISTENSEN, H. "Is Telomere Length a Biomarker of Aging? A Review." *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences*. Washington, D.C.: 2011; 66(2): p. 202-13.

NOTAS

58. TSUJI, A.; ISHIKO, A.; TAKASAKI, T.; IKEDA, N. "Estimating Age of Humans Based on Telomere Shortening." *Forensic Science International*. [S.l.]: 2002; 126(3): p. 197-9.
59. SHAMMAS, M.A. "Telomeres, Lifestyle, Cancer, and Aging." *Current Opinion in Clinical Nutrition and Metabolic Care*. Londres: 2011; 14(1): p. 28-34.
60. HUZEN, J.; WONG, L.S.; VAN VELDHEISEN, D.J. et al. "Telomere Length Loss Due to Smoking and Metabolic Traits." *Journal of Internal Medicine*. Oxford: 2014; 275(2): p. 155-63.
61. HOU, L.; SAVAGE, S.A.; BLASER, M.J. et al. "Telomere Length in Peripheral Leukocyte DNA and Gastric Cancer Risk." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2009; 18(11): p. 3.103-9.
62. GU, Y.; HONIG, L.S.; SCHUPF, N. et al. "Mediterranean Diet and Leukocyte Telomere Length in a Multiethnic Elderly Population." *Age (Dordrecht, Netherlands)* Dordrecht: 2015; 37(2): p. 9.758.
63. GARCÍA-CALZÓN, S.; MOLERES, A.; MARTÍNEZ-GONZÁLES, M.A. et al. "Dietary Total Antioxidant Capacity is Associated with Leukocyte Telomere Length in a Children and Adolescent Population." *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2014; S0261-5614(14): p. 00191-5.
64. GARCÍA-CALZÓN, S.; MOLERES, A.; MARTÍNEZ-GONZÁLES, M.A. et al. "Dietary Total Antioxidant Capacity is Associated with Leukocyte Telomere Length in a Children and Adolescent Population." *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2014; S0261-5614(14): p. 00191-5.
65. LEUNG, C.W.; LARAIA, B.A.; NEEDHAM, B.L. et al. "Soda and Cell Aging: Associations between Sugar-sweetened Beverage Consumption and Leukocyte Telomere Length in Healthy Adults from the National Health and Nutrition Examination Surveys." *American Journal of Public Health*. [S.l.]: 2014; 104(12): p. 2.425-31.
66. NETTLETON, J.A.; DIEZ-ROUX, A.; JENNY, N.S.; FITZPATRICK, A.L.; JACOBS, D.R. "Dietary Patterns, Food Groups, and Telomere Length in the Multi-Ethnic Study of Atherosclerosis (MESA)." *The American Journal of Clinical Nutrition*. Bethesda: 2008; 88(5): p. 1.405-12.
67. GU, Y.; HONIG, L.S.; SCHUPF, N. et al. "Mediterranean Diet and Leukocyte Telomere Length in a Multiethnic el Derly Population." *Age (Dordrecht, Netherlands)* Dordrecht: *Age (Dordr)*. 2015; 37(2): p. 9.758.
68. FLANARY, B.E.; KLETESCHKA, G. "Analysis of Telomere Length and Telomerase Activity in Tree Species of Various Life-Spans, and with Age in the Bristlecone Pine *Pinus Longaeva*." *Biogerontology*. Dordrecht: 2005; 6 (2): p. 101-11.

COMO NÃO MORRER

69. ORNISH, D.; LIN, J.; DAUBENMIER, J. et al. "Increased Telomerase Activity and Comprehensive Lifestyle Changes: A Pilot Study." *The Lancet Oncology*. Londres: 2008; 9(11): p. 1.048-57.
70. SKORDALAKES, E. "Telomerase and the Benefits of Healthy Living." *The Lancet Oncology*. Londres: 2008; 9(11): p. 1.023-4.
71. ORNISH, D.; LIN, J.; CHAN, J.M. et al. "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." *The Lancet Oncology*. Londres: 2013; 14(11): p. 1.112-20.
72. MASON, C.; RISQUES, R.A.; XIAO, L. et al. "Independent and Combined Effects of Dietary Weight Loss and Exercise on Leukocyte Telomere Length in Postmenopausal Women." *Obesity (Silver Spring, Md.)*. [S.l.]: 2013; 21(12): E549-54.
73. ORNISH, D.; LIN, J.; DAUBENMIER, J. et al. "Increased Telomerase Activity and Comprehensive Lifestyle Changes: A Pilot Study." *The Lancet Oncology*. Londres: 2008; 9(11): p. 1.048-57.
74. ORNISH, D.; LIN, J.; CHAN, J.M. et al. "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." *The Lancet Oncology*. Londres: 2013; 14(11): p. 1.112-20.
75. ARTANDI, S.E.; DEPINHO, R.A. "Telomeres and Telomerase in Cancer." *Carcinogenesis*. Oxford: 2010; 31(1): p. 9-18.
76. MOZAFFARIAN, D.; BENJAMIN, E.J.; GO, A.S. et al. "Heart Disease and Stroke Statistics — 2015 Update: A Report from the American Heart Association." *Circulation*. [S.l.]: 2015; 131(4): e29-322.
77. SOCIEDADE AMERICANA DO CORAÇÃO. *Cancer Facts & Figures 2015*: 2015. Atlanta: 2015.
78. INSTITUTO NACIONAL DO CORAÇÃO, PULMÃO E SANGUE, INSTITUTOS NACIONAIS DE SAÚDE. Informativo do NHLBI, Ano Fiscal 2012. Disponível em: <<http://www.nhlbi.nih.gov/files/docs/factbook/FactBook2012.pdf>>. Fevereiro de 2013. Acesso em 31 de março de 2015.
79. MOZAFFARIAN, D.; BENJAMIN, E.J.; GO, A.S. et al. "Heart Disease and Stroke Statistics — 2015 Update: A Report from the American Heart Association." *Circulation*. [S.l.]: 2015; 131(4): e29-322.
80. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. "Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes." Relatório do Censo Nacional 2016; 64(2).
81. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2015*. Atlanta: 2015.

NOTAS

82. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes.” Relatório do Censo Nacional 2016; 64(2).
83. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Deaths: Final Data for 2013 table 10. Number of Deaths from 113 Selected Causes.” Relatório do Censo Nacional 2016; 64(2).
84. MOZAFFARIAN, D.; BENJAMIN, E.J.; GO, A.S. et al. “Heart Disease and Stroke Statistics — 2015 Update: A Report from the American Heart Association.” *Circulation*. [S.l.]: 2015; 131(4): e29-322.
85. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes.” Relatório do Censo Nacional 2016; 64(2).
86. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2015*. Atlanta: 2015.
87. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes.” Relatório do Censo Nacional 2016; 64(2).
88. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes.” Relatório do Censo Nacional 2016; 64(2).
89. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes.” Relatório do Censo Nacional 2016; 64(2).
90. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes. Relatório do Censo Nacional 2016; 64(2).
91. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes.” Relatório do Censo Nacional 2016; 64(2).
92. TUSO, P.J.; ISMAIL, M.H.; HA, B.P.; BARTOLOTTI, C. “Nutritional Update for Physicians: Plant-Based Diets”. *The Permanente Journal*. Portland: 2013;17(2): p. 61-6.
93. EGGER, G.J.; BINNS, A.F.; ROSSNER, S.R. “The Emergence of ‘Lifestyle Medicine’ as a Structured Approach for Management of Chronic Disease.” *The Medical Journal of Australia*. Sidney: 2009; 190(3): p. 143-5.
94. HYMAN, M.A.; ORNISH, D.; ROIZEN, M. “Lifestyle Medicine: Treating the Causes of Disease.” *Alternative therapies in health and medicine*. Aliso Viejo, Califórnia: 2009; 15(6): p. 12-4.

COMO NÃO MORRER

95. WILLETT, W.C. "Balancing Life-Style and Genomics Research for Disease Prevention." *Science*. [S.l.]: 2002; 296(5568): p. 695-8.
96. HYMAN, M.A.; ORNISH, D.; ROIZEN, M. "Lifestyle Medicine: Treating the Causes of Disease." *Alternative Therapies in Health and Medicine*. Aliso Viejo, California: 2009; 15(6): p. 12-4.
97. ALLEN, J.; ANDERSON, D.R.; BAUN, B. et al. "Reflections on Developments in Health Promotion in the Past Quarter Century from Founding Members of the American Journal of Health Promotion Editorial Board." *American Journal of Health Promotion: AJHP*. [S.l.]: 2011; 25(4): p. ei-eviii.
98. TUSO, P.J.; ISMAIL, M.H.; HA, B.P.; BARTOLOTTI, C. "Nutritional Update for Physicians: Plant-Based Diets." *The Permanente Journal*. Portland: 2013; 17(2): p. 61-6.
99. TUSO, P.J.; ISMAIL, M.H.; HA, B.P.; BARTOLOTTI, C. "Nutritional Update for Physicians: Plant-Based Diets." *The Permanente Journal*. Portland: 2013; 17(2): p. 61-6.
100. TUSO, P.J.; ISMAIL, M.H.; HA, B.P.; BARTOLOTTI, C. "Nutritional Update for Physicians: Plant-Based Diets." *The Permanente Journal*. Portland: 2013; 17(2): p. 61-6.
101. KONO, S. "Secular Trend of Colon Cancer Incidence and Mortality in Relation to Fat and Meat Intake in Japan." *European Journal of Cancer Prevention: The Official Journal of the European Cancer Prevention Organisation (ECP)*. [S.l.]: 2004; 13(2): p. 127-32.
102. WILLETT, W.C. "Balancing Life-style and Genomics Research for Disease Prevention." *Science*. [S.l.]: 2002; 296(5568): p. 695-8.
103. KONO, S. "Secular Trend of Colon Cancer Incidence and Mortality in Relation to Fat and Meat Intake in Japan." *European Journal of Cancer Prevention: The Official Journal of the European Cancer Prevention Organisation (ECP)*. [S.l.]: 2004; 13(2): p. 127-32.
104. KULSHRESHTHA, A.; GOYAL, A.; VELEDAR, E. et al. "Association Between Ideal Cardiovascular Health and Carotid Intima-Media Thickness: A Twin Study." *Journal of the American Heart Association*. Oxford: 2014; 3(1): e000282.
105. CORONA, M.; VELARDE, R.A.; REMOLINA, S. et al. "Vitellogenin, Juvenile Hormone, Insulin Signaling, and Queen Honey Bee Longevity." *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*. [S.l.]: 2007; 104(17): p. 7.128-33.
106. KUCHARSKI, R.; MALESKA, J.; FORET, S.; MALESKA, R. "Nutritional Control of Reproductive Status in Honeybees via DNA Methylation." *Science*. [S.l.]: 2008; 319(5871): p. 1.827-30.
107. GNYSZKA, A.; JASTRZEBSKI, Z.; FLIS, S. "DNA Methyltransferase Inhibitors and their Emerging Role in Epigenetic Therapy of Cancer." *Anticancer Research*. Atenas, Grécia: 2013; 33(8): p. 2.989-96.
108. JOVEN, J.; MICOL, V.; SEGURA-CARRETERO, A.; ALONSO-VILLAVERDE, C.; MENÉNDEZ, J.A. "Polyphenols and the Modulation of Gene Expression Path-

NOTAS

- ways: Can We Eat Our Way Out of the Danger of Chronic Disease?" *Critical Reviews in Food Science and Nutrition*. [S.l.]: 2014; 54(8):p. 985-1.001.
109. FANG, M.Z.; WANG, Y.; AI, N. et al. "Tea Polyphenol (-)-Epigallocatechin-3-Gallate Inhibits DNA Methyltransferase and Reactivates Methylation-silenced Genes in Cancer Cell Lines." *Cancer research*. [S.l.]: 2003; 63(22): p. 7.563-70.
110. MYZAK, M.C.; TONG, P.; DASHWOOD, W.; DASHWOOD, R.H.; HO, E. "Sulforaphane Retards the Growth of Human PC-3 Xenografts and Inhibits HDAC Activity in Human Subjects." *Experimental biology and medicine (Maywood, N.J.)*. [S.l.]: 2007; 232(2): p. 227-34.
111. DASHWOOD, R.H.; HO, E. "Dietary Histone Deacetylase Inhibitors: From Cells to Mice to Man." *Seminars in Cancer Biology*. [S.l.]: 2007; 17(5): p. 363-9.
112. GRYDER, B.E.; SODJI, Q.H.; OYELERE, A.K. "Targeted Cancer Therapy: Giving Histone Deacetylase Inhibitors All They Need to Succeed." *Future Medicinal Chemistry*. Londres: 2012; 4(4): p. 505-24.
113. ORNISH, D.; MAGBANUA, M.J.; WEIDNER, G. et al. "Changes in Prostate Gene Expression in Men Undergoing an Intensive Nutrition and Lifestyle Intervention." *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*. [S.l.]: 2008; 105(24): p. 8.369-74.

PARTE 1

1. Como não morrer de doenças cardíacas

1. MYERBURG, R.J.; JUNTILLA, M.J. "Sudden Cardiac Death Caused by Coronary Heart Disease." *Circulation*. [S.l.] 2012.
2. CAMPBELL, T.C.; PARPIA, B.; CHEN, J. "Diet, Lifestyle, and the Etiology of Coronary Artery Disease: The Cornell China Study." *The American Journal of Cardiology*. Nova York: 1998; 82(10B): 18T-21T.
3. SHAPER, A.G.; JONES, K.W. "Serum-cholesterol, Diet, and Coronary Heart-Disease in Africans and Asians in Uganda: 1959." *International Journal of Epidemiology*. Londres: 2012; 41(5): p. 1.221-5.
4. THOMAS, W.A.; DAVIES, J.N.; O'NEAL, R.M.; DIMAKULANGAN, A.A. "Incidence of Myocardial Infarction Correlated with Venous and Pulmonary Thrombosis and Embolism. A Geographic Study Based on Autopsies in Uganda, East Africa and St. Louis, U.S.A." *The American Journal of Cardiology*. Nova York: 1960; 5: p. 41-7.

COMO NÃO MORRER

5. BENFANTE, R. "Studies of Cardiovascular Disease and Cause-Specific Mortality Trends in Japanese-American Men Living in Hawaii and Risk Factor Comparisons with Other Japanese Populations in the Pacific Region: A Review." *Human Biology*. Detroit: 1992; 64(6): p. 791-805.
6. CHEN, J.; CAMPBELL, T.C.; LI, J.; PETO, R. *Diet, Life-style and Mortality in China: A Study of the Characteristics of 65 Chinese Counties*. Nova York: Oxford University Press; 1990.
7. SHAPER, A.G.; JONES, K. "Serum-cholesterol, Diet, and Coronary Heart-Disease in Africans and Asians in Uganda: 1959." *International Journal of Epidemiology*. Londres: 2012; 41(5): p. 1.221-5.
8. DE BIASE, S.G.; FERNANDES, S.F.; GIANINI, R.J.; DUARTE, J.L. "Vegetarian Diet and Cholesterol and Triglycerides Levels [Dieta vegetariana e níveis de colesterol e triglicérides]. *Arquivos brasileiros de cardiologia*. São Paulo: 2007; 88(1): p. 35-9.
9. STOY, P.J. "Dental Disease and Civilization." *The Ulster Medical Journal*. Belfast: 1951; 20(2): p. 144-58.
10. KRIS-ETHERTON, P.M.; HARRIS, W.S.; APPEL, L.J.; COMISSÃO DE NUTRIÇÃO DA ASSOCIAÇÃO AMERICANA DO CORAÇÃO. "Fish Consumption, Fish Oil, Omega-3 Fatty Acids, and Cardiovascular Disease." *Arteriosclerosis, Thrombosis, and Vascular Biology*. Baltimore: 2003; 23(2): e20-30.
11. SHEPERD, C.J.; JACKSON, A.J. "Global Fishmeal and Fish-oil Supply: Inputs, Outputs and Markets." *Journal of Fish Biology*. [S.l.]: 2013; 83(4): p. 1.046-66.
12. RIZOS, E.C.; NTZANI, E.E.; BIKA, E.; KOSTAPANOS, M.S.; ELISAF, M.S. "Association between Omega-3 Fatty Acid Supplementation and Risk of Major Cardiovascular Disease Events: A Systematic Review and Meta-Analysis." *Journal of the American Medical Association*. Chicago: 2012; 308(10): p. 1.024-33.
13. KWAK, S.M.; MYUNG, S.K.; LEE, Y.J.; SEO, H.G. "Efficacy of Omega-3 Fatty Acid Supplements (Eicosapentaenoic Acid and Docosahexaenoic Acid) in the Secondary Prevention of Cardiovascular Disease: A Meta-Analysis of Randomized, Double-Blind, Placebo-Controlled Trials." *Archives of Internal Medicine*. Chicago: 2012; 172(9): p. 686-94.
14. FODOR, J.G.; HELIS, E.; YAZDEKHASTI, N.; VOHNOUT, B. "'Fishing' for the Origins of the 'Eskimos and Heart Disease' Story: Facts or Wishful Thinking?" *The Canadian Journal of Cardiology*. [S.l.]: 2014; 30(8): p. 864-8.
15. BURR, M.L.; FEHILY, A.M.; GILBERT, J.F et al. "Effects of Changes in Fat, Fish, and Fibre Intakes on Death and Myocardial Reinfarction: Diet and Reinfarction Trial (DART)." *The Lancet*. Londres: 1989; 2(8666): p. 757-61.
16. BURR, M.L. "Secondary Prevention of CHD in UK Men: The Diet and Reinfarction Trial and Its Sequel." *The Proceedings of the Nutrition Society*. [S.l.]: 2007; 66(1): p. 9-15.

NOTAS

17. BURR, M.L.; ASHFIELD-WATT, P.A.L.; DUNSTAN, F.D.J. et al. "Lack of Benefit of Dietary Advice to Men with Angina: Results of a Controlled Trial." *European Journal of Clinical Nutrition*. Londres: 2003; 57(2): p. 193-200.
18. RIZOS, E.C.; NTZANI, E.E.; BIKA, E.; KOSTAPANOS, M.S.; ELISAF, M.S. "Association Between Omega-3 Fatty Acid Supplementation and Risk of Major Cardiovascular Disease Events: A Systematic Review and Meta-Analysis." *Journal of the American Medical Association*. Chicago: 2012; 308(10): p. 1.024-33.
19. SMITH, D.A. "ACP Journal Club. Review: Omega-3 Polyunsaturated Fatty Acid Supplements Do Not Reduce Major Cardiovascular Events in Adults." *Annals of Internal Medicine*. Filadélfia: 2012; 157(12): JC6-5.
20. ENOS, W.F.; HOLMES, R.H.; BEYER, J. "Coronary Disease Among United States Soldiers Killed in Action in Korea; Preliminary Report." *Journal of the American Medical Association*. Chicago: 1953; 152(12): p. 1.090-3.
21. STRONG, J.P. "Landmark Perspective: Coronary Atherosclerosis in Soldiers. A Clue to the Natural History of Atherosclerosis in the Young." *Journal of the American Medical Association*. Chicago: 1986; 256(20): p. 2.863-6.
22. VOLLER, R.D.; STRONG, W.B. "Pediatric Aspects of Atherosclerosis." *American Heart Journal*. St. Louis, Missouri: 1981; 101(6): p. 815-36.
23. NAPOLI, C.; D'ARMIENTO, F.P.; MANCINI, F.P.; FP et al. "Fatty Streak Formation Occurs in Human Fetal Aortas and is Greatly Enhanced by Maternal Hypercholesterolemia. Intimal Accumulation of Low Density Lipoprotein and Its Oxidation Precede Monocyte Recruitment into Early Atherosclerotic Lesions." *The Journal of Clinical Investigation*. [S.l.]: 1997; 100(11): p. 2.680-90.
24. BENJAMIN, M.M.; ROBERTS, W.C. "Facts and Principles Learned at the 39th Annual Williamsburg Conference on Heart Disease." *Proceedings (Baylor University Medical Center)*. Dallas: 2013; 26(2): p. 124-36.
25. MCMAHAN, C.A.; GIDDING, S.S.; MALCOM, G.T. et al. "Pathobiological Determinants of Atherosclerosis in Youth Risk Scores Are Associated with Early and Advanced Atherosclerosis." *Pediatrics*. [S.l.]: 2006; 118(4): p. 1.447-55.
26. TRUMBO, P.R.; SHIMAKAWA, T. "Tolerable Upper Intake Levels for Trans Fat, Saturated Fat, and Cholesterol." *Nutrition Reviews*. Washington, D.C.: 2011; 69(5): p. 270-8.
27. ROBERTS, W.C. "It's the Cholesterol, Stupid!" *The American Journal of Cardiology*. Nova York: 2010; 106(9): p. 1.364-6.
28. O'KEEFE, J.H.; CORDAIN, L.; HARRIS, W.H.; MOE, R.M.; VOGEL, R. "Optimal Low-Density Lipoprotein is 50 to 70 mg/dl: Lower is Better and Physiologically Normal." *Journal of the American College of Cardiology*. Nova York: 2004; 43(11): p. 2.142-6.
29. ESSELSTYN, C.B. "In Cholesterol Lowering, Moderation Kills." *Cleveland Clinic Journal of Medicine*. Cleveland: 2000; 67(8): p. 560-4.

COMO NÃO MORRER

30. ROBERTS, W.C. "The Cause of Atherosclerosis." *Nutrition in Clinical Practice: Official Publication of the American Society for Parenteral and Enteral Nutrition*. [S.l.]: 2008; 23(5): p. 464-7.
31. ROBERTS, W.C. "The Cause of Atherosclerosis." *Nutrition in Clinical Practice: Official Publication of the American Society for Parenteral and Enteral Nutrition*. [S.l.]: 2008; 23(5): p. 464-7.
32. KING, S. "The Best Selling Drugs since 1996 - Why AbbVie's Humira is Set to Eclipse Pfizer's Lipitor." Disponível em: <<http://www.forbes.com/sites/simon-king/2013/07/15/the-best-selling-drugs-since-1996-why-abbvies-humira-is-set-to-eclipse-pfizers-lipitor/>>. 15 de julho de 2013. Acesso em 1º de maio de 2015.
33. GINTER, E.; KAJABA, I.; SAUŠA, M. "Addition of Statins into the Public Water Supply? Risks of Side Effects and Low Cholesterol Levels." *Casopis Lékařů Českých*. Praga: 2012; 151(5): p. 243-7.
34. FERENCZI, E.A.; ASARIA, P.; HUGHES, A.D.; CHATURVEDI, N.; FRANCIS, D.P. "Can a Statin Neutralize the Cardiovascular Risk of Unhealthy Dietary Choices?" *The American Journal of Cardiology*. Nova York: 2010; 106(4): p. 587-92.
35. DRAEGER, A.; MONASTYRSKAYA, K.; MOHAUPT, M. et al. "Statin Therapy Induces Ultrastructural Damage in Skeletal Muscle in Patients without Myalgia." *The Journal of Pathology*. [S.l.]: 2006; 210(1): p. 94-102.
36. SCOTT, D.; BLIZZARD, L.; FELL, J.; JONES, G. "Statin Therapy, Muscle Function and Falls Risk in Community-dwelling Older Adults." *QJM: Monthly Journal of the Association of Physicians*. Oxford: 2009; 102(9): p. 625-33.
37. JEFFERSON, E. "FDA Announces Safety Changes in Labeling for Some Cholesterol-Lowering Drugs." Site do Food and Drug Administration. Disponível em: <<http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm293623.htm>>. 28 de fevereiro de 2012. Acesso em 14 de fevereiro de 2015.
38. MCDOUGALL, J.; MALONE, K.E.; DALING, J.R.; CUSHING-HAUGEN, K.L.; PORTER, P.L.; LI, C.I. "Long-term Statin Use and Risk of Ductal and Lobular Breast Cancer among Women 55 to 74 Years of Age." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2013; 22(9): p. 1.529-37.
39. JENKINS, D.J.; KENDALL, C.W.; MARCHIE, A. et al. "The Garden of Eden — Plant Based Diets, the Genetic Drive to Conserve Cholesterol and Its Implications for Heart Disease in the 21st Century." *Comparative Biochemistry and Physiology. Part A, Molecular & Integrative Physiology*. Nova York: 2003; 136(1): p. 141-51.
40. ESSELSTYN, C.B. "Is the Present Therapy for Coronary Artery Disease the Radical Mastectomy of the Twenty-first Century?" *The American Journal of Cardiology*. Nova York: 2010; 106(6): p. 902-4.

NOTAS

41. KADOCH, M.A. "The Power of Nutrition as Medicine." *Preventive Medicine*. Nova York: 2012; 55(1): p. 80.
42. WAKAI, K.; MARUGAME, T.; KURIYAMA, S. et al. "Decrease in Risk of Lung Cancer Death in Japanese Men After Smoking Cessation by Age at Quitting: Pooled Analysis of Three Large-Scale Cohort Studies." *Cancer Science*. Oxford: 2007; 98(4): p. 584-9.
43. VOGEL, R.A.; CORRETTI, M.C.; PLOTNICK, G.D. "Effect of a Single High-Fat Meal on Endothelial Function in Healthy Subjects." *The American Journal of Cardiology*. Nova York: 1997; 79(3): p. 350-4.
44. ERRIDGE, C. "The Capacity of Foodstuffs to Induce Innate Immune Activation of Human Monocytes in Vitro is Dependent on Food Content of Stimulants of Toll-Like Receptors 2 and 4." *The British Journal of Nutrition*. [S.l.]: 2011; 105(1): p. 15-23.
45. ORNISH, D.; SCHERWITZ, L.W.; BILLINGS, J.H. et al. "Intensive Lifestyle Changes for Reversal of Coronary Heart Disease." *Journal of the American Medical Association*. Chicago: 1998; 280 (23): p. 2.001-7.
46. ORNISH, D.; SCHERWITZ, L.W.; DOODY, R.S. et al. "Effects of Stress Management Training and Dietary Changes in Treating Ischemic Heart Disease." *Journal of the American Medical Association*. Chicago: 1983; 249(1): p. 54-9.
47. ORNISH, D.; SCHERWITZ, L.W.; BILLINGS, J.H. et al. "Intensive Lifestyle Changes for Reversal of Coronary Heart Disease." *Journal of the American Medical Association*. Chicago: 1998; 280(23): p. 2.001-7.
48. ELLIS, FR.; SANDERS, T.A. "Angina and Vegan Diet." *American Heart Journal*. St. Louis, Missouri: 1977; 93(6): p. 803-5.
49. SWEENEY, M. "Effects of Very Low-fat Diets on Anginal Symptoms." *Medical Hypotheses*. [S.l.]: 2004; 63(3): p. 553.
50. SAVARESE, G.; ROSANO, G.; D'AMORE, C. et al. "Effects of Ranolazine in Symptomatic Patients with Stable Coronary Artery Disease. A Systematic Review and Meta-Analysis." *International Journal of Cardiology*. Amsterdã: 2013; 169(4): p. 262-70.
51. COLPO, E.; VILANOVA, C.D.; BRENNER REETZ, L.G. et al. "A Single Consumption of High Amounts of the Brazil Nuts Improves Lipid Profile of Healthy Volunteers." *Journal of Nutrition and Metabolism* [versão eletrônica]. Nova York: 2013: p. 1-7.
52. STERN, R.H.; YANG, B.B.; HOUNSLOW, N.J. et al. "Pharmacodynamics and Pharmacokinetic-pharmacodynamic Relationships of Atorvastatin, an HMG-CoA Reductase Inhibitor." *Journal of Clinical Pharmacology*. [S.l.]: 2000; 40(6): p. 616-3.
53. HEGSTED, M. *Dietary Guidelines*. Site Food Politics. Disponível em: <www.food-politics.com/wp-content/uploads/Hegsted.pdf>. Acesso em 14 de fevereiro de 2015.
54. CAMPBELL, T.C. *The Low-Carb Fraud*. Dallas, Texas: BenBella Books, Inc., 2014.

COMO NÃO MORRER

55. HERMAN, J. "Saving U.S. Dietary Advice from Conflicts of Interest." *Food and Drug Law Journal*. Washington, D.C.: 2010; 65(20): p. 285-316.
56. HERMAN, J. "Saving U.S. Dietary Advice from Conflicts of Interest." *Food and Drug Law Journal*. Washington, D.C.: 2010; 65(20): p. 285-316.
57. GOODWIN, J.S.; GOODWIN, J.M. "The Tomato Effect. Rejection of Highly Efficacious Therapies." *Journal of the American Medical Association*. Chicago: 1984; 251(18): p. 2.387-90.
58. ADAMS, K.M.; KOHLMEIER, M.; ZEISEL, S.H. "Nutrition Education in U.S. Medical Schools: Latest Update of a National Survey." *Journal of the Association of American Medical Colleges*. Filadélfia: 2010; 85(9): p. 1.537-42.
59. "Discussion of California SB 380: The Entire, Unedited Hearing". Site Vimeo. Disponível em: <<http://vimeo.com/23744792>>. 25 de abril de 2011. Acesso em 14 de fevereiro de 2015.
60. MURRAY, J.L. "Coke and the AAFP — the Real Thing or a Dangerous Liaison?" *Family Medicine*. [S.l.]: 2010; 42(1): p. 57-8.
61. BLUM, A. "AAFP-Coke Editorial Was Music to [Our] Ears." *The Journal of Family Practice*. [S.l.]: 2010; 59(2): p. 74.
62. BROWNELL, K.D.; WARNER, K.E. "The Perils of Ignoring History: Big Tobacco Played Dirty and Millions Died. How Similar is Big Food?" *The Milbank Quarterly*. [S.l.]: 2009; 87(1): p. 259-94.
63. BROWNELL, K.D.; WARNER, K.E. "The Perils of Ignoring History: Big Tobacco Played Dirty and Millions Died. How Similar is Big Food?" *The Milbank Quarterly*. [S.l.]: 2009; 87(1): p. 259-94.
64. SIMON, M. "And Now a Word from Our Sponsors." Site Eat Drinks Politics. Disponível em: <http://www.eatdrinkpolitics.com/wp-content/uploads/AND_Corporate_Sponsorship_Report.pdf>. 22 de janeiro de 2013. Acesso em 14 de fevereiro de 2015.
65. BRUCHERT, E.; POUCHAIN, D.; AUBOIRON, S.; MULET, C. "Cross-Analysis of Dietary Prescriptions and Adherence in 356 Hypercholesterolaemic Patients." *Archives of Cardiovascular Diseases*. Amsterdã: 2012; 105(11): p. 557-65.
66. BARNARD, N.D. "The Physician's Role in Nutrition-Related Disorders: From Bystander to Leader." *The Virtual Mentor: VM* [versão eletrônica]. Chicago: 2013; 15(4): p. 367-72.

2. Como não morrer de doenças pulmonares

1. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2015*. Atlanta: 2015.

NOTAS

2. HOWLADER, N.; NOONE, A.M.; KRAPCHO, M. et al. (orgs). “SEER Cancer Statistics Review, 1975–2011”. Instituto Nacional do Câncer. Disponível em: <http://seer.cancer.gov/csr/1975_2011/>. Abril de 2014. Acesso em 27 de fevereiro de 2015.
3. ASSOCIAÇÃO AMERICANA DE PULMÃO. Informativo Disponível em: <<http://www.lung.org/lung-disease/lung-cancer/resources/facts-figures/lung-cancer-fact-sheet.html>>. Acesso em 14 de fevereiro de 2015.
4. MOODIE, R.; STUCKLER, D.; MONTEIRO, C. et al. “Profits and Pandemics: Prevention of Harmful Effects of Tobacco, Alcohol, and Ultra-Processed Food and Drink Industries.” *The Lancet*. Londres: 2013; 381(9867): p. 670-9.
5. SOCIEDADE AMERICANA DO CÂNCER. *When Smokers Quit — What Are the Benefits Over Time?* Disponível em: <<http://www.cancer.org/healthy/stay-awayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-benefits>>. 6 de fevereiro de 2015. Acesso em 26 de fevereiro de 2015.
6. DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS DOS ESTADOS UNIDOS. *A Report of the Surgeon General. How Tobacco Smoke Causes Disease: What It Means to You*. Atlanta: Departamento de Saúde e Serviços Humanos dos Estados Unidos, Centros para Controle e Prevenção de Doenças, Centro Nacional de Prevenção de Doenças Crônicas e Promoção da Saúde, Escritório do Fumo e Saúde, 2010.
7. RISO, P.; MARTINI, D.; MØLLER, P. et al. “DNA Damage and Repair Activity After Broccoli Intake in Young Healthy Smokers.” *Mutagenesis*. [S.l.]: 2010; 25(6): p. 595-602.
8. GUPTA, G.P.; MASSAGUÉ, J. “Cancer Metastasis: Building a Framework.” *Cell*. Cambridge, Massachusetts: 2006; 127(4): p. 679-95.
9. WU, X.; ZHU, Y.; YAN, H. et al. “Isothiocyanates Induce Oxidative Stress and Suppress the Metastasis Potential of Human Non-Small Cell Lung Cancer Cells.” *BMC Cancer* [versão eletrônica]. Londres: 2010; 10: p. 269.
10. KIM, S.Y.; YOON, S.; KWON, S.M.; PARK, K.S.; LEE-KIM, Y.C. “Kale Juice Improves Coronary Artery Disease Risk Factors in Hypercholesterolemic Men.” *Bio-medical and Environmental Sciences: BES*. [S.l.]: 2008; 21(2): p. 91-7.
11. DRESSENDORFER, R.H.; WADE, C.E.; HORNICK, C.; TIMMIS, G.C. “High-Density Lipoprotein-Cholesterol in Marathon Runners During a 20-day Road Race.” *Journal of the American Medical Association*. Chicago: 1982; 247(12): p. 1.715-7.
12. PARK, W.; AMIN, A.R.; CHENG, Z.G.; SHIN, D.M. “New Perspectives of Curcumin in Cancer Prevention.” *Cancer Prevention Research (Philadelphia, Pa.)*. Filadélfia: 2013; 6(5): p. 387-400.
13. PARK, W.; AMIN, A.R.; CHENG, Z.G.; SHIN, D.M. “New Perspectives of Curcumin in Cancer Prevention.” *Cancer Prevention Research (Philadelphia, Pa.)*. Filadélfia: 2013; 6(5): p. 387-400.

COMO NÃO MORRER

14. NAGABHUSHAN, M.; AMONKAR, A.J.; Bhide, S.V. "In Vitro Antimutagenicity of Curcumin Against Environmental Mutagens." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 1987; 25(7): p. 545-7.
15. POLASA, K.; RAGHURAM, T.C.; KRISHNA, T.P.; KRISHNASWAMY, K. "Effect of Turmeric on Urinary Mutagens in Smokers." *Mutagenesis*. [S.l.]: 1992; 7(2): p. 107-9.
16. RAVINDRAN, J.; PRASAD, S.; AGGARWAL, B.B. "Curcumin and Cancer Cells: How Many Ways Can Curry Kill Tumor Cells Selectively?" *The AAPS Journal*. Arlington, Virginia: 2009; 11(3): p. 495-510.
17. WU, S.H.; HANG, L.W.; YANG, J.S. et al. "Curcumin Induces Apoptosis in Human Non-Small Cell Lung Cancer NCI-H460 Cells through ER Stress and Caspase Cascade- and Mitochondria-Dependent Pathways." *Anticancer Research*. Atenas, Grécia: 2010; 30(6): p. 2.125-33.
18. SU, C.C.; LIN, J.G.; LI, T.M. et al. "Curcumin-Induced Apoptosis of Human Colon Cancer Colo 205 Cells through the Production of ROS, Ca²⁺ and the Activation of Caspase-3." *Anticancer Research*. Atenas, Grécia: 2006; 26(6B): p. 4.379-89.
19. RAVINDRAN, J.; PRASAD, S.; AGGARWAL, B.B. "Curcumin and Cancer Cells: How Many Ways Can Curry Kill Tumor Cells Selectively?" *The AAPS Journal*. Arlington, Virginia: 2009; 11(3): p. 495-510.
20. RAVINDRAN, J.; PRASAD, S.; AGGARWAL, B.B. "Curcumin and Cancer Cells: How Many Ways Can Curry Kill Tumor Cells Selectively?" *The AAPS Journal*. Arlington, Virginia: . 2009; 11(3): p. 495-510.
21. PALLIS, A.G.; SYRIGOS, K.N. "Lung Cancer in Never Smokers: Disease Characteristics and Risk Factors." *Critical Reviews in Oncology/Hematology*. [S.l.]: 2013; 88(3): p. 494-503.
22. CHIANG, T.A.; WU, P.F.; WANG, L.F.; LEE, H.; LEE, C.H.; KO, Y.C. "Mutagenicity and Polycyclic Aromatic Hydrocarbon Content of Fumes from Heated Cooking Oils Produced in Taiwan." *Mutation*. Amsterdã: 1997; 381(2): p. 157-61.
23. KATRAGADDA, H.R.; FULLANA, A.; SIDHU, S.; CARBONELL-BARRACHINA, A.A. "Emissions of Volatile Aldehydes from Heated Cooking Oils." *Food Chemistry*. Barking, Inglaterra: 2010; 120(1): p. 59-65.
24. JIN, Z.Y.; WU, M.; HAN, R.Q. et al. "House Hold Ventilation May Reduce Effects of Indoor Air Pollutants for Prevention of Lung Cancer: A Case-Control Study in a Chinese Population. *PLoS ONE* [versão eletrônica]. San Francisco: 2014;9(7): e102685.
25. SEOW, A.; POH, W.T.; TEH, M. et al. "Fumes from Meat Cooking and Lung Cancer Risk in Chinese Women." *Cancer Epidemiology, Biomarkers & Prevention: A Publi-*

NOTAS

- cation of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology.* Filadélfia: 2000; 9(11): p. 1.215-21.
26. JEDRYCHOWSKI, W.; PERERA, F.P.; TANG, D. et al. "Impact of Barbecued Meat Consumed in Pregnancy on Birth Outcomes Accounting for Personal Prenatal Exposure to Airborne Polycyclic Aromatic Hydrocarbons: Birth Cohort Study in Poland." *Nutrition.* [S.l.]: 2012; 28(4): p. 372-7.
 27. PERERA, F.P.; LI, Z.; WHYATT, R. et al. "Prenatal Airborne Polycyclic Aromatic Hydrocarbon Exposure and Child IQ at Age 5 Years." *Pediatrics.* [S.l.]: 2009; 124(2): e195-202.
 28. CHEN, J.W.; WANG, S.L.; HSIEH, D.P.; YANG, H.H.; LEE, H.L. "Carcinogenic Potencies of Polycyclic Aromatic Hydrocarbons for Back-Door Neighbors of Restaurants with Cooking Emissions." *The Science of the Total Environment.* Amsterdã: 2012; p. 417-418: 68-75.
 29. YANG, S.C.; JENQ, S.N.; KANG, Z.C.; LEE, H. "Identification of Benzo[a]pyrene 7,8-diol 9,10-epoxide N2-deoxyguanosine in Human Lung Adenocarcinoma Cells Exposed to Cooking Oil Fumes from Frying Fish Under Domestic Conditions." *Chemical Research in Toxicology.* Washington, D.C.: 2000; 13(10): p. 1.046-50.
 30. CHEN, J.W.; WANG, S.L.; HSIEH, D.P.; YANG, H.H.; LEE, H.L. "Carcinogenic Potencies of Polycyclic Aromatic Hydrocarbons for Back-Door Neighbors of Restaurants with Cooking Emissions." *The Science of the Total Environment.* Amsterdã: 15 de fevereiro de 2012; 417-418: p. 68-75.
 31. LIJINSKY, W. "N-Nitroso Compounds in the Diet." *Mutation Research.* Amsterdã: 15 de julho de 1999; 443(1-2): p. 129-38.
 32. THIÉBAUD, H.P.; KNIZE, M.G.; KUZMICKY, P.A.; HSIEH, D.P.; FELTON, J.S. "Airborne Mutagens Produced by Frying Beef, Pork and a Soy-Based Food." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association.* [S.l.]: 1995; 33(10): p. 821-8.
 33. THIÉBAUD, H.P.; KNIZE, M.G.; KUZMICKY, P.A.; HSIEH, D.P.; FELTON, J.S. "Airborne Mutagens Produced by Frying Beef, Pork and a Soy-Based Food." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association.* [S.l.]: 1995; 33(10): p. 821-8.
 34. MITSAKOU, C.; HOUSIADAS, C.; ELEFTHERIADIS, K.; VRATOLIS, S.; HELMIS, C.; ASIMAKOPOULOS, D. "Lung Deposition of Fine and Ultrafine Particles Outdoors and Indoors During a Cooking Event and a No Activity Period." *Indoor Air.* [S.l.]: 2007; 17(2): p. 143-52.
 35. COPD FOUNDATION. "COPD Statistics across America." Site COPD Foundation. Disponível em: <<http://www.copdfoundation.org/What-is-COPD/COPD-Facts/Statistics.aspx>>. 2015. Acesso em 14 de fevereiro de 2015.

COMO NÃO MORRER

36. TABAK, C.; SMIT, H.A.; RÄSÄNEN, L. et al. "Dietary Factors and Pulmonary Function: A Cross Sectional Study in Middle Aged Men from Three European Countries." *Thorax*. Londres: 1999; 54(11): p. 1.021-6.
37. WALDA, I.C.; TABAK, C.; SMIT H.A. et al. "Diet and 20-year Chronic Obstructive Pulmonary Disease Mortality in Middle-aged Men from Three European Countries." *European Journal of Clinical Nutrition*. Londres: 2002; 56(7): p. 638-43.
38. VARRASO, R.; JIANG, R.; BARR, R.G.; WILLETT, W.C.; CAMARGO, C.A. JR. "Prospective Study of Cured Meats Consumption and Risk of Chronic Obstructive Pulmonary Disease in Men." *American Journal of Epidemiology*. [S.l.]: 15 de dezembro de 2007; 166(12): p. 1.438-45.
39. JIANG, R.; PAIK, D.C.; HANKINSON, J.L.; BARR, R.G. "Cured Meat Consumption, Lung Function, and Chronic Obstructive Pulmonary Disease Among United States Adults." *American Journal of Respiratory and Critical Care Medicine*. Nova York: 15 de abril de 2007; 175(8): p. 798-804.
40. JIANG, R.; CAMARGO, C.A.; VARRASO, R.; PAIK, D.C.; WILLETT, W.C.; BARR, R.G. "Consumption of Cured Meats and Prospective Risk of Chronic Obstructive Pulmonary Disease in Women." *The American Journal of Clinical Nutrition*. Bethesda: 2008; 87(4): p. 1.002-8.
41. KERANIS, E.; MAKRIS, D.; RODOPOULOU, P. et al. "Impact of Dietary Shift to Higher-antioxidant Foods in COPD: A Randomised Trial." *The European Respiratory Journal*. [S.l.]: 2010; 36(4): p. 774-80.
42. WARNER, J.O. "Worldwide Variations in the Prevalence of Atopic Symptoms: What Does it All Mean?" *Thorax*. Londres: 1999; 54 (supl. 2): p. S46-51.
43. INSTITUTO NACIONAL DO CORAÇÃO, PULMÃO E SANGUE. "What Is Asthma?" Disponível em: <<http://www.nhlbi.nih.gov/health/health-topics/topics/asthma/>>. 4 de agosto de 2014. Acesso em 14 de fevereiro de 2015.
44. WARNER, J.O. "Worldwide Variations in the Prevalence of Atopic Symptoms: What Does it All Mean?" *Thorax*. Londres: 1999; 54 (supl. 2): p. S46-51.
45. AÏT-KHALED, N.; PEARCE, N.; ANDERSON, H.R. et al. "Global Map of the Prevalence of Symptoms of Rhinoconjunctivitis in Children: The International Study of Asthma and Allergies in Childhood (ISAAC) Phase Three." *Allergy*. Copenhague: 2009; 64(1): p. 123-48.
46. ASHER, M.I.; STEWART, A.W.; MALLOL, J. et al. "Which Population Level Environmental Factors Are Associated with Asthma, Rhinoconjunctivitis and Eczema? Review of the Ecological Analyses of ISAAC Phase One." *Respiratory Research*. Londres: 2010; 11:8.
47. ELLWOOD, P.; ASHER, M.I.; BJÖRKSTÉN, B.; BURR, M.; PEARCE, N.; ROBERTSON, C.F. "Diet and Asthma, Allergic Rhinoconjunctivitis and Atopic Ecze-

NOTAS

- ma Symptom Prevalence: An Ecological Analysis of the International Study of Asthma and Allergies in Childhood (ISAAC) Data. ISAAC Phase One Study Group.” *The European Respiratory Journal*. [S.l.]: 2001; 17(3): p. 436-43.
48. PROTUDJER, J.L.; SEVENHUYSEN, G.P.; RAMSEY, C.D.; KOZYRSKYJ, A.L.; BECKER, A.B. “Low Vegetable Intake is Associated with Allergic Asthma and Moderate-to-Severe Airway Hyperresponsiveness.” *Pediatric Pulmonology*. [S.l.]: 2012; 47(12): p. 1.159-69.
 49. BIME, C.; WEI, C.Y.; HOLBROOK, J.; SMITH, L.J.; WISE, R.A. “Association of Dietary Soy Genistein Intake with Lung Function and Asthma Control: A Post-hoc Analysis of Patients Enrolled in a Prospective Multicentre Clinical Trial.” *Primary Care Respiratory Journal: Journal of the General Practice Airways Group*. [S.l.]: 2012; 21(4): p. 398-404.
 50. AGRAWAL, S.; PEARCE, N.; EBRAHIM, S. “Prevalence and Risk Factors for Self-Reported Asthma in an Adult Indian Population: A Cross-sectional Survey.” *The International Journal of Tuberculosis and Lung Disease*. Paris: 2013; 17(2): p. 275-82.
 51. TSAI, H.J.; TSAI, A.C. “The Association of Diet with Respiratory Symptoms and Asthma in Schoolchildren in Taipei, Taiwan.” *The Journal of Asthma*. [S.l.]: . 2007; 44(8): p. 599-603.
 52. YUSSOFF, N.A.; HAMPTON, S.M.; DICKERSON, J.W.; MORGAN, J.B. “The Effects of Exclusion of Dietary Egg and Milk in the Management of Asthmatic Children: A Pilot Study.” *The Journal of the Royal Society for the Promotion of Health*. Londres: 2004; 124(2): p. 74-80.
 53. WOOD, L.G.; GARG, M.L.; BLAKE, R.J.; GARCIA-CARABALLO, S.; GIBSON, P.G. “Airway and Circulating Levels of Carotenoids in Asthma and Healthy Controls.” *Journal of the American College of Nutrition*. Nova York: 2005; 24(6): p. 448-55.
 54. MILLER, E.R.; APPEL, L.J.; RISBY, T.H. “Effect of Dietary Patterns on Measures of Lipid Peroxidation: Results from a Randomized Clinical Trial.” *Circulation*. [S.l.]: 1998; 98(22): p. 2.390-5.
 55. WOOD, L.G.; GARG, M.L.; SMART, J.M.; SCOTT, H.A.; BARKER, D.; GIBSON, P.G. “Manipulating Antioxidant Intake in Asthma: A Randomized Controlled Trial.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(3): p. 534-43.
 56. WOOD, L.G.; GARG, M.L.; SMART, J.M.; SCOTT, H.A.; BARKER, D.; GIBSON, P.G. “Manipulating Antioxidant Intake in Asthma: A Randomized Controlled Trial.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(3): p. 534-43.
 57. PATEL, S.; MURRAY, C.S.; WOODCOCK, A.; SIMPSON, A.; CUSTOVIC, A. “Dietary Antioxidant Intake, Allergic Sensitization and Allergic Diseases in Young Children.” *Allergy*. Copenhagen: 2009; 64(12): p. 1.766-72.

COMO NÃO MORRER

58. TROISI, R.J.; WILLETT, W.C.; WEISS, S.T.; TRICHOPOULOS, D.; ROSNER, B.; SPEIZER, F.E. "A Prospective Study of Diet and Adult-Onset Asthma." *American Journal of Respiratory and Critical Care Medicine*. Nova York: 1995; 151(5): p. 1.401-8.
59. WOOD, L.G.; GARG, M.L.; SMART, J.M.; SCOTT, H.A.; BARKER, D.; GIBSON, P.G. "Manipulating Antioxidant Intake in Asthma: A Randomized Controlled Trial." *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(3): p. 534-43.
60. LINDAHL, O.; LINDHAL, L.; SPÅNGBERG, A.; STENRAM, A.; OCKERMAN, P.A. "Vegan Regimen with Reduced Medication in the Treatment of Bronchial Asthma." *The Journal of Asthma*. [S.l.]: 1985; 22(1): p. 45-55.
61. LINDAHL, O.; LINDHAL, L.; SPÅNGBERG, A.; STENRAM, A.; OCKERMAN, P.A. "Vegan Regimen with Reduced Medication in the Treatment of Bronchial Asthma." *The Journal of Asthma*. [S.l.]: 1985; 22(1): p. 45-55.
62. LINDAHL, O.; LINDHAL, L.; SPÅNGBERG, A.; STENRAM, A.; OCKERMAN, P.A. "Vegan Regimen with Reduced Medication in the Treatment of Bronchial Asthma." *The Journal of Asthma*. [S.l.]: 1985; 22(1): p. 45-55.

3. Como não morrer de doenças do cérebro

1. MOZAFFARIAN, D.; BENJAMIN, E.J.; GO, A.S. et al. "Heart Disease and Stroke Statistics — 2015 Update: A Report from the American Heart Association." *Circulation*. [S.l.]: 2015; 131(4): e29-322.
2. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. "Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes." Relatório do Censo Nacional 2016; 64(2).
3. MOZAFFARIAN, D.; BENJAMIN, E.J.; GO, A.S. et al. "Heart Disease and Stroke Statistics — 2015 Update: A Report from the American Heart Association." *Circulation*. [S.l.]: 2015; 131(4): e29-322.
4. GRAU-OLIVARES, M.; ARBOIX, A A. "Mild Cognitive Impairment in Stroke Patients with Ischemic Cerebral Small-Vessel Disease: A Forerunner of Vascular Dementia?" *Expert Review of Neurotherapeutics*. [S.l.]: 2009; 9(8): p. 1.201-17.
5. AUNE, D.; CHAN, D.S.; LAU, R. et al. "Dietary Fibre, Whole Grains, and Risk of Colorectal Cancer: Systematic Review and Dose-Response Meta-Analysis of Prospective Studies." *BMJ: British Medical Journal / British Medical Association*. Londres: 2011; 343: d6617.
6. AUNE, D.; CHAN, D.S.; GREENWOOD, D.C. et al. "Dietary Fiber and Breast Cancer Risk: A Systematic Review and Meta-Analysis of Prospective Studies." *An-*

NOTAS

- nals of Oncology: Official Journal of the European Society for Medical Oncology*. Londres: 2012; 23(6): p. 1.394-402.
7. YAO, B.; FANG, H.; XU, W. et al. "Dietary Fiber Intake and Risk of Type 2 Diabetes: A Dose-response Analysis of Prospective Studies." *European Journal of Epidemiology*. Dordrecht: 2014; 29(2): p. 79-88.
 8. THREAPLETON, D.E.; GREENWOOD, D.C.; EVANS, C.E. et al. "Dietary Fibre Intake and Risk of Cardiovascular Disease: Systematic Review and Meta-Analysis." *BMJ: British Medical Journal / British Medical Association*. Londres: 2013; 347: f6879.
 9. MASKARINEC, G.; TAKATA, Y.; PAGANO, I. et al. "Trends and Dietary Determinants of Overweight and Obesity in a Multiethnic Population." *Obesity (Silver Spring, Md.)*. [S.l.]: 2006; 14(4): p. 717-26.
 10. KIM, Y.; JE, Y. "Dietary Fiber Intake and Total Mortality: A Meta-Analysis of Prospective Cohort Studies." *American Journal of Epidemiology*. [S.l.]: 2014; 180(6): p. 565-73.
 11. THREAPLETON, D.E.; GREENWOOD, D.C.; EVANS, C.E. et al. "Dietary Fiber Intake and Risk of First Stroke: A Systematic Review and Meta-Analysis." *Stroke*. Baltimore: 2013; 44(5): p. 1.360-8.
 12. CLEMENS, R.; KRANZ, S.; MOBLEY, A.R. et al. "Filling America's Fiber Intake Gap: Summary of a Roundtable to Probe Realistic Solutions with a Focus on Grain-Based Foods." *The Journal of Nutrition*. [S.l.]: 2012; 142(7): 1.390S-401S.
 13. THREAPLETON, D.E.; GREENWOOD, D.C.; EVANS, C.E. et al. "Dietary Fiber Intake and Risk of First Stroke: A Systematic Review and Meta-Analysis." *Stroke*. Baltimore: 2013; 44(5): p. 1.360-8.
 14. WHITEHEAD, A.; BECK, E.J.; TOSH, S.; WOLEVER, T.M. "Cholesterol-Lowering Effects of Oat β -glucan: A Meta-Analysis of Randomized Controlled Trials." *The American Journal of Clinical Nutrition*. Bethesda: 2014; 100(6): p. 1.413-21.
 15. SILVA, F.M.; KRAMER, C.K.; DE ALMEIRA, J.C.; STEEMBURGO, T.; GROSS, J.L.; AZEVEDO, M.J. "Fiber Intake and Glycemic Control in Patients with Type 2 Diabetes Mellitus: a Systematic Review with Meta-analysis of Randomized Controlled Trials." *Nutrition Reviews*. Washington, D.C.: 2013; 71(12): p. 790-801.
 16. STREPPPEL, M.T.; ARENDS, L.R.; VAN'T VEER, P.; GROBBEE, D.E.; GELEIJNSE, J.M. "Dietary Fiber and Blood Pressure: A Meta-Analysis of Randomized Placebo-Controlled Trials." *Archives of Internal Medicine*. Chicago: 2005; 165(2): p. 150-6.
 17. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. "Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes." *Relatório do Censo Nacional 2016*; 64(2).
 18. VAN DE LAAR, R.J.; STEHOUWER, C.D.A.; VAN BUSSEL, B.C.T. et al. "Lower Lifetime Dietary Fiber Intake is Associated with Carotid Artery Stiffness: the

COMO NÃO MORRER

- Amsterdam Growth and Health Longitudinal Study.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(1): p. 14-23.
19. VAN DE LAAR, R.J.; STEHOUWER, C.D.A.; VAN BUSSEL, B.C.T. et al. “Lower Lifetime Dietary Fiber Intake is Associated with Carotid Artery Stiffness: The Amsterdam Growth and Health Longitudinal Study.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(1): p. 14-23.
 20. CASIGLIA, E.; TIKHONOFF, V.; CAFFI, S. et al. “High Dietary Fiber Intake Prevents Stroke at a Population Level.” *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2013; 32(5): p. 811-8.
 21. TIKHONOFF, V.; PALATINI, P.; CASIGLIA, E. “Dietary Fiber Intake and Risk of First Stroke: a Systematic Review and Meta-Analysis”, *Stroke*. Carta de Tikhonoff et al. a respeito de artigo. Baltimore: 2013, 44(9): e109.
 22. THREAPLETON, D.E.; GREENWOOD, D.C.; BURLEY, V.J. “Dietary Fiber Intake and Risk of First Stroke: A Systematic Review and Meta-Analysis”. *Stroke*. Resposta a carta a respeito de artigo. Baltimore: 2013; 44(9): e110.
 23. EATON, S.B.; KONNER, M. “Paleolithic Nutrition. A Consideration of Its Nature and Current Implications.” *The New England Journal of Medicine*. Boston: 1985; 312(5): p. 283-9.
 24. COGSWELL, M.E.; ZHANG, Z.; CARRIQUIRY, A.L. et al. “Sodium and Potassium Intakes Among US Adults: NHANES 2003-2008.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(3): p. 647-57.
 25. COGSWELL, M.E.; ZHANG, Z.; CARRIQUIRY, A.L. et al. “Sodium and Potassium Intakes Among US Adults: NHANES 2003-2008.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(3): p. 647-57.
 26. D’ELIA, L.; BARBA, G.; CAPPUCCIO, F.P. et al. “Potassium Intake, Stroke, and Cardiovascular Disease a Meta-Analysis of Prospective Studies.” *Journal of the American College of Cardiology*. Nova York: 2011; 57(10): p. 1.210-9.
 27. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. *USDA National Nutrient Database for Standard Reference*. Disponível em: <<http://ndb.nal.usda.gov/ndb/nutrients/index?fg=&nutrient1=306&nutrient2=&nutrient3=&subset=0&sort=c&totalCount=0&offset=0&measureby=g.2011>>. Acesso em 1º de abril de 2015.
 28. “U.S. Department of Agriculture Dietary Guidelines for Americans 2005.” Apêndice B-1. Food Sources of Potassium. Disponível em: <<http://www.health.gov/dietaryguidelines/dga2005/document/html/appendixb.htm>>. 9 de julho de 2008. Acesso em 1º de maio de 2015.
 29. HU, D.; HUANG, J.; WANG, Y.; ZHANG, D.; QU, Y. “Fruits and Vegetables Consumption and Risk of Stroke: A Meta-Analysis of Prospective Cohort Studies.” *Stroke*. Baltimore: 2014; 45(6): p. 1.613-9.

NOTAS

30. MORAND, C.; DUBRAY, C.; MILENKOVIC, D. et al. "Hesperidin Contributes to the Vascular Protective Effects of Orange Juice: A Randomized Crossover Study in Healthy Volunteers." *The American Journal of Clinical Nutrition*. Bethesda: 2011; 93(1): p. 73-80.
31. TAKUMI, H.; NAKAMURA, H.; SIMIZU, T. et al. "Bioavailability of Orally Administered Water-Dispersible Hesperetin and its Effect on Peripheral Vasodilatation in Human Subjects: Implication of Endothelial Functions of Plasma Conjugated Metabolites." *Food & Function*. Cambridge, Inglaterra: 2012; 3(4): p. 389-98.
32. PATYAR, S.; PATYAR, R.R. "Correlation Between Sleep Duration and Risk of Stroke." *Journal of Stroke and Cerebrovascular Diseases: The Official Journal of National Stroke Association*. [S.l.]: 2015; 24(5): p. 905-11.
33. IKEHARA, S.; ISO, H.; DATE, C. et al.; Grupo de Pesquisa JACC. "Association of Sleep Duration with Mortality from Cardiovascular Disease and other Causes for Japanese Men and Women: The JACC Study." *Sleep*. Nova York: 2009; 32(3): p. 295-301.
34. FANG, J.; WHEATON, A.G.; AYALA, C. "Sleep Duration and History of Stroke Among Adults from the USA." *Journal of Sleep Research*. [S.l.]: 2014; 23(5): p. 531-7.
35. VON RUESTEN, A.; WEIKERT, C.; FIETZE, I. et al. "Association of Sleep Duration with Chronic Diseases in the European Prospective Investigation into Cancer and Nutrition (EPIC) — Potsdam Study." *PLoS ONE* [versão eletrônica]. São Francisco: 2012; 7 (1): e30972.
36. PAN, A.; DE SILVA, D.A.; YUAN, J.M. et al. "Sleep Duration and Risk of Stroke Mortality Among Chinese Adults: Singapore Chinese Health Study." *Stroke*. Baltimore: 2014; 45(6): p. 1.620-5.
37. LENG, Y.; CAPPUCCIO, F.P.; WAINWRIGHT, N.W. et al. "Sleep Duration and Risk of Fatal and Nonfatal Stroke: A Prospective Study and Meta-Analysis." *Neurology*. [S.l.]: 2015; 84(11): p. 1.072-9.
38. SANSEVERO, T.B. *The Profit Machine*. Madri: Cultiva Libros, 2009, p. 59.
39. HARMAN, D. "The Biologic Clock: The Mitochondria?" *Journal of the American Geriatrics Society*. [S.l.]: 1972; 20(4): p. 145-7.
40. CHANCE, B.; SIES, H.; BOVERIS, A. "Hydroperoxide Metabolism in Mammalian Organs." *Physiological Reviews*. [S.l.]: 1979; 59(3): p. 527-605.
41. EMERIT, I. "Reactive Oxygen Species, Chromosome Mutation, and Cancer: Possible Role of Clastogenic Factors in Carcinogenesis." *Free Radical Biology & Medicine*. [S.l.]: 1994; 16(1): p. 99-109.
42. RAUTIAINEN, S.; LARSSON, S.; VIRTAMO, J. et al. "Total Antioxidant Capacity of Diet and Risk of Stroke: A Population-Based Prospective Cohort of Women." *Stroke*. Baltimore: 2012; 43(2): p. 335-40.

COMO NÃO MORRER

43. DEL RIO, D.; AGNOLI, C.; PELLEGRINI, N. et al. "Total Antioxidant Capacity of the Diet is Associated with Lower Risk of Ischemic Stroke in a Large Italian Cohort." *The Journal of Nutrition*. [S.l.]: 2011; 141(1): p. 118-23.
44. SATIA, J.A.; LITTMAN, A.; SLATORE, C.G.; GALANKO, J.A.; WHITE, E. "Long-Term Use of Beta-Carotene, Retinol, Lycopene, and Lutein Supplements and Lung Cancer Risk: Results from the VITamins And Lifestyle (VITAL) Study." *American Journal of Epidemiology*. [S.l.]: 2009; 169(7): p. 815-28.
45. HANKEY, G.J. "Vitamin Supplementation and Stroke Prevention." *Stroke*. Baltimore: 2012; 43(10): p. 2.814-8.
46. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 22 de janeiro de 2010; 9:3.
47. YANG, M.; CHUNG, S.J.; CHUNG, C.E. et al. "Estimation of Total Antioxidant Capacity from Diet and Supplements in US Adults." *The British Journal of Nutrition*. [S.l.]: 2011; 106(2): p. 254-63.
48. CARLSEN, M.H.; HALVOREN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 22 de janeiro de 2010; 9: p. 3.
49. BASTIN, S.; HENKEN, K. "Water Content of Fruits and Vegetables." ENRI-129. Serviço de Extensão Cooperativo da Faculdade de Agricultura da Universidade do Kentucky. Disponível em: <<http://www2.ca.uky.edu/enri/pubs/enri129.pdf>>. Dezembro de 1997. Acesso em 3 de março de 2015.
50. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 22 de janeiro de 2010; 9: p. 3.
51. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 22 de janeiro de 2010; 9: p. 3.
52. KELLY, P.J.; MORROW, J.D.; NING, M. et al. "Oxidative Stress and Matrix Metalloproteinase-9 in Acute Ischemic Stroke: The Biomarker Evaluation for Antioxidant Therapies in Stroke (BEAT-Stroke) Study." *Stroke*. Baltimore: 2008; 39(1): p. 100-4.
53. LILAMAND, M.; KELAIDITI, E.; GUYONNET, S. et al. "Flavonoids and Arterial Stiffness: Promising Perspectives." *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2014; 24(7): p. 698-704.
54. SANTHAKUMAR, A.B.; BULMER, A.C.; SINGH, I. "A Review of the Mechanisms and Effectiveness of Dietary Polyphenols in Reducing Oxidative Stress and

NOTAS

- Thrombotic Risk.” *Journal of Human Nutrition and Dietetics: The Official Journal of the British Dietetic Association*. Oxford: 2014; 27(1): p. 1–21.
55. STOCLET, J.C.; CHATAIGNEAU, T.; NDIAYE, M. et al. “Vascular Protection by Dietary Polyphenols.” *European Journal of Pharmacology*. Amsterdã: 2004; 500(1–3): p. 299–313.
 56. MOYLAN, S.; BERK, M.; DEAN, O.M. et al. “Oxidative & Nitrosative Stress in Depression: Why So Much Stress?” *Neuroscience and Biobehavioral Reviews*. [S.l.]: 2014; 45: p. 46–62.
 57. WATZL, B. “Anti-Inflammatory Effects of Plant-Based Foods and of Their Constituents.” *International Journal for Vitamin and Nutrition Research. Internationale Zeitschrift für Vitamin- und Ernährungsforschung. Journal international de vitaminologie et de nutrition*. Berna: 2008; 78(6): p. 293–8.
 58. FRANZINI, L.; ARDIGI, D.; VALTUEÑA, S. et al. “Food Selection Based on High Total Antioxidant Capacity Improves Endothelial Function in a Low Cardiovascular Risk Population.” *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2012; 22(1): p. 50–7.
 59. ASSOCIAÇÃO DO ALZHEIMER. Informativo Disponível em: <http://www.alz.org/documents_custom/2013_facts_figures_fact_sheet.pdf>. Março de 2013. Acesso em 3 de abril de 2015.
 60. DE LA TORRE, J.C. “A Turning Point for Alzheimer’s Disease?” *BioFactors*. [S.l.]: 2012; 38(2): p. 78–83.
 61. DE LA TORRE, J.C. “Alzheimer’s Disease is Incurable But Preventable.” *Journal of Alzheimer’s Disease: JAD*. Amsterdã: 2010; 20(3): p. 861–70.
 62. BARNES, D.E.; YAFFE, K. “The Projected Effect of Risk Factor Reduction on Alzheimer’s Disease Prevalence.” *The Lancet Neurology*. Londres: 2011; 10(9): p. 819–28.
 63. SINGH-MANOUX, A.; KIVIMAKI, M.; GLYMOUR, M.M. et al. “Timing of Onset of Cognitive Decline: Results from Whitehall II Prospective Cohort Study.” *BMJ: British Medical Journal/British Medical Association*. Londres: 2012; 344: d7622.
 64. ROHER, A.E.; TYAS, S.L.; MAAROUF, C.L. et al. “Intracranial Atherosclerosis As a Contributing Factor to Alzheimer’s Disease Dementia.” *Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association*. Orlando: 2011; 7(4): p. 436–44.
 65. BARNARD, N.D.; BUSH, A.I.; CECCARELLI, A. et al. “Dietary and Lifestyle Guidelines for the Prevention of Alzheimer’s Disease.” *Neurobiology of Aging*. [S.l.]: 2014; 35 (supl. 2): p. S74–8.
 66. RAMIREZ-BERMUDEZ, J. “Alzheimer’s Disease: Critical Notes on the History of a Medical Concept.” *Archives of Redical Research*. Nova York: 2012; 43(8): p. 595–9.
 67. ALZHEIMER, A.; STELZMANN, R.A.; SCHNITZLEIN, H.N.; MURTAGH, FR. “An English Translation of Alzheimer’s 1907 Paper, ‘Über eine Eigenartige Er-

COMO NÃO MORRER

- kankung der Hirnrinde.” *Clinical Anatomy: Official Journal of the American Association of Clinical Anatomists & the British Association of Clinical Anatomists*. Nova York: 1995; 8(6): p. 429-31.
68. KOVACIC, J.C.; FUSTER, V. “Atherosclerotic Risk Factors, Vascular Cognitive Impairment, and Alzheimer Disease.” *The Mount Sinai Journal of Medicine, New York*. [S.l.]: 2012; 79: p. 664-73.
 69. “Cardiogenic Dementia.” *The Lancet*. Londres: 1977; 1(8001): p. 27-8.
 70. ROHER, A.E.; TYAS, S.L.; MAAROUF, C.L. et al. “Intracranial Atherosclerosis as a Contributing Factor to Alzheimer’s Disease Dementia.” *Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association*. Orlando: 2011; 7(4): p. 436-44.
 71. ROHER, A.E.; TYAS, S.L.; MAAROUF, C.L. et al. “Intracranial Atherosclerosis as a Contributing Factor to Alzheimer’s Disease Dementia.” *Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association*. Orlando: 2011; 7(4): p. 436-44.
 72. YARCHOAN, M.; XIE, S.X.; KLING, M.A. et al. “Cerebrovascular Atherosclerosis Correlates with Alzheimer Pathology in Neurodegenerative Dementias.” *Brain*. [S.l.]: 2012; 135(part. 12): p. 3.749-56.
 73. HONIG, L.S.; KUKULL, W.; MAYEUX, R. “Atherosclerosis and AD: Analysis of Data from the US National Alzheimer’s Coordinating Center.” *Neurology*. [S.l.]: 2005; 64(3): p. 494-500.
 74. DE LA TORRE, J.C. “Vascular Risk Factors: A Ticking Time Bomb to Alzheimer’s Disease.” *American Journal of Alzheimer’s Disease and Other Dementias*. [S.l.]: 2013; 28(6): p. 551-9.
 75. ROHER, A.E.; TYAS, S.L.; MAAROUF, C.L. et al. “Intracranial Atherosclerosis as a Contributing Factor to Alzheimer’s Disease Dementia.” *Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association*. Orlando: 2011; 7(4): p. 436-44.
 76. DE LA TORRE, J.C. “Vascular Basis of Alzheimer’s Pathogenesis.” *Annals of the New York Academy of Sciences*. [S.l.]: 2002; 977: p. 196-215.
 77. ZHU, J.; WANG, Y.; LI, J. et al. “Intracranial Artery Stenosis and Progression from Mild Cognitive Impairment to Alzheimer Disease. *Neurology*.” [S.l.]: 2014; 82(10): p. 842-9.
 78. DESCHAMPTRE, Y.; RICHARD, F.; LEYS, D.; PASQUIER, F. “Treatment of Vascular Risk Factors is Associated with Slower Decline in Alzheimer Disease.” *Neurology*. [S.l.]: 2009; 73(9): p. 674-80.
 79. MIZUNO, T.; NAKATA, M.; NAIKI, H. et al. “Cholesterol-Dependent Generation of a Seeding Amyloid Beta-Protein in Cell Culture.” *The Journal of Biological Chemistry*. Baltimore: 1999; 274(21): p. 15.110-4.
 80. TRUMBO, P.R.; SHIMAKAWA, T. “Tolerable Upper Intake Levels for Trans Fat, Saturated Fat, and Cholesterol.” *Nutrition Reviews*. Washington, D.C.: 2011; 69(5): p. 270-8.

NOTAS

81. BENJAMIN, M.M.; ROBERTS, W.C. "Facts and Principles Learned at the 39th Annual Williamsburg Conference on Heart Disease." *Proceedings (Baylor University Medical Center)*. Dallas: 2013; 26(2): p. 124-36.
82. CORSINOVI, L.; BIASI, F.; POLI, G. et al. "Dietary Lipids and Their Oxidized Products in Alzheimer's Disease." *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2011; 55 supl 2: S161-72.
83. HARRIS, J.R.; MILTON, N.G.N. "Cholesterol in Alzheimer's Disease and Other Amyloidogenic Disorders." *Sub-Cellular Biochemistry*. Nova York: 2010; 51: p. 47-75.
84. PUGLIELLI, L.; TANZI, R.E.; KOVACS, D.M. "Alzheimer's Disease: The Cholesterol Connection." *Nature Neuroscience*. Nova York: 2003; 6(4): p. 345-51.
85. HARRIS, J.R.; MILTON, N.G.N. "Cholesterol in Alzheimer's Disease and Other Amyloidogenic Disorders." *Sub-Cellular Biochemistry*. Nova York: 2010; 51: p. 47-75.
86. REED, B.; VILLENEUVE, S.; MACK, W. et al. "Associations Between Serum Cholesterol Levels and Cerebral Amyloidosis." *Journal of the American Medical Association Neurology*. Chicago: 2014; 71(2): p. 195-200.
87. FOOD AND DRUG ADMINISTRATION. "Important Safety Label Changes to Cholesterol-Lowering Statin Drugs." Silver Spring, Maryland: Departamento de Saúde e Serviços Humanos dos Estados Unidos, 2012. Disponível em: <<http://www.fda.gov/Drugs/DrugSafety/ucm293101.htm>>. 7 de julho de 2012. Acesso em 2 de abril de 2015.
88. ROJAS-FERNANDEZ, C.H.; CAMERON, J.C. "Is Statin-Associated Cognitive Impairment Clinically Relevant? A Narrative Review and Clinical Recommendations." *The Annals of Pharmacotherapy*. [S.l.]: 2012; 46(4): p. 549-57.
89. GRANT, W.B. "Dietary Links to Alzheimer's Disease." *Alzheimer's Disease Review*. [S.l.]: 1997; 2: p. 42-55.
90. CHANDRA, V.; PANDAV, R.; DODGE, H.H. et al. "Incidence of Alzheimer's Disease in a Rural Community in India: The Indo-US Study." *Neurology*. [S.l.]: 2001; 57(6): p. 985-9.
91. WHITE, L.; PETROVICH, H.; ROSS, G.W. et al. "Prevalence of Dementia in Older Japanese-American Men in Hawaii: The Honolulu-Asia Aging Study." *Journal of the American Medical Association*. Chicago: 1996; 276(12): p. 955-60.
92. GRANT, W.B. "Dietary Links to Alzheimer's Disease." *Alzheimer's Disease Review*. [S.l.]: 1997; 2: p. 42-55.
93. GRANT, W.B. "Trends in Diet and Alzheimer's Disease During the Nutrition Transition in Japan and Developing Countries." *Journal of Alzheimer's Disease: JAD*. Amsterdã: 2014; 38(3): p. 611-20.

COMO NÃO MORRER

94. CHAN, K.Y.; WANG, W.; WU, J.J. et al. "Epidemiology of Alzheimer's Disease and Other Forms of Dementia in China, 1990-2010: A Systematic Review and Analysis." *The Lancet*. Londres: 2013; 381(9882): p. 2.016-23.
95. GRANT, W.B. "Trends in Diet and Alzheimer's Disease During the Nutrition Transition in Japan and Developing Countries." *Journal of Alzheimer's Disease: JAD*. Amsterdã: 2014; 38(3): p. 611-20.
96. CHANDRA, V.; GANGULI, M.; PANDAV, R. et al. "Prevalence of Alzheimer's Disease and Other Dementias in Rural India: The Indo-US Study." *Neurology*. [S.l.]: 1998; 51(4): p. 1.000-8.
97. SHETTY, P.S. "Nutrition Transition in India." *Public Health Nutrition*. [S.l.]: 2002; 5(1A): p. 175-82.
98. GIEM, P.; BEESON, W.L.; FRASER, G.E. "The Incidence of Dementia and Intake of Animal Products: Preliminary Findings from the Adventist Health Study." *Neuroepidemiology*. Basel: 1993; 12(1): p. 28-36.
99. ROSES, A.D.; SAUNDERS, A.M. "APOE is a Major Susceptibility Gene for Alzheimer's Disease." *Current Opinion in Biotechnology*. Londres: 1994; 5(6): p. 663-7.
100. PUGLIELLI, L.; TANZI, R.E.; KOVACS, D.M. "Alzheimer's Disease: The Cholesterol Connection." *Nature Neuroscience*. Nova York: 2003; 6(4): p. 345-51.
101. CHEN, X.; HUI, L.; SOLIMAN, M.L.; GEIGER, J.D. "Altered Cholesterol Intracellular Trafficking and the Development of Pathological Hallmarks of Sporadic AD." *Journal of Parkinson's Disease and Alzheimer's Disease*. Northborough: 2014; p. 1(1).
102. SEPEHRNIA, B.; KAMBOH, M.I.; ADAMS-CAMPBELL, L.L. et al. "Genetic Studies of Human Apolipoproteins. X. The Effect of the Apolipoprotein E Polymorphism on Quantitative Levels of Lipoproteins in Nigerian Blacks." *American Journal of Human Genetics*. [S.l.]: 1989; 45(4): p. 586-91.
103. GRANT, W.B. "Dietary Links to Alzheimer's Disease." *Alzheimer's Disease Review*. [S.l.]: 1997; 2: p. 42-55.
104. SEPEHRNIA, B.; KAMBOH, M.I.; ADAMS-CAMPBELL, L.L. et al. "Genetic Studies of Human Apolipoproteins. X. The Effect of the Apolipoprotein E Polymorphism on Quantitative Levels of Lipoproteins in Nigerian Blacks." *American Journal of Human Genetics*. [S.l.]: 1989; 45(4): p. 586-91.
105. HENDRIE, H.C.; MURRELL, J.; GAO, S.; UNVERZAGT, F.W.; OGUNNIYI, A.; HALL, K.S. "International Studies in Dementia with Particular Emphasis on Populations of African Origin." *Alzheimer Disease and Associated Disorders*. [S.l.]: 2006; 20 (3 supl. 2): S42-6.
106. KIVIPELTO, M.; HELKALA, E.L.; LAAKSO, M.P. et al. "Apolipoprotein E Epsilon4 Allele, Elevated Midlife Total Cholesterol Level, and High Midlife Systolic

NOTAS

- Blood Pressure Are Independent Risk Factors for Late-Life Alzheimer Disease.” *Annals of Internal Medicine*. Filadélfia: 2002; 137(3): p. 149-55.
107. KIVIPELTO, M.; HELKALA, E.L.; LAAKSO, M.P. et al. “Apolipoprotein E Epsilon4 Allele, Elevated Midlife Total Cholesterol Level, and High Midlife Systolic Blood Pressure Are Independent Risk Factors for Late-life Alzheimer Disease.” *Annals of Internal Medicine*. Filadélfia: 137(3): p. 149-55.
108. JOST, B.C.; GROSSBERG, G. T. “The Natural History of Alzheimer’s Disease: A Brain Bank Study.” *Journal of the American Geriatrics Society*. [S.l.]: 1995; 43(11): p. 1.248-55.
109. DEL TREDICI, K.; BRAAK, H. “Neurofibrillary Changes of the Alzheimer Type in Very Elderly Individuals: Neither Inevitable nor Benign: Commentary on ‘No Disease in the Brain of a 115-Year-Old Woman.’” *Neurobiology of Aging*. [S.l.]: 2008; 29(8): p. 1.133-6.
110. BARNARD, N.D.; BUSH, A.I.; CECCARELLI, A. et al. “Dietary and Lifestyle Guidelines for the Prevention of Alzheimer’s Disease.” *Neurobiology of Aging*. [S.l.]: 2014; 35 (supl. 2): S74-8.
111. LOURIDA, I.; SONI, M.; THOMPSON-COON, J. et al. “Mediterranean Diet, Cognitive Function, and Dementia: A Systematic Review.” *Epidemiology*. [S.l.]: 2013; 24(4): p. 479-89.
112. ROBERTS, R.O.; GEDA, Y.E.; CERHAN, J.R. et al. “Vegetables, Unsaturated Fats, Moderate Alcohol Intake, and Mild Cognitive Impairment.” *Dementia and Geriatric Cognitive Disorders*. Basel: 2010; 29(5): p. 413-23.
113. OKEREKE, O.I.; ROSNER, B.A.; KIM, D.H. et al. “Dietary Fat Types and 4-Year Cognitive Change in Community-Dwelling Older Women.” *Annals of Neurology*. [S.l.]: 2012; 72(1): p. 124-34.
114. PARLETTA, N.; MILTE, C.M.; MEYER, B.J. “Nutritional Modulation of Cognitive Function and Mental Health.” *The Journal of Nutritional Biochemistry*. [S.l.]: 2013; 24(5): p. 725-43.
115. ESSA, M.M.; VIJAYAN, R.K.; CASTELLANO-GONZALEZ, G.; MEMON, M.A.; BRAIDY, N.; GUILLEMIN, G.J. “Neuroprotective Effect of Natural Products Against Alzheimer’s Disease.” *Neurochemical Research*. Nova York: 2012; 37(9): p. 1.829-42.
116. SHUKITT-HALE, B. “Blueberries and Neuronal Aging.” *Gerontology*. Basel: 2012; 58(6): p. 518-23.
117. CHERNIACK, E.P. “A Berry Thought-provoking Idea: The Potential Role of Plant Polyphenols in the Treatment of Age-Related Cognitive Disorders.” *The British Journal of Nutrition*. [S.l.]: 2012; 108(5): p. 794-800.
118. JOHNSON, E.J. “A Possible Role for Lutein and Zeaxanthin in Cognitive Function in the Elderly.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(5): 1.161S-5S.

COMO NÃO MORRER

119. KRIKORIAN, R.; SHIDLER, M.D.; NASH, T.A. et al. "Blueberry Supplementation Improves Memory in Older Adults." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2010; 58(7): p. 3.996-4.000.
120. DEVORE, E.E.; KANG, J.H.; BRETELER, M.M.B. et al. "Dietary Intakes of Berries and Flavonoids in Relation to Cognitive Decline." *Annals of Neurology*. [S.l.]: 2012; 72(1): p. 135-43.
121. DAI, Q.; BORENSTEIN, A.R.; WU, Y. et al. "Fruit and Vegetable Juices and Alzheimer's Disease: the Kame Project." *The American Journal of Medicine*. Nova York: 2006; 119(9): p. 751-9.
122. KRIKORIAN, R.; NASH, T.A.; SHIDLER, M.D.; SHUKITT-HALLE, B.; JOSEPH, J.A. "Concord Grape Juice Supplementation Improves Memory Function in Older Adults with Mild Cognitive Impairment." *The British Journal of Nutrition*. [S.l.]: 2010; 103(5): p. 730-4.
123. NURK, E.; REFSUM, H.; DREVON, C.A. et al. "Cognitive Performance AMONG the Elderly in Relation to the Intake of Plant Foods. The Hordaland Health Study." *The British Journal of Nutrition*. [S.l.]: 2010; 104(8): p. 1.190-201.
124. MULLEN, W.; MARKS, S.C.; CROZIER, A. "Evaluation of Phenolic Compounds in Commercial Fruit Juices and Fruit Drinks." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2007; 55(8): p. 3.148-57.
125. TAROZZI, A.; MORRONI, E.; MERLICCO, A. et al. "Neuroprotective Effects of Cyanidin 3-O-Glucopyranoside on Amyloid Beta (25-35) Oligomer-induced Toxicity." *Neuroscience Letters*. [S.l.]: 2010; 473(2): p. 72-6.
126. HATTORI, M.; SUGINO, E.; MINOURA, K. et al. "Different Inhibitory Response of Cyanidin and Methylene Blue for Filament Formation of Tau Microtubule-Binding Domain." *Biochemical and Biophysical Research Communications*. [S.l.]: 2008; 374(1): p. 158-63.
127. MANDEL, S.A.; WEINREB, O.; AMIT, T.; YODIM, M.B. "Molecular Mechanisms of the Neuroprotective/Neurorescue Action of Multi-Target Green Tea Polyphenols." *Frontiers in Bioscience (Scholar Edition)*. Searington, Nova York: 2012; 4: p. 581-98.
128. WARD, R.J.; ZUCCA, F.A.; DUYN, J.H., CRICHTON, R.R.; ZECCA, L. "The Role of Iron in Brain Ageing and Neurodegenerative Disorders." *The Lancet Neurology*. Londres: 2014; 13(10): p. 1.045-60.
129. HISHIKAWA, N.; TAKAHASHI, Y.; AMAKUSA, Y. et al. "Effects of Turmeric on Alzheimer's Disease with Behavioral and Psychological Symptoms of Dementia." *Ayu*. Mumbai: 2012; 33(4): p. 499-504.
130. AKHONDZADEH, S.; SABET, M.S.; HARIRCHIAN, M.H. et al. "Saffron in the Treatment of Patients with Mild to Moderate Alzheimer's Disease: A 16-Week,

NOTAS

- Randomized and Placebo-Controlled Trial.” *Journal of Clinical Pharmacy and Therapeutics*. Oxford: 2010; 35(5): p. 581-8.
131. AKHONDZADEH, S.; SHAFIEE SABET, M.; HARIRCHIAN, M.H. et al. “A 22-Week, Multicenter, Randomized, Double-Blind Controlled Trial of Crocus Sativus in the Treatment of Mild-to-Moderate Alzheimer’s Disease.” *Psychopharmacology*. Berlin: 2010; 207(4): p. 637-43.
 132. HYDE, C.; PETERS, J.; BOND, M. et al. “Evolution of the Evidence on the Effectiveness and Cost-Effectiveness of Acetylcholinesterase Inhibitors and Memantine for Alzheimer’s Disease: Systematic Review and Economic Model.” *Age and Ageing*. [S.l.]: 2013; 42(1): p. 14-20.
 133. FOOD AND DRUG ADMINISTRATION. Bula do ARICEPT® (Donepezil Hydrochloride Tablets). Disponível em: <<http://www.fda.gov/downloads/Drugs/GuidanceComplianceRegulatoryInformation/Surveillance/DrugMarketingAdvertisingandCommunications/UCM368444.pdf>>. Acesso em 2 de abril de 2015.
 134. TOLEDO, C.; SALTSMAN, K. “Genetics by the Numbers. Inside Life Science.” Bethesda, Maryland: Instituto Nacional de Ciências Médicas Gerais. Disponível em: <<http://publications.nigms.nih.gov/insidelifescience/genetics-numbers.html>>. 11 de junho de 2012. Acesso em 3 de março de 2015.
 135. MOSTOSLAVSKY, R.; ESTELLER, M.; VAQUERO, A. “At the Crossroad of Lifespan, Calorie Restriction, Chromatin and Disease: Meeting on Sirtuins.” *Cell Cycle*. [S.l.]: 2010; 9(10): p. 1.907-12.
 136. JULIEN, C.; TREMBLAY, C.; EMOND, V. et al. “Sirtuin 1 Reduction Parallels the Accumulation of Tau in Alzheimer Disease.” *Journal of Neuropathology and Experimental Neurology*. Lawrence, Kansas: 2009; 68(1): p. 48-58.
 137. CAI, W.; URIBARRI, J.; ZHU, L. et al. “Oral Glycotoxins are a Modifiable Cause of Dementia and the Metabolic Syndrome in Mice and Humans.” *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*. [S.l.]: 2014; 111(13): p. 4.940-5.
 138. CAI, W.; URIBARRI, J.; ZHU, L. et al. “Oral Glycotoxins are a Modifiable Cause of Dementia and the Metabolic Syndrome in Mice and Humans.” *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*. [S.l.]: 2014; 111(13): p. 4.940-5.
 139. RAHMADI, A.; STEINER, N.; MÜNCH, G. “Advanced Glycation Endproducts as Gerontotoxins and Biomarkers for Carbonyl-Based Degenerative Processes in Alzheimer’s Disease.” *Clinical Chemistry and Laboratory Medicine*. Berlin: 2011; 49(3): p. 385-91.
 140. SEMBA, R.D.; NICKLETT, E.J.; FERRUCCI, L. “Does Accumulation of Advanced Glycation end Products Contribute to the Aging Phenotype?” *The Journals of*

COMO NÃO MORRER

- Gerontology. Series A, Biological Sciences and Medical Sciences.* Washington, D.C.: 2010; 65(9): p. 963-75.
141. SRIKANTH, V.; WESTCOTT, B.; FORBES, J. et al. "Methylglyoxal, Cognitive Function and Cerebral Atrophy in Older People." *The Journals of Gerontology. Series A, Biological Sciences and Medical Sciences.* Washington, D.C.: 2013; 68(1): p. 68-73.
142. CAI, W.; URIBARRI, J.; ZHU, L. et al. "Oral Glycotoxins Are a Modifiable Cause of Dementia and the Metabolic Syndrome in Mice and Humans." *Proceedings of the National Academy of Sciences of the United States of America (PNAS).* [S.l.]: 2014; 111(13): p. 4.940-5.
143. BEERI, M.S.; MOSHIER, E.; SCHMEIDLER, J. et al. "Serum Concentration of an Inflammatory Glycotoxin, Methylglyoxal, is Associated with Increased Cognitive Decline in Elderly Individuals." *Mechanisms of Ageing and Development.* [S.l.]: 2011; 132(11-12): p. 583-7.
144. YAFFE, K.; LINDQUIST, K.; SCHWARTZ, A.V. et al. "Advanced Glycation end Product Level, Diabetes, and Accelerated Cognitive Aging." *Neurology.* [S.l.]: 2011; 77(14): p. 1.351-6.
145. ANGELONI, C.; ZAMBONIN, L.; HRELIA, S. "Role of Methylglyoxal in Alzheimer's Disease." *BioMed Research International* [versão eletrônica]. Nova York: 2014; 2014: 238485.
146. VLASSARA, H.; CAI, W.; GOODMAN, S. et al. "Protection Against Loss of Innate Defenses in Adulthood by Low Advanced Glycation end Products (AGE) Intake: Role of the Antiinflammatory AGE Receptor-1." *The Journal of Clinical Endocrinology and Metabolism.* [S.l.]: 2009; 94(11): p. 4.483-91.
147. CERAMI, C.; FOUNDS, H.; NICHOLL, I. et al. "Tobacco Smoke is a Source of Toxic Reactive Glycation Products." *Proceedings of the National Academy of Sciences of the United States of America (PNAS).* [S.l.]: 1997; 94(25): p. 1.3915-20.
148. URIBARRI, J.; CAI, W.; SANDU, O.; PEPPA, M.; GOLDBERG, T.; VLASSARA, H. "Diet-Derived Advanced Glycation End Products Are Major Contributors to the Body's AGE Pool and Induce Inflammation in Healthy Subjects." *Annals of the New York Academy of Sciences.* [S.l.]: 2005; 1043: p. 461-6.
149. URIBARRI, J.; CAI, W.; SANDU, O.; PEPPA, M.; GOLDBERG, T.; VLASSARA, H. "Diet-Derived Advanced Glycation End Products Are Major Contributors to the Body's AGE Pool and Induce Inflammation in Healthy Subjects." *Annals of the New York Academy of Sciences.* [S.l.]: 2005; 1043: p. 461-6.
150. URIBARRI, J.; WOODRUFFE, S.; GOODMAN, S. et al. "Advanced Glycation End Products in Foods and a Practical Guide to Their Reduction in the Diet." *Journal of the American Dietetic Association.* [S.l.]: 2010; 110(6): 911-6 e 12.

NOTAS

151. URIBARRI, J.; WOODRUFF, S.; GOODMAN, S. et al. "Advanced Glycation End Products in Foods and a Practical Guide to their Reduction in the Diet." *Journal of the American Dietetic Association*. [S.l.]: 2010; 110(6): p. 911-6 e 12.
152. URIBARRI, J.; WOODRUFF, S.; GOODMAN, S. et al. "Advanced Glycation End Products in Foods and a Practical Guide to Their Reduction in the Diet." *Journal of the American Dietetic Association*. [S.l.]: 2010; 110(6): p. 911-6 e 12.
153. CAI, W.; URIBARRI, J.; ZHU, L. et al. "Oral Glycotoxins Are a Modifiable Cause of Dementia and the Metabolic Syndrome in Mice and Humans." *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*. [S.l.]: 2014; 111(13): p. 4.940-5.
154. BAKER, L.D.; FRANK, L.L.; FOSTER-SCHUBERT, K. et al. "Effects of Aerobic Exercise on Mild Cognitive Impairment: A Controlled Trial." *Archives of Neurology*. Chicago: 2010; 67(1): p. 71-9.
155. BAKER, L.D.; FRANK, L.L.; FOSTER-SCHUBERT, K. et al. "Effects of Aerobic Exercise on Mild Cognitive Impairment: A Controlled Trial." *Archives of Neurology*. Chicago: 2010; 67(1): p. 71-9.
156. ERICKSON, K.I.; VOSS, M.W.; PRAKASH, R.S. et al. "Exercise Training Increases Size of Hippocampus and Improves Memory." *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*. [S.l.]: 2011; 108(7): p. 3.017-22.
157. TEN BRINKE, L.F.; BOLANDZADEH, N.; NAGAMATSU, L.S. et al. "Aerobic Exercise Increases Hippocampal Volume in Older Women with Probable Mild Cognitive Impairment: A 6-Month Randomised Controlled Trial." *British Journal of Sports Medicine*. [S.l.]: 2015; 49(4): p. 248-54.

4. Como não morrer de câncer no sistema digestório

1. LIU, P.H.; WANG, J.D.; KEATING, N.L. "Expected Years of Life Lost for Six Potentially Preventable Cancers in the United States." *Preventive Medicine*. Nova York: 2013; 56(5): p. 309-13.
2. BERTRAM, J.S.; KOLONEL, L.N.; MEYSKENS, F.L. "Rationale and Strategies for Chemoprevention of Cancer in Humans." *Cancer research*. [S.l.]: 1987; 47(11): p. 3.012-31.
3. HASLETON, P.S. "The Internal Surface Area of the Adult Human Lung." *Journal of Anatomy*. [S.l.]: 1972; 112 (part. 3): p. 391-400.
4. MACDONALD, T.T.; MONTELEONE, G. "Immunity, Inflammation, and Allergy in the Gut." *Science*. [S.l.]: 2005; 307(5717): p. 1.920-5.
5. SOCIEDADE AMERICANA DO CÂNCER. "What Are the Key Statistics About Colorectal Cancer?" Disponível em: <[http://www.cancer.org/cancer/colonand-](http://www.cancer.org/cancer/colonand)

COMO NÃO MORRER

- rectumcancer/detailedguide/colorectal-cancer-key-statistic>s. Acesso em 3 de março de 2015.
6. SOCIEDADE AMERICANA DO CÂNCER. “What Are the Key Statistics About Pancreatic Cancer?” Disponível em: <http://www.cancer.org/cancer/pancreaticcancer/detailedguide/pancreatic-cancer-key-statistics>. Acesso em 3 de março de 2015.
 7. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2014*. Atlanta: 2014.
 8. SOCIEDADE AMERICANA DO CÂNCER. “What Are the Key Statistics About Colorectal Cancer?” Disponível em: <<http://www.cancer.org/cancer/colonandrectumcancer/detailedguide/colorectal-cancer-key-statistics>>. Acesso em 3 de março de 2015.
 9. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2014*. Atlanta: 2014.
 10. “Screening for Colorectal Cancer. US Preventive Services Task Force.” Disponível em: <<http://www.uspreventiveservicestaskforce.org/Home/GetFile/1/467/colcansumm/pdf>>. Acesso em 3 de março de 2015.
 11. FUNDO MONETÁRIO INTERNACIONAL. *World Economic Outlook Database*. Disponível em: <<http://bit.ly/1bNdlWu>>. Abril de 2015. Acesso em 2 de maio de 2015.
 12. BANCO MUNDIAL. *World Development Indicators*. Disponível em: <<http://data.worldbank.org/country/india>>. 2011. Acesso em 2 de maio de 2015.
 13. BENGMARK, S.; MESA, M.D; GIL, A. “Plant-Derived Health: the Effects of Turmeric and Curcuminoids.” *Nutrición Hospitalaria*. Madri: 2009; 24(3): p. 273-81.
 14. HUTCHINS-WOLFBRANDT, A.; MISTRY, A.M. “Dietary Turmeric Potentially Reduces the Risk of Cancer.” *Asian Pacific Journal of Cancer Prevention: APJCP*. Bangkok: 2011; 12(12): p. 3.169-73.
 15. SHARMA, R.A.; EUDEN, S.A.; PLATTON, S.L. et al. “Phase I Clinical Trial of Oral Curcumin: Biomarkers of Systemic Activity and Compliance.” *Clinical Cancer Research: An Official Journal of the American Association for Cancer Research*. Denville: 2004; 10(20): p. 6847-54.
 16. CARROLL, R.E.; BENYA, R.V.; TURGEON, D.K. et al. “Phase IIa Clinical Trial of Curcumin for the Prevention of Colorectal Neoplasia.” *Cancer prevention research (Philadelphia, Pa.)*. Filadélfia: 2011; 4(3): p. 354-64.
 17. CRUZ-CORREA, M.; SHOSKES, D.A.; SANCHEZ, P. et al. “Combination Treatment with Curcumin and Quercetin of Adenomas in Familial Adenomatous Polyposis.” *Clinical Gastroenterology and Hepatology: The Official Clinical Practice Journal of the American Gastroenterological Association*. Filadélfia: 2006; 4(8): p. 1.035-8.

NOTAS

18. SHARMA, R.A.; MCLELLAND, H.R.; HILL, K.A. et al. "Pharmacodynamic and Pharmacokinetic Study of Oral Curcuma Extract in Patients with Colorectal Cancer." *Clinical Cancer Research: An Official Journal of the American Association for Cancer Research*. Denville: 2001; 7(7): p. 1.894-900.
19. SINGH, S. "From Exotic Spice to Modern Drug?" *Cell*. Cambridge, Massachusetts: 2007; 130(5): p. 765-8.
20. Instituto Internacional de Ciências Populacionais; Macro International. *National Family Health Survey (NFHS-3), 2005-06; Índia: Vol. I*. Mumbai: IIPS, 2007.
21. CUMMINGS, J.H.; BINGHAM, S.A.; HEATON, K.W.; EASTWOOD, M.A. "Fecal Weight, Colon Cancer Risk, and Dietary Intake of Nonstarch Polysaccharides (Dietary Fiber)." *Gastroenterology*. [S.l.]: 1992; 103(6): p. 1.783-9.
22. GEAR, J.S.; BRODRIBB, A.J.; WARE, A.; MANN, J.I. "Fibre and Bowel Transit Times." *The British Journal of Nutrition*. [S.l.]: 1981; 45(1): p. 77-82.
23. BURKITT, D.P.; WALKER, A.R.; PAINTER, N.S. "Effect of Dietary Fibre on Stools and the Transit-Times, and Its Role in the Causation of Disease." *The Lancet*. Londres: 1972; 2(7792): p. 1.408-12.
24. SONNENBERG, A.; KOCH, T.R. "Physician Visits in the United States for Constipation: 1958 to 1986." *Digestive Diseases and Sciences*. Nova York: 1989; 34(4): p. 606-11.
25. BURKITT, D.P. "A Deficiency of Dietary Fiber May be One Cause of Certain Colonic and Venous Disorders." *The American Journal of Digestive Diseases*. Nova York: 1976; 21(2): p. 104-8.
26. FOX, A.; TIETZE, P.H.; RAMAKRISHNAN, K. "Anorectal Conditions: Anal Fissure and Anorectal Fistula." *FP Essentials*. Leawood, Kansas: 2014; 419: p. 20-7.
27. BURKITT, D.P. "A Deficiency of Dietary Fiber May be One Cause of Certain Colonic and Venous Disorders." *The American Journal of Digestive Diseases*. Nova York: 1976; 21(2): p. 104-8.
28. SANJOAQUIN, M.A.; APPLEBY, P.N.; SPENCER, E.A.; KEY T.J. "Nutrition and Lifestyle in Relation to Bowel Movement Frequency: A Cross-Sectional Study of 20630 Men and Women in EPIC-Oxford." *Public Health Nutrition*. [S.l.]: 2004; 7(1): p. 77-83.
29. SOCIEDADE AMERICANA DO CÂNCER. "What Are the Key Statistics About Colorectal Cancer?" Disponível em: <<http://www.cancer.org/cancer/colorectal-cancer-key-statistics>>. Acesso em 3 de março de 2015.
30. DOLL, R. "The Geographical Distribution of Cancer." *British Journal of Cancer*. Londres: 1969; 23(1): p. 1-8.
31. LIPSKI, E. "Traditional Non-Western Diets." *Nutrition in Clinical Practice: Official Publication of the American Society for Parenteral and Enteral Nutrition*. [S.l.]: 2010; 25(6): p. 585-93.

COMO NÃO MORRER

32. BURKITT, D.P. "Epidemiology of Cancer of the Colon and Rectum. 1971." *Diseases of the Colon and Rectum*. Filadélfia: 1993; 36 (11): p. 1.071-82.
33. SHAPER, A.G.; JONES, K.W. "Serum-cholesterol, Diet, and Coronary Heart-disease in Africans and Asians in Uganda: 1959." *International Journal of Epidemiology*. Londres: 2012; 41(5): p. 1.221-5.
34. MALILA, N.; HAKULINEN, T. "Epidemiological Trends of Colorectal Cancer in the Nordic Countries." *Scandinavian Journal of Surgery: SJS: Official Organ for the Finnish Surgical Society and the Scandinavian Surgical Society*. Helsinki: 2003; 92(1): p. 5-9.
35. ENGLYST, H.N.; BINGHAM, S.A.; WIGGINS, H.S. et al. "Nonstarch Polysaccharide Consumption in Four Scandinavian Populations." *Nutrition and Cancer*. Filadélfia: 1982; 4(1): p. 50-60.
36. GRAF, E.; EATON, J.W. "Dietary Suppression of Colonic Cancer. Fiber or Phytate?" *Cancer*. [S.l.]: 1985; 56(4): p. 717-8.
37. FONSECA-NUNES, A.; JAKSZYN, P.; AGUDO A. "Iron and Cancer Risk — a Systematic Review and Meta-Analysis of the Epidemiological Evidence." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2014; 23(1): p. 12-31.
38. MELLANBY, E. "The Rickets-Producing and Anti-Calci-fying Action of Phytate." *The Journal of Physiology*. [S.l.]: 1949; 109(3-4): p. 488-533.
39. HOUSE, W.A.; WELCH, R.M.; VAN CAMPEN, D.R. "Effect of Phytic Acid on the Absorption, Distribution, and Endogenous Excretion of Zinc in Rats." *The Journal of Nutrition*. [S.l.]: 1982; 112(5): p. 941-53.
40. URBANO, G.; LÓPEZ-JURADO, M.; ARANDA, P.; VIDAL-VALVERDE, C.; TENORIO, E.; PORRES, J. "The Role of Phytic Acid in Legumes: Antinutrient or Beneficial Function?" *Journal of Physiology and Biochemistry*. Pamplona: 2000; 56(3): p. 283-94.
41. LÓPEZ-GONZÁLES, A.A.; GRASES, F.; ROCA, P.; MARI, B.; VICENTE-HERRERO, M.T.; COSTA-BAUZÁ, A. "Phytate (Myo-Inositol Hexaphosphate) and Risk Factors for Osteoporosis". *Journal of Medicinal Food*. Larchmont, Nova York: 2008; 11(4): p. 747-52.
42. LÓPEZ-GONZÁLEZ, A.A.; GRASES, F.; MONROY, N. et al. "Protective Effect of Myo-Inositol Hexaphosphate (Phytate) on Bone Mass Loss in Postmenopausal Women." *European Journal of Nutrition*. Darmstadt, Alemanha: 2013; 52(2): p. 717-26.
43. ARRIERO MDEL, M.; RAMIS, J.M.; PERELLÓ, J.; MONJO, M. "Inositol Hexakisphosphate Inhibits Osteoclastogenesis on RAW 264.7 Cells and Human Primary Osteoclasts." *PLoS ONE* [versão eletrônica]. San Francisco: 2012; 7(8): e43187.

NOTAS

44. KHOSLA, S.; BURR, D.; CAULEY, J. et al. "Bisphosphonate-Associated Osteonecrosis of the Jaw: Report of a Task Force of the American Society for Bone and Mineral Research." *Journal of Bone and Mineral Research*. [S.l.]: 2007; 22(10): p. 1.479-91.
45. SINGH, P.N.; FRASER, G.E. "Dietary Risk Factors for Colon Cancer in a Low-Risk Population." *American Journal of Epidemiology*. [S.l.]: 1998; 148(8): p. 761-74.
46. MANOUSOS, O.; DAY, N.E.; TRICHOPOULOS, D.; GEROVASSILIS, F.; TZONOU, A.; POLYCHRONOPOULOU, A. "Diet and Colorectal Cancer: A Case-Control Study in Greece." *International Journal of Cancer*. [S.l.]: 1983; 32(1): p. 1-5.
47. LANZA, E.; HARTMAN, T.J.; ALBERT, P.S. et al. "High Dry Bean Intake and Reduced Risk of Advanced Colorectal Adenoma Recurrence Among Participants in the Polyp Prevention Trial." *The Journal of Nutrition*. [S.l.]: 2006; 136(7): p. 1.896-1.903.
48. VUCENIK, I.; SHAMSUDDIN, A.M. "Protection Against Cancer by Dietary IP6 and Inositol." *Nutrition and Cancer*. Filadélfia: 2006; 55(2): p. 109-25.
49. VUCENIK, I.; SHAMSUDDIN, A.M. "Cancer Inhibition by Inositol Hexaphosphate (IP6) and Inositol: from Laboratory to Clinic." *The Journal of Nutrition*. [S.l.]: 2003; 133 (11 supl. 1): 3778S-84S.
50. OGAWA, S.; KOBAYASHI, H.; AMADA, S. et al. "Sentinel Node Detection with (99m)Tc Phytate Alone is Satisfactory for Cervical Cancer Patients Undergoing Radical Hysterectomy and Pelvic Lymphadenectomy." *International Journal of Clinical Oncology*. Tóquio: 2010; 15(1): p. 52-8.
51. VUCENIK, I.; SHAMSUDDIN, A.M. "Protection Against Cancer by Dietary IP6 and Inositol." *Nutrition and Cancer*. Filadélfia: 2006; 55(2): p. 109-25.
52. VUCENIK, I.; PASSANITI, A.; VITOLO, M.I.; TANTIVEJKUL, K.; EGGLETON, P.; SHAMSUDDIN, A.M. "Anti-Angiogenic Activity of Inositol Hexaphosphate (IP6)." *Carcinogenesis*. Oxford: 2004; 25(11): p. 2.115-23.
53. WANG, H.; KHOR, T.O.; SHU, L. et al. "Plants vs. Cancer: A Review on Natural Phytochemicals in Preventing and Treating Cancers and their Druggability." *Anti-Cancer Agents in Medicinal Chemistry*. [S.l.]: 2012; 12(10): p. 1.281-305.
54. YANG, G.Y.; SHAMSUDDIN, A.M. "IP6-Induced Growth Inhibition and Differentiation of HT-29 Human Colon Cancer Cells: Involvement of Intracellular Inositol Phosphates." *Anticancer Research*. Atenas, Grécia: 1995; 15(6B): p. 2.479-87.
55. SHAMSUDDIN, A.M.; YANG, G.Y.; VUCENIK, I. "Novel Anti-Cancer Functions of IP6: Growth Inhibition and Differentiation of Human Mammary Cancer Cell Lines in Vitro." *Anticancer Research*. Atenas, Grécia: 1996; 16(6A): p. 3.287-92.
56. VUCENIK, I.; TANTIVEJKUL, K.; ZHANG, Z.S.; COLE, K.E.; SAIED, I.; SHAMSUDDIN, A.M. "IP6 in Treatment of Liver Cancer. I. IP6 Inhibits Growth

COMO NÃO MORRER

- and Reverses Transformed Phenotype in HepG2 Human Liver Cancer Cell Line.” *Anticancer Research*. Atenas, Grécia: 1998; 18(6A): p. 4.083-90.
57. SHAMSUDDIN, A.M.; YANG, G.Y. “Inositol Hexaphosphate Inhibits Growth and Induces Differentiation of PC-3 Human Prostate Cancer Cells.” *Carcinogenesis*. Oxford: 1995; 16(8): p. 1.975-9.
 58. SHAMSUDDIN, A.M. “Anti-Cancer Function of Phytic Acid.” *International Journal of Food Science and Technology*. Oxford: 2002; 37(7): p. 769-82.
 59. SUN, J.; CHU, Y.F.; WU, X.; LIU, R.H. “Antioxidant and Antiproliferative Activities of Common Fruits.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2002; 50(25): p. 7.449-54.
 60. OLSSON, M.E.; ANDERSSON, C.S.; OREDSSON, S.; BERGLUND, R.H.; GUSTAVSSON, K.E. “Antioxidant Levels and Inhibition of Cancer Cell Proliferation in Vitro by Extracts from Organically and Conventionally Cultivated Strawberries.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(4): p. 1.248-55.
 61. GRAHAM, D.J.; CAMPEN, D.; HUI, R. et al. “Risk of Acute Myocardial Infarction and Sudden Cardiac Death in Patients Treated with Cyclo-oxygenase 2 Selective and Non-Selective Non-Steroidal Antiinflammatory Drugs: Nested Case-Control Study.” *The Lancet*. Londres: 2005; 365(9458): p. 475-81.
 62. WANG, L.S.; BURKE, C.A.; HASSON, H. et al. “A Phase Ib Study of the Effects of Black Raspberries on Rectal Polyps in Patients with Familial Adenomatous Polyposis.” *Cancer prevention research (Philadelphia, Pa.)*. Filadélfia: 2014; 7(7): p. 666-74.
 63. WANG, L.S.; BURKE, C.A.; HASSON, H. et al. “A Phase Ib Study of the Effects of Black Raspberries on Rectal Polyps in Patients with Familial Adenomatous Polyposis.” *Cancer prevention research (Philadelphia, Pa.)*. Filadélfia: 2014; 7(7): p. 666-74.
 64. PAN, A.; SUN, Q.; BERNSTEIN, A.M. et al. “Red Meat Consumption and Mortality: Results from 2 Prospective Cohort Studies.” *Archives of Internal Medicine*. Chicago: 2012; 172(7): p. 555-63.
 65. SINHA, R.; CROSS, A.J.; GRAUBARD, B.I.; LEITZMANN, M.F.; SCHATZKIN, A. “Meat Intake and Mortality: A Prospective Study of Over Half a Million People.” *Archives of Internal Medicine*. Chicago: 2009; 169(6): p. 562-71.
 66. POPKIN, B.M. Reducing Meat Consumption Has Multiple Benefits for the World’s Health.” *Archives of Internal Medicine*. Chicago: 2009; 169(6): p. 543.
 67. DIXON, S.J.; STOCKWELL, B.R. “The Role of Iron and Reactive Oxygen Species in Cell Death.” *Nature Chemical Biology*. Nova York: 2014; 10(1): p. 9-17.
 68. HURRELL, R.; EGLI, I. “Iron Bioavailability and Dietary Reference Values.” *The American Journal of Clinical Nutrition*. Bethesda: 2010; 91(5): 1461S-7S.
 69. COOK, J.D. “Adaptation in Iron Metabolism.” *The American Journal of Clinical Nutrition*. Bethesda: 1990; 51(2): p. 301-8.

NOTAS

70. FONSECA-NUNES, A.; JAKSZYN, P.; AGUDO A. "Iron and Cancer Risk — A Systematic Review and Meta-Analysis of the Epidemiological Evidence." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2014; 23(1): p. 12-31.
71. YANG, W.; LI, B.; DONG, X. et al. "Is Heme Iron Intake Associated with Risk of Coronary Heart Disease? A Meta-Analysis of Prospective Studies." *European Journal of Nutrition*. Darmstadt, Alemanha: 2014; 53(2): p. 395-400.
72. BAO, W.; RONG, Y.; RONG, S.; LIU, L. "Dietary Iron Intake, Body Iron Stores, and the Risk of Type 2 Diabetes: a Systematic Review and Meta-Analysis." *BMC Medicine* [versão eletrônica]. Londres: 2012; 10: p. 119.
73. ZACHARSKI, L.R.; CHOW, B.K.; HOWES, P.S. et al. "Decreased Cancer Risk After Iron Reduction in Patients with Peripheral Arterial Disease: Results from a Randomized Trial." *Journal of the National Cancer Institute*. [S.l.]: 2008; 100(14): p. 996-1.002.
74. EDGREN, G.; NYRÉN, O.; MELBYE, M. "Cancer as a Ferrototoxic Disease: Are We Getting Hard Stainless Evidence?" *Journal of the National Cancer Institute*. [S.l.]:2008; 100(14): p. 976-7.
75. CORPET, D.E. "Red Meat and Colon Cancer: Should We Become Vegetarians, or Can We Make Meat Safer?" *Meat Science*. [S.l.]: 2011; 89(3): p. 310-6.
76. FARMER, B.; LARSON, B.T.; FULGONI, V.L.III; RAINVILLE, A.J.; LIEPA, G.U. "A Vegetarian Dietary Pattern as a Nutrient-Dense Approach to Weight Management: An Analysis of the National Health and Nutrition Examination Survey 1999-2004." *Journal of the American Dietetic Association*. [S.l.]: 2011; 111(6): p. 819-27.
77. "IRON Deficiency — United States, 1999-2000." *Morbidity and Mortality Weekly Report*. Atlanta: 2002; 51(40): p. 897-9.
78. CRAIG, W.J.; MANGELS, A.R. "Position of the American Dietetic Association: Vegetarian Diets." *Journal of the American Dietetic Association*. [S.l.]: 2009; 109(7): p. 1.266-82.
79. TIWARI, A.K.; MAHDI, A.A.; CHANDYAN, S. et al. "Oral Iron Supplementation Leads to Oxidative Imbalance in Anemic Women: A Prospective Study." *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2011; 30(2): p. 188-93.
80. SAUNDERS, A.V.; CRAIG, W.J.; BAINES, S.K.; POSEN, J.S. "Iron and Vegetarian Diets." *The Medical Journal of Australia*. Sidney: 2013; 199 (4 supl): S11-6.
81. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2014*. Atlanta: 2014.
82. IODICE, S.; GANDINI, S.; MAISONNEUVE, P.; LOWENFELS, A.B. "Tobacco and the Risk of Pancreatic Cancer: A Review and Meta-Analysis." *Langenbeck's Archives of Surgery*. Berlin: 2008; 393(4): p. 535-45.

COMO NÃO MORRER

83. KOLODECNIK, T.; SHUGRUE, C.; ASHAT, M.; THROWER, E.C. "Risk Factors for Pancreatic Cancer: Underlying Mechanisms and Potential Targets." *Frontiers in Physiology*. Lausanne: 2013; 4: p. 415.
84. THIÉBAUT, A.C.; JIAO, L.; SILVERMAN, D.T. et al. "Dietary Fatty Acids and Pancreatic Cancer in the NIH-AARP Diet and Health Study." *Journal of the National Cancer Institute*. [S.l.]: 2009; 101(14): p. 1.001-11.
85. LANDRIGAN, P.J. Prefácio. *Annals of the New York Academy of Sciences*. [S.l.]: 1991; 643: p. xv-xvi.
86. WEINER, R.; REES, D.; LUNGA, F.J.; FELIX, M.A. "Third Wave of Asbestos-Related Disease from Secondary Use of Asbestos. A Case Report from Industry." *South African Medical Journal: Suid-Afrikaanse tydskrif vir geneeskunde*. Cidade do Cabo: 1994; 84(3): p. 158-60.
87. JOHNSON, E.S.; ZHOU, Y.; LILLIAN YAU, C. et al. "Mortality from Malignant Diseases-Update of the Baltimore Union Poultry Cohort." *Cancer Causes & Control: CCC*. [S.l.]: 2010; 21(2): p. 215-21.
88. FELINI, M.; JOHNSON, E.; PREACELY, N.; SARDA, V.; NDETAN, H.; BANGARA, S. "A Pilot Case-Cohort Study of Liver and Pancreatic Cancers in Poultry Workers." *Annals of Epidemiology*. Nova York: 2011; 21(10): p. 755-66.
89. LYNCH, S.M.; VRIELING, A.; LUBIN, J.H. et al. "Cigarette Smoking and Pancreatic Cancer: A Pooled Analysis from the Pancreatic Cancer Cohort Consortium." *American Journal of Epidemiology*. [S.l.]: 2009; 170(4): p. 403-13.
90. ROHRMANN, S.; LINSEISEN, J.; NÖTHLINGS, U. et al. "Meat and Fish Consumption and Risk of Pancreatic Cancer: Results from the European Prospective Investigation into Cancer and Nutrition." *International Journal of Cancer*. [S.l.]: 2013; 132(3): p. 617-24.
91. ROHRMANN, S.; LINSEISEN, J.; JAKOBSEN, M.U. et al. "Consumption of Meat and Dairy and Lymphoma Risk in the European Prospective Investigation into Cancer and Nutrition." *International Journal of Cancer*. [S.l.]: 2011; 128(3): p. 623-34.
92. LOTTI, M.; BERGAMO, L.; MURER, B. "Occupational Toxicology of Asbestos-related Malignancies." *Clinical Toxicology: the Official Journal of the American Academy of Clinical Toxicology and European Association of Poisons Centres and Clinical Toxicologists*. [S.l.]: 2010; 48(6): p. 485-96.
93. MARVISI, M.; BALZARINI, L.; MANCINI, C.; MOUZAKITI, P. P. "A New Type of Hypersensitivity Pneumonitis: Salami Brusher's Disease." *Monaldi Archives for Chest Disease: Archivio Monaldi per le malattie del torace*. Pavia: 2012; 77(1): p. 35-7.
94. YANG, Z.Y.; YUAN, J.Q.; DI, M.Y. et al. "Gemcitabine Plus Erlotinib for Advanced Pancreatic Cancer: A Systematic Review with Meta-Analysis." *PLoS ONE* [versão eletrônica]. São Francisco: 2013; 8(3): e57528.

NOTAS

95. LI, L.; AGGARWAL, B.B.; SHISHODIA, S.; ABBRUZZESE, J.; KURZROCK, R. Nuclear Factor- κ B and I κ B Kinase Are Constitutively Active in Human Pancreatic Cells, and Their Down-regulation by Curcumin (Diferuloylmethane) is Associated with the Suppression of Proliferation and the Induction of Apoptosis." *Cancer*. [S.l.]: 2004; 101(10): p. 2.351-62.
96. DHILLON, N.; AGGARWAL, B.B.; NEWMAN, R.A. et al. "Phase II Trial of Curcumin in Patients with Advanced Pancreatic Cancer." *Clinical Cancer Research: An Official Journal of the American Association for Cancer Research*. Denville: 2008; 14(14): p. 4.491-9.
97. BOSETTI, C.; BRAVI, F.; TURATI, F. et al. "Nutrient-Based Dietary Patterns and Pancreatic Cancer Risk." *Annals of Epidemiology*. Nova York: 2013; 23(3): p. 124-8.
98. MILLS, P.K.; BEESON, W.L.; ABBEY, D.E.; FRASER, G.E.; PHILLIPS, R.L. "Dietary Habits and Past Medical History as Related to Fatal Pancreas Cancer Risk Among Adventists." *Cancer*. [S.l.]: 1988; 61(12): p. 2.578-85.
99. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2014*. Atlanta: 2014.
100. BAGNARDI, V.; ROTA, M.; BOTTERI, E. et al. "Light Alcohol Drinking and Cancer: A Meta-Analysis." *Annals of Oncology: Official Journal of the European Society for Medical Oncology*. Londres: 2013; 24(2): p. 301-8.
101. RUBENSTEIN, J.H.; CHEN, J.W. "Epidemiology of Gastroesophageal Reflux Disease." *Gastroenterology Clinics of North America*. Filadélfia: 2014; 43(1): p. 1-14.
102. LAGERGREN, J.; BERGSTRÖM, R.; LINDGREN, A; NYRÉN, O. "Symptomatic Gastroesophageal Reflux as a Risk Factor for Esophageal Adenocarcinoma." *The New England Journal of Medicine*. Boston: 1999; 340(11): p. 825-31.
103. POHL, H.; WELCH, H.G. "The Role of Overdiagnosis and Reclassification in the Marked Increase of Esophageal Adenocarcinoma Incidence." *Journal of the National Cancer Institute*. [S.l.]: 2005; 97(2): p. 142-6.
104. PARASA, S.; SHARMA, P. "Complications of Gastro-Oesophageal Reflux Disease." *Best Practice & Research. Clinical Gastroenterology*. Amsterdã: 2013; 27(3): p. 433-42.
105. EL-SERAG, H.B. "Time Trends of Gastroesophageal Reflux Disease: a Systematic Review." *Clinical Gastroenterology and Hepatology: The Official Clinical Practice Journal of the American Gastroenterological Association*. Filadélfia: 2007; 5(1): p. 17-26.
106. DE CEGLIE, A.; FISHER, D.A.; FILIBERTI, R.; BLANCHI, S.; CONIO, M. "Barrett's Esophagus, Esophageal and Esophagogastric Junction Adenocarcinomas: The Role of Diet." *Clinics and Research in Hepatology and Gastroenterology*. Paris: 2011; 35(1): p. 7-16.
107. NAVARRO SILVERA, S.A.; MAYNE, S.T.; RISCH, H. et al. "Food Group Intake and Risk of Subtypes of Esophageal and Gastric Cancer." *International Journal of Cancer*. [S.l.]: 2008; 123(4): p. 852-60.

COMO NÃO MORRER

108. NEBEL, O.T.; CASTELL, D.O. "Lower Esophageal Sphincter Pressure Changes After Food Ingestion." *Gastroenterology*. [S.l.]:1972; 63(5): p. 778-83.
109. BECKER, D.J.; SINCLAIR, J.; CASTELL, D.O.; WU, W.C. "A Comparison of High and Low Fat Meals on Postprandial Esophageal Acid Exposure." *The American Journal of Gastroenterology*. [S.l.]: 1989; 84(7): p. 782-6.
110. CHARLTON, K.E.; TAPSELL, L.C.; BATTERHAM, M.J. et al. "Pork, Beef and Chicken Have Similar Effects on Acute Satiety and Hormonal Markers of Appetite." *Appetite*. Londres: 2011; 56(1): p. 1-8.
111. MITSUKAWA, T.; TAKEMURA, J.; OHGO, S. et al. "Gallbladder Function and Plasma Cholecystokinin Levels in Diabetes Mellitus." *The American Journal of Gastroenterology*. [S.l.]: 1990; 85(8): p. 981-5.
112. MATSUKI, N.; FUJITA, T.; WATANABE, N. et al. "Lifestyle Factors Associated With Gastroesophageal Reflux Disease in the Japanese Population." *Journal of Gastroenterology*. Tóquio: 2013; 48(3): p. 340-9.
113. JUNG, J.G.; KANG, H.W.; HAHN, S.J. et al. "Vegetarianism as a Protective Factor for Reflux Esophagitis: A Retrospective, Cross-Sectional Study Between Buddhist Priests and General Population." *Digestive Diseases and Sciences*. Nova York: 2013; 58(8): p. 2.244-52.
114. FASHNER, J.; GITU, A.C. "Common Gastrointestinal Symptoms: Risks of Long-term Proton Pump Inhibitor Therapy." *FP Essentials*. Leawood, Kansas: 2013; 413: p. 29-39.
115. TERRY, P.; LAGERGREN, J.; YE, W.; NYRÉN, O.; WOLK, A. "Antioxidants and Cancers of the Esophagus and Gastric Cardia." *International Journal of Cancer*. [S.l.]: 2000; 87(5): p. 750-4.
116. EKSTRÖM, A.M.; SERAFINI, M.; NYRÉN, O.; HANSSON, L.E.; YE, W.; WOLK A. "Dietary Antioxidant Intake and the Risk of Cardia Cancer and Noncardia Cancer of the Intestinal and Diffuse Types: A Population-Based Case-Control Study in Sweden." *International Journal of Cancer*. [S.l.]: 2000; 87(1): p. 133-40.
117. NILSSON, M.; JOHNSEN, R.; YE, W.; HVEEM, K.; LAGERGREN, J. "Lifestyle Related Risk Factors in the Aetiology of Gastro-Oesophageal Reflux." *Gut*. Londres: 2004; 53(12): p. 1.730-5.
118. COLEMAN, H.G.; MURRAY, L.J.; HICKS, B. et al. "Dietary Fiber and the Risk of Precancerous Lesions and Cancer of the Esophagus: A Systematic Review and Meta-Analysis." *Nutrition Reviews*. Washington, D.C.: 2013; 71(7): p. 474-82.
119. BURKITT, D.P. "Hiatus Hernia: Is It Preventable?" *The American Journal of Clinical Nutrition*. Bethesda: 1981; 34(3): p. 428-31.
120. BURKITT, D.P.; JAMES, P.A. "Low-residue Diets and Hiatus Hernia." *The Lancet*. Londres: 1973; 2(7821): p. 128-30.

NOTAS

121. BURKITT, D.P.; JAMES, P.A.. "Low-Residue Diets and Hiatus Hernia." *The Lancet*. Londres: 1973; 2(7821): p. 128-30.
122. BURKITT, D.P. "Two Blind Spots in Medical Knowledge." *Nursing Times*. Londres: 1976; 72(1): p. 24-7.
123. BURKITT, D.P. "Hiatus Hernia: Is It Preventable?" *The American Journal of Clinical Nutrition*. Bethesda: 1981; 34(3): p. 428-31.
124. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2014*. Atlanta: 2014.
125. POLEDNAK, A.P. "Trends in Survival for Both Histologic Types of Esophageal Cancer in US Surveillance, Epidemiology and end Results Areas." *International Journal of Cancer*. [S.l.]: 2003; 105(1): p. 98-100.
126. CHEN, T.; YAN, F.; QIAN, J. et al. "Randomized Phase II Trial of Lyophilized Strawberries in Patients with Dysplastic Precancerous Lesions of the Esophagus." *Cancer Prevention Research (Philadelphia, Pa.)*. Filadélfia: 2012; 5(1): p. 41-50.
127. CHEN, T.; YAN, F.; QIAN, J. et al. "Randomized Phase II Trial of Lyophilized Strawberries in Patients with Dysplastic Precancerous Lesions of the Esophagus." *Cancer Prevention Research (Philadelphia, Pa.)*. Filadélfia: 2012; 5(1): p. 41-50.
128. EATON, S.B.; KONNER, M.; SHOSTAK, M. "Stone Agers in the Fast Lane: Chronic Degenerative Diseases in Evolutionary Perspective." *The American Journal of Medicine*. Nova York: 1988; 84(4): p. 739-49.
129. KING, D.E.; MAINOUS, A.G.; LAMBOURNE, C.A. "Trends in Dietary Fiber Intake in the United States, 1999-2008." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(5): p. 642-8.
130. ZHANG, N.; HUANG, C.; OU, S. "In Vitro Binding Capacities of Three Dietary Fibers and Their Mixture for Four Toxic Elements, Cholesterol, and Bile Acid." *Journal of Hazardous Materials*. Amsterdã: 2011; 186(1): p. 236-9.
131. MOSHFEGH, A.; GOLDMAN, J.; CLEVELAND, I. *What We Eat in America, NHANES 2001-2002: Usual Nutrient Intakes from Food Compared to Dietary Reference Intakes*. Washington, D.C.: Serviço de Pesquisa Agrícola do Departamento de Agricultura dos Estados Unidos, 2005.

5. Como não morrer de infecções

1. Civil Practice And Remedies Code. Title 4. Liability in Tort. Chapter 96. False Disparagement of Perishable Food Products. Texas Constitution and Statutes. Disponível em: <<http://www.statutes.legis.state.tx.us/Docs/CP/htm/CP.96.htm>>. Acesso em 3 de março de 2015.
2. Civil Practice and Remedies Code. Title 4. Liability in Tort. Chapter 96. False Disparagement of Perishable Food Products. Texas Constitution and Statutes. Disponí-

COMO NÃO MORRER

- vel em: <<http://www.statutes.legis.state.tx.us/Docs/CP/htm/CP96.htm>>. Acesso em 3 de março de 2015.
3. OPPEL JR., R.A.; ppel Jr RA. “Taping of Farm Cruelty is Becoming the Crime.” *The New York Times*. Disponível em: <<http://www.nytimes.com/2013/04/07/us/taping-of-farm-cruelty-is-becoming-the-crime.html>>. 6 de abril de 2013. Acesso em 3 de março de 2015.
 4. SHRESTHA, S.S.; SWERDLOW, D.L.; BORSE, R.H. et al. “Estimating the Burden of 2009 Pandemic Influenza A (H1N1) in the United States (April 2009– April 2010).” *Clinical Infectious Diseases: An Official Publication of the Infectious Diseases Society of America*. [S.l.]: 2011; 52 (supl. 1): S75–82.
 5. WOOLHOUSE, M.E.; GOWTAGE-SEQUERIA, S. “Host Range and Emerging and Reemerging Pathogens.” *Emerging Infectious Diseases*. Atlanta: 2005; 11(12): p. 1.842–7.
 6. EPSTEIN, P.R.; CHIVIAN, E.; FRITH, K. “Emerging Diseases Threaten Conservation.” *Environmental Health Perspectives*. [S.l.]: 2003; 111(10): A506–7.
 7. ESPINOSA DE LOS MONTEROS, L.E.; GALÁN, J.C.; GUTIÉRREZ, M. et al. “Allele-Specific PCR Method Based on PncA and OxyR Sequences for Distinguishing Mycobacterium Bovis from Mycobacterium Tuberculosis: Intraspecific M. Bovis PncA Sequence Polymorphism.” *Journal of Clinical Microbiology*. Washington, D.C.: 1998; 36(1): p. 239–42.
 8. ESMAIL, H.; BARRY, C.E.; YOUNG, D.B.; WILKINSON, R.J. “The Ongoing Challenge of Latent Tuberculosis.” *Philosophical Transactions of the Royal Society of London. Series B, Biological Sciences*. Londres: 2014; 369(1645): 20130437.
 9. DASZAK, P.; CUNNINGHAM, A.A. “Emerging Infectious Diseases: a Key Role for Conservation Medicine.” In: AGUIRRE, A.A.; OSTFELD, R.S.; TABOR, G.M. et al. *Conservation Medicine: Ecological Health in Practice*. Oxford: Oxford University Press, 2002: p. 40–61.
 10. McMICHAEL, A.J. *Human Frontiers, Environments and Disease, Past Patterns, Uncertain Futures*. Cambridge, Inglaterra: Cambridge University Press, 2001.
 11. TORREY, E.F.; YOLKEN, R.H. *Beasts of the Earth, Animals, Humans, and Disease*. New Brunswick, Nova Jersey: Rutgers University Press, 2005.
 12. McMICHAEL, A.J. *Human Frontiers, Environments and Disease, Past Patterns, Uncertain Futures*. Cambridge, Inglaterra: Cambridge University Press, 2001.
 13. VAN HEUVERSWYN, F.; PEETERS, M. “The Origins of HIV and Implications for the Global Epidemic.” *Current Infectious Disease Reports*. Filadélfia: 2007; 9(4): p. 338–46.
 14. WHON, T.W.; KIM, M.S.; ROH, S.W.; SHIN, N.R.; LEE, H.W.; BAE, J.W. “Metagenomic Characterization of Airborne Viral DNA Diversity in the Near-Surface Atmosphere.” *Journal of Virology*. [S.l.]: 2012; 86(15): p. 8.221–31.

NOTAS

15. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. *Microbiological Testing of AMS Purchased Meat, Poultry and Egg Commodities*. Disponível em: <<http://www.ams.usda.gov/AMSV1.0/ams.fetchTemplateData.do?template=TemplateA&navID=MicrobialTestingofCommodities&rightNav1=MicrobialTestingofCommodities&topNav=&leftNav=&page=FPPMicroDataReports&resultType=&acct=lsstd>>. Acesso em 3 de março de 2015.
16. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes.” Relatório do Censo Nacional 2016; 64(2).
17. BARKER, J.; STEVENS, D.; BLOOMFIELD, S.E. “Spread and Prevention of Some Common Viral Infections in Community Facilities and Domestic Homes.” *Journal of Applied Microbiology*. Oxford: 2001; 91(1): p. 7-21.
18. BOONE, S.A.; GERBA, C.P. “The Occurrence of Influenza A Virus on Household and Day Care Center Fomites.” *The Journal of Infection*. [S.l.]: 2005; 51(2): p. 103-9.
19. ORGANIZAÇÃO MUNDIAL DA SAÚDE. *WHO Guidelines on Hand Hygiene in Health Care*. Genebra: Organização Mundial da Saúde, 2009. Disponível em: <<http://www.ncbi.nlm.nih.gov/books/n/whohand/pdf/>>. Acesso em 4 de abril de 2015.
20. “How Does the Immune System Work? PubMed Health.” Disponível em: <<http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0010386/>>. Acesso em 3 de março de 2015.
21. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Prevention of Pneumococcal Disease: Recommendations of the Advisory Committee on Immunization Practices (ACIP).” *MMWR* 1997; 46 (RR-08): p. 1-24.
22. GIBSON, A.; EDGAR, J.; NEVILLE, C. et al. “Effect of Fruit and Vegetable Consumption on Immune Function in Older People: A Randomized Controlled Trial.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(6): p. 1.429-36.
23. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. “Food Availability (Per Capita) Data System. Fresh Kale: Per Capita Availability Adjusted for Loss.”
24. NISHI, K.; KONDO, A.; OKAMOTO, T. et al. “Immunostimulatory In Vitro and In Vivo Effects of a Watersoluble Extract from Kale.” *Bioscience, Biotechnology, and Biochemistry*. [S.l.]: 2011; 75(1): p. 40-6.
25. NISHI, K.; KONDO, A.; OKAMOTO, T. et al. “Immunostimulatory In Vitro and In Vivo Effects of a Watersoluble Extract from Kale.” *Bioscience, Biotechnology, and Biochemistry*. [S.l.]: 2011; 75(1): p. 40-6.
26. MACDONALD, T.T.; MONTELEONE, G. “Immunity, Inflammation, and Allergy in the Gut.” *Science*. [S.l.]: 2005; 307(5717): p. 1.920-5.

COMO NÃO MORRER

27. ESCRITÓRIO DO CENSO DOS ESTADOS UNIDOS. *Median and Average Square Feet of Floor Area in New Single-Family Houses Completed by Location*. Disponível em: <<https://www.census.gov/const/C25Ann/sfttotalmedavgsqft.pdf>>. Acesso em 3 de abril de 2015.
28. SHERIDAN, B.S.; LEFRANÇOIS, L. "Intraepithelial Lymphocytes: To Serve and Protect." *Current Gastroenterology Reports*. Filadélfia: 2010; 12(6): p. 513-21.
29. HOOPER, L.V. "You AhR What You Eat: Linking Diet and Immunity." *Cell*. Cambridge, Massachusetts: 2011; 147(3): p. 489-91.
30. ESSER, C. "Biology and Function of the Aryl Hydrocarbon Receptor: Report of an International and Interdisciplinary Conference." *Archives of Toxicology*. Berlin: 2012; 86(8): p. 1.323-9.
31. VELDHONEN, M. "Direct Interactions Between Intestinal Immune Cells and the Diet." *Cell Cycle*. [S.l.]: 1ª de fevereiro de 2012; 11(3): p. 426-7.
32. HOOPER, L.V. "You AhR What You Eat: Linking Diet and Immunity." *Cell*. Cambridge, Massachusetts: 2011; 147(3): p. 489-91.
33. SAVOURET, J.F.; BERDEAUX, A.; CASPER, R.F. "The Aryl Hydrocarbon Receptor and Its Xenobiotic Ligands: A Fundamental Trigger for Cardiovascular Diseases." *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2003; 13(2): p. 104-13.
34. ASHIDA, H.; FUKUDA, I.; YAMASHITA, T.; KANAZAWA, K. "Flavones and Flavonols at Dietary Levels Inhibit a Transformation of Aryl Hydrocarbon Receptor Induced by Dioxin." *FEBS Letters*. [S.l.]: 2000; 476 (3): p. 213-7.
35. ASHIDA, H.; FUKUDA, I.; YAMASHITA, T.; KANAZAWA, K. "Flavones and Flavonols at Dietary Levels Inhibit a Transformation of Aryl Hydrocarbon Receptor Induced by Dioxin." *FEBS Letters*. [S.l.]: 2000; 476 (3): p. 213-7.
36. ALHAIDER, A.A.; EL GENDY, M.A.M.; KORASHY, H.M.; EL-KADI, A.O.S. "Camel Urine Inhibits the Cytochrome P450 1a1 Gene Expression Through an AhR-Dependent Mechanism in Hepa 1c1c7 Cell Line." *Journal of Ethnopharmacology*. [S.l.]: 2011; 133(1): p. 184-90.
37. WATTS, A.R.; LENNARD, M.S.; MASON, S.L.; TUCKER, G.T.; WOODS, H.F. "Beeturia and the Biological Fate of Beetroot Pigments." *Pharmacogenetics*. Londres: 1993; 3(6): p. 302-11.
38. YALINDAG-OZTURK, N.; OZDAMAR, M.; CENGIZ, P. "Trial of Garlic As An Adjunct Therapy for Multidrug Resistant Pseudomonas Aeruginosa Pneumonia in a Critically Ill Infant." *The Journal of Alternative and Complementary Medicine: Research on Paradigm, Practice, and Policy*. Nova York: 2011; 17(4): p. 379-80. E-pub, 11 de abril de 2011.
39. SEERAM, N.P. "Recent Trends and Advances in Berry Health Benefits Research." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2010; 58(7): p. 3.869-70.

NOTAS

40. SEERAM, N.P. "Berry Fruits for Cancer Prevention: Current Status and Future Prospects." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2008; 56(3): p. 630-5.
41. CALIGIURI, M.A. "Human Natural Killer Cells." *Blood*. [S.l.]: 2008; 112(3): p. 461-9.
42. McANULTY, L.S.; NIEMAN, D.C.; DUMKE, C.L. et al. "Effect of Blueberry Ingestion on Natural Killer Cell Counts, Oxidative Stress, and Inflammation Prior to and After 2.5 h of Running." *Applied Physiology, Nutrition, and Metabolism: Physiologie Appliquée, Nutrition et Métabolisme*. Ottawa: 2011; 36(6): p. 976-84.
43. MAJDALAWIEH, A.F.; CARR, R.I. "In Vitro Investigation of the Potential Immunomodulatory and Anticancer Activities of Black Pepper (*Piper Nigrum*) and Cardamom (*Elettaria Cardamomum*)." *Journal of Medicinal Food*. Larchmont, Nova York: 2010; 13(2): p. 371-81.
44. BAGER, P.; WOHLFAHRT, J.; WESTERGAARD, T. "Caesarean Delivery and Risk of Atopy and Allergic Disease: Meta-Analyses." *Clinical and Experimental Allergy: Journal of the British Society for Allergy and Clinical Immunology*. Oxford: 2008; 38(4): p. 634-42.
45. BENN, C.S.; THORSEN, P.; JENSEN, J.S. et al. "Maternal Vaginal Microflora During Pregnancy and the Risk of Asthma Hospitalization and Use of Antiasthma Medication in Early Childhood." *The Journal of Allergy and Clinical Immunology*. St. Louis, Missouri: 2002; 110(1): p. 72-7.
46. SHEIH, Y.H.; CHIANG, B.L.; WANG, L.H.; LIAO, C.K.; GILL, H.S. "Systemic Immunity-Enhancing Effects in Healthy Subjects Following Dietary Consumption of the Lactic Acid Bacterium *Lactobacillus Rhamnosus* HN001." *Journal of the American College of Nutrition*. Nova York: 2001; 20 (supl. 2): p. 149-56.
47. BERGGREN, A.; LAZOU AHRHIANG, B.L.; WANG, L.H.; LIAO, G. "Randomised, Double-Blind and Placebo-Controlled Study Using New Probiotic *Lactobacilli* for Strengthening the Body Immune Defence Against Viral Infections." *European Journal of Nutrition*. Darmstadt, Alemanha: 2011; 50(3): p. 203-10.
48. HAO, Q.; LU, Z.; DONG, B.R.; HUANG, C.Q.; WU, T. "Probiotics for Preventing Acute Upper Respiratory Tract Infections." *The Cochrane Database of Systematic Reviews* [versão eletrônica]. Chichester, West Sussex: 2011; 9: p. 1-42.
49. HOMAYONI RAD, A.; AKBARZADEH, E.; MEHRABANY, E.V. "Which Are More Important: Prebiotics or Probiotics?" *Nutrition*. [S.l.]: 2012; 28(11-12): p. 1.196-7.
50. VITALI, B.; MINERVINI, G.; RIZZELLO, C.G. et al. "Novel Probiotic Candidates for Humans Isolated from Raw Fruits and Vegetables." *Food Microbiology*. Londres: 2012; 31(1): p. 116-25.
51. NIEMAN, D.C. "Moderate Exercise Improves Immunity and Decreases Illness Rates." *American Journal of Lifestyle Medicine*. Thousand Oaks, Califórnia: 2011; 5(4): p. 338-45.

COMO NÃO MORRER

52. SCHWINDT, C.D.; ZALDIVAR, F.; WILSON, L. et al. "Do Circulating Leucocytes and Lymphocyte Subtypes Increase in Response to Brief Exercise in Children with and Without Asthma?" *British Journal of Sports Medicine*. [S.l.]: 2007; 41(1): p. 34-40.
53. NIEMAN, D.C.; HENSON, D.A.; GUSEWITCH, G. et al. "Physical Activity and Immune Function in Elderly Women." *Medicine and Science in Sports and Exercise*. [S.l.]: 1993; 25(7): p. 823-31.
54. NEVILLE, V.; GLEESON, M.; FOLLAND, J.P. "Salivary IgA as a Risk Factor for Upper Respiratory Infections in Elite Professional Athletes." *Medicine and Science in Sports and Exercise*. [S.l.]: 2008; 40(7): p. 1.228-36.
55. OTSUKI, T.; SHIMIZU, K.; IEMITSU, M.; KONO, I. "Salivary Secretory Immunoglobulin A Secretion Increases After 4-Weeks Ingestion of Chlorella-Derived Multicomponent Supplement in Humans: A Randomized Cross Over Study." *Nutrition Journal* [versão eletrônica]. Londres: 9 de setembro de 2011; 10: p. 91.
56. KLENTROU, P.; CIESLAK, T.; MACNEIL, M.; VINTINNER, A.; PLYLEY, M. "Effect of Moderate Exercise on Salivary Immunoglobulin A and Infection Risk in Humans." *European Journal of Applied Physiology*. Berlin: 2002; 87(2): p. 153-8.
57. NIEMAN, D.C. "Moderate Exercise Improves Immunity and Decreases Illness Rates." *American Journal of Lifestyle Medicine*. Thousand Oaks, Califórnia: 2011; 5(4): p. 338-46.
58. WALSH, N.P.; GLEESON, M.; SHEPARD, R.J. et al. "Position Statement. Part One: Immune Function and Exercise." *Exercise Immunology Review*. [S.l.]: 2011; 17: p. 6-63.
59. AKIMOTO, T.; NAKAHORI, C.; AIZAWA, K.; KIMURA, F.; FUKUBAYASHI, T.; KONO, I. "Acupuncture and Responses of Immunologic and Endocrine Markers During Competition." *Medicine and Science in Sports and Exercise*. [S.l.]: 2003; 35(8): p. 1.296-302.
60. NEVILLE, V.; GLEESON, M.; FOLLAND, J.P. "Salivary IgA As a Risk Factor for Upper Respiratory Infections in Elite Professional Athletes." *Medicine and Science in Sports and Exercise*. [S.l.]: 2008; 40(7): p. 1.228-36.
61. NIEMAN, D.C. "Exercise Effects on Systemic Immunity." *Immunology and Cell Biology*. [S.l.]: 2000; 78(5): p. 496-501.
62. OTSUKI, T.; SHIMIZU, K.; IEMITSU, M.; KONO, I. "Salivary Secretory Immunoglobulin A Secretion Increases After 4-Weeks Ingestion of Chlorella-derived Multicomponent Supplement in Humans: a Randomized Cross Over Study." *Nutrition Journal* [versão eletrônica]. Londres: 9 de setembro de 2011; 10: p. 91.
63. HALPERIN, S.A.; SMITH, B.; NOLAN, C.; SHAY, J.; KRALOVEC, J. "Safety and Immunoenhancing Effect of a Chlorella-Derived Dietary Supplement in Healthy Adults Undergoing Influenza Vaccination: Randomized, Double-Blind, Placebo-Controlled Trial." *CMAJ: Canadian Medical Association Journal: Journal de l'Association Medicale Canadienne*. Ottawa: 22 de julho de 2003; 169(2): p. 111-7.

NOTAS

64. OTSUKI, T.; SHIMIZU, K.; IEMITSU, M.; KONO I. "Chlorella Intake Attenuates Reduced Salivary SIgA Secretion in Kendo Training Camp Participants." *Nutrition Journal* [versão eletrônica]. Londres: 11 de dezembro de 2012; 11: p. 103.
65. SELVARAJ, V.; SINGH, H.; RAMASWAMY, S. "Chlorella-Induced Psychosis." *Psychosomatics*. [S.l.]: 2013; 54(3): p. 303-4.
66. SELVARAJ, V.; SINGH, H.; RAMASWAMY, S. "Chlorella-Induced Psychosis." *Psychosomatics*. [S.l.]: 2013; 54(3): p. 303-4.
67. CARPENTER, K.C.; BRESLIN, W.L.; DAVIDSON, T.; ADAM, A.; MCFARLIN, B.K. "Baker's Yeast β -glucan Supplementation Increases Monocytes and Cytokines Post-Exercise: Implications for Infection Risk?" *The British Journal of Nutrition*. [S.l.]: 2013; 109(3): p. 478-86.
68. CARPENTER, K.C.; BRESLIN, W.L.; DAVIDSON, T.; ADAM, A.; MCFARLIN, B.K. "Baker's Yeast β -Glucan Supplementation Increases Monocytes and Cytokines Post-Exercise: Implications for Infection Risk?" *The British Journal of Nutrition*. [S.l.]: 2013; 109(3): p. 478-86.
69. TALBOTT, S.; TALBOTT, J. "Effect of BETA 1, 3/1, 6 GLUCAN on Upper Respiratory Tract Infection Symptoms and Mood State in Marathon Athletes." *Journal of Sports Science & Medicine*. Bursa, Turquia: 1ª de dezembro de 2009; 8(4): p. 509-15.
70. MERRILL, R.M.; ISAKSON, R.T.; BECK, R.E. "The Association Between Allergies and Cancer: What is Currently Known?" *Annals of Allergy, Asthma & Immunology: Official Publication of the American College of Allergy, Asthma, & Immunology*. McLean, Virgínia: 2007; 99(2): p. 102-16.
71. WAKCHAURE, G.C. "Production and Marketing of Mushrooms: Global and National Scenario." In: SINGH, M. (org.). *Mushrooms: Cultivation, Marketing and Consumption*. [S.l.]: Conselho de Pesquisa Agrícola da Índia, Diretório de Pesquisa em Cogumelos, 2011.
72. JEONG, S.C.; KOYYALAMUDI, S.R.; PANG, G. "Dietary Intake of Agaricus Bisporus White Button Mushroom Accelerates Salivary Immunoglobulin A Secretion in Healthy Volunteers." *Nutrition*. [S.l.]: 2012; 28(5): p. 527-31.
73. JEONG, S.C.; KOYYALAMUDI, S.R.; PANG, G. "Dietary Intake of Agaricus Bisporus White Button Mushroom Accelerates Salivary Immunoglobulin A Secretion in Healthy Volunteers." *Nutrition*. [S.l.]: 2012; 28(5): p. 527-31.
74. MORO, C.; PALACIOS, I.; LOZANO, M. et al. "Anti-Inflammatory Activity of Methanolic Extracts from Edible Mushrooms in LPS Activated RAW 264. 7 Macrophages." *Food Chemistry*. Barking, Inglaterra: 2012; 130: p. 350-5.
75. JESENAK, M.; HRUBISKO, M.; MAJTAN, J.; RENNEROVA, Z.; BANOVCIN, P. "Anti-Allergic Effect of Pleuran (β -Glucan from *Pleurotus Ostreatus*) in Children

COMO NÃO MORRER

- with Recurrent Respiratory Tract Infections.” *Phytotherapy Research: PTR*. [S.l.]: 2014; 28(3): p. 471-4.
76. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. *Estimates of Foodborne Illness in the United States*. Disponível em: <<http://www.cdc.gov/foodborneburden/>>. Acesso em 3 de março de 2015.
77. BATZ, M.B.; HOFFMANN, S.; MORRIS JR., J.G. “Ranking the Disease Burden of 14 Pathogens in Food Sources in the United States Using Attribution Data from Outbreak Investigations and Expert Elicitation.” *Journal of Food Protection*. [S.l.]: 2012; 75(7): p. 1278-91.
78. PARK, S.; NAVRATIL, S.; GREGORY, A. et al. “Multifactorial Effects of Ambient Temperature, Precipitation, Farm Management, and Environmental Factors Determine the Level of Generic Escherichia Coli Contamination on Preharvested Spinach.” *Applied and Environmental Microbiology*. Washington, D.C.: 2015; 81(7): p. 2.635-50.
79. HOFFMANN, S.; BATZ, M.B.; MORRIS JR., J.G. “Annual Cost of Illness and Quality-Adjusted Life Year Losses in the United States Due to 14 Foodborne Pathogens.” *Journal of Food Protection*. [S.l.]: 2012; 75(7): p. 1.292-302.
80. CHAI, S.J.; WHITE, P.L. “Salmonella Enterica Serotype Enteritidis: Increasing Incidence of Domestically Acquired Infections.” *Clinical Infectious Diseases: An Official Publication of the Infectious Diseases Society of America*. [S.l.]: 2012; 54 (supl. 5): p. 488-97.
81. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Salmonella.” Disponível em: <<http://www.cdc.gov/salmonella/>>. Acesso em 3 de março de 2015.
82. BAURA, G.D. “The Incredible Inedible Egg.” *IEEE Pulse*. Nova York: nov-dez de 2010; 1(3): p. 56, 62.
83. KROUSE, B. “Opposing View on Food Safety: Committed to Safety.” *USA Today*. Disponível em: <http://usatoday30.usatoday.com/news/opinion/editorials/2010-08-30-editorial30_ST1_N.htm>. Acesso em 3 de março de 2015.
84. DAVIS, A.L.; CURTIS, P.A.; CONNER, D.E.; MCKEE, S.R.; KERTH, L.K. “Validation of Cooking Methods Using Shell Eggs Inoculated with Salmonella Serotypes Enteritidis and Heidelberg.” *Poultry Science*. [S.l.]: 2008; 87(8): p. 1.637-42.
85. STADELMAN, W.J.; MURIANA, P.M., SCHMIEDER, H. “The Effectiveness of Traditional Egg-Cooking Practices for Elimination of Salmonella Enteritidis.” *Poultry Science*. [S.l.]: 1995; 74 (s1): p. 119.
86. HUMPHREY, T.J.; GREENWOOD, M.; GILBERT, R.J.; ROWE B.; CHAPMAN, P.A. “The Survival of Salmonellas in Shell Eggs Cooked Under Simulated Domestic Conditions.” *Epidemiology and Infection*. Cambridge, Inglaterra: 1989; 103: p. 35-45.
87. FOOD AND DRUG ADMINISTRATION. “Playing It Safe with Eggs.” Disponível em: <<http://www.fda.gov/food/resourcesforyou/Consumers/ucm077342.htm>>. Acesso em 3 de março de 2015.

NOTAS

88. BATZ, M.B.; HOFFMANN, S.; MORRIS JR., J.G. "Ranking the Disease Burden of 14 Pathogens in Food Sources in the United States Using Attribution Data from Outbreak Investigations and Expert Elicitation." *Journal of Food Protection*. [S.l.]:2012; 75(7): p. 1.278-91.
89. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. *Multi-state Outbreak of Multidrug-resistant Salmonella Heidelberg Infections Linked to Foster Farms Brand Chicken*. Disponível em: <<http://www.cdc.gov/salmonella/heidelberg-10-13/>>. Acesso em 3 de março de 2015.
90. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. Aviso de cumprimento de exigência. Disponível em: <<http://www.marlerblog.com/files/2013/10/foster-farms-est-6137a-p1.pdf>>. Acesso em 3 de março de 2015.
91. VOETSCH, A.C.; VAN GILDER, T.J.; ANGULO, F.J. et al. "FoodNet Estimate of the Burden of Illness Caused by Nontyphoidal Salmonella Infections in the United States." *Clinical Infectious Diseases: An Official Publication of the Infectious Diseases Society of America*. [S.l.]: 2004; 38 (supl. 3): S127-S134.
92. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. Aviso de cumprimento de exigência. Disponível em: <<http://www.marlerblog.com/files/2013/10/foster-farms-est-6137a-p1.pdf>>. Acesso em 3 de março de 2015.
93. PIERSON, D. "Mexico Blocks Foster Farms Chicken Imports Amid Salmonella Fears." *LA Times*. Disponível em: <<http://articles.latimes.com/2013/oct/24/business/la-fi-foster-farms-mexico-20131025>>. Acesso em 3 de março de 2015.
94. Supreme Beef Processors, Inc v United States Dept. of Agriculture, 275 F.3d 432 (5th Cir 2001).
95. FRAVALO, P.; LAISNEY, M.J.; GILLARD, M.O.; SALVAT, G.; CHEMALY, M. "Campylobacter Transfer from Naturally Contaminated Chicken Thighs to Cutting Boards is Inversely Related to Initial Load." *Journal of Food Protection*. [S.l.]: 2009; 72(9): p. 1.836-40.
96. GUYARD-NICODÈME, M.; TRESSE, O.; HOUARD, E. et al. "Characterization of Campylobacter Spp. Transferred from Naturally Contaminated Chicken Legs to Cooked Chicken Slices Via a Cutting Board." *International Journal of Food Microbiology*. Amsterdã: 3 de junho de 2013; 164(1): p. 7-14.
97. "Foster Farms Provides Food Safety Update." Site Close Up Media. Disponível em: <<http://closeupmedia.com/food/Foster-Farms-Provides-Food-Safety-Update.html>>. 2013. Acesso em 5 de março de 2015.
98. HOFFMANN, S.; BATZ, M.B.; MORRIS JR., J.G. "Annual Cost of Illness and Quality-Adjusted Life Year Losses in the United States Due to 14 Foodborne Pathogens." *Journal of Food Protection*. [S.l.]: 2012; 75(7): p. 1.292-302.
99. KARAPETIAN, A. "Model EU." *Meatingplace*. Março de 2010: 91.

COMO NÃO MORRER

100. “The High Cost of Cheap Chicken.” *Consumer Reports*. Disponível em: <<http://www.consumerreports.org/cro/magazine/2014/02/the-high-cost-of-cheap-chicken/index.htm>>. Fevereiro de 2014. Acesso em 5 de março de 2015.
101. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Antibiotic Resistance Threats in the United States, 2013.” Disponível em: <<http://www.cdc.gov/drugresistance/threat-report-2013/pdf/ar-threats-2013-508.pdf>>. Acesso em 3 de março de 2015.
102. EQUIPE DA MAYO CLINIC. *Salmonella Infection*. Disponível em: <<http://www.mayoclinic.org/diseases-conditions/salmonella/basics/causes/con-20029017>>. Acesso em 3 de março de 2015.
103. FOOD AND DRUG ADMINISTRATION. “NARMS 2011 Retail Meat Annual Report.” Disponível em: <<http://www.fda.gov/downloads/AnimalVeterinary/SafetyHealth/AntimicrobialResistance/NationalAntimicrobialResistanceMonitoringSystem/UCM334834.pdf>>. Acesso em 3 de abril de 2015.
104. FOOD AND DRUG ADMINISTRATION. “NARMS 2011 Retail Meat Annual Report.” Disponível em: <<http://www.fda.gov/downloads/AnimalVeterinary/SafetyHealth/AntimicrobialResistance/NationalAntimicrobialResistanceMonitoringSystem/UCM334834.pdf>>. Acesso em 3 de abril de 2015.
105. “Vital Signs: Incidence and Trends of Infection with Pathogens Transmitted Commonly Through Food — Foodborne Diseases Active Surveillance Network, 10 U.S. Sites, 1996–2010.” *Morbidity and Mortality Weekly Report*. Atlanta: 2011; 60(22): p. 749–55.
106. CHAI, S.J.; WHITE, P.L.; LATHROP, S.L. et al. “Salmonella Enterica Serotype Enteritidis: Increasing Incidence of Domestically Acquired Infections.” *Clinical Infectious Diseases: An Official Publication of the Infectious Diseases Society of America*. [S.l.]: 2012; 54 (supl. 5) (NA): S488–97.
107. HOFFMANN, S.; BATZ, M.B.; MORRIS JR, J.G. “Annual Cost of Illness and Quality-Adjusted Life Year Losses in the United States Due to 14 Foodborne PATHOGENS.” *Journal of Food Protection*. [S.l.]: 2012; 75(7): p. 1.292–302.
108. “511 F. 2d 331–American Public Health Association v. Butz.” Disponível em: <<http://openjurist.org/511/f2d/331/american-public-health-association-v-butz>>. Acesso em 3 de março de 2015.
109. “Supreme Beef Processors v. U.S. Dept. of Agriculture. United States Court of Appeals, Fifth Circuit.” Disponível em: <http://www.leagle.com/decision/2001707275F3d432_1672>. Acesso em 3 de março de 2015.
110. STAMEY, T.A.; TIMOTHY, M.; MILLAR, M.; MIHARA, G. “Recurrent Urinary Infections in Adult Women. The Role of Interoital Enterobacteria.” *California Medicine*. São Francisco: 1971; 115(1): p. 1–19.

NOTAS

111. YAMAMOTO, S.; TSUKAMOTO, T.; TERAJ, A.; KURAZONO, H.; TAKEDA, Y.; YOSHIDA, O. "Genetic Evidence Supporting the Fecal-Perineal-Urethral Hypothesis in Cystitis Caused by Escherichia Coli." *The Journal of Urology*. [S.l.]: 1997; 157(3): p. 1.127-9.
112. BERGERON, C.R.; PRUSSING, C.; BOERLIN, P. et al. "Chicken as Reservoir for Extraintestinal Pathogenic Escherichia Coli in Humans, Canada." *Emerging Infectious Diseases*. Atlanta: 2012; 18(3): p. 415-21.
113. JAKOBSEN, L.; GARNEAU, P.; BRUANT, G. et al. "Is Escherichia Coli Urinary Tract Infection a Zoonosis? Proof of Direct Link with Production Animals and Meat." *European Journal of Clinical Microbiology & Infectious Diseases: Official Publication of the European Society of Clinical Microbiology*. [S.l.]: 2012; 31(6): p. 1.121-9.
114. FOXMAN, B.; BARLOW, R.; D'ARCY, H.; GILLESPIE, B.; SOBEL, J.D. "Urinary Tract Infection: Self-Reported Incidence and Associated Costs." *Annals of Epidemiology*. Nova York: 2000; 10(8): p. 509-15.
115. PLATELL, J.L.; JOHNSON, J.R.; COBBOLD, R.N.; TROTT, D.J. "Multidrug-Resistant Extraintestinal Pathogenic Escherichia Coli of Sequence Type ST131 in Animals and Foods." *Veterinary Microbiology*. Amsterdã: 2011; 153(1-2): p. 99-108.
116. LINTON, A.H.; HOWE, K.; BENNETT, P.M.; RICHMOND, M.H.; WHITESIDE, E.J. "The Colonization of the Human Gut by Antibiotic Resistant Escherichia Coli from Chickens." *The Journal of Applied Bacteriology*. Oxford: 1977; 43(3): p. 465-9.
117. LINTON, A.H.; HOWE, K.; BENNETT, P.M.; RICHMOND, M.H.; WHITESIDE, E.J. "The Colonization of the Human Gut by Antibiotic Resistant Escherichia Coli from Chickens." *The Journal of Applied Bacteriology*. Oxford: 1977; 43(3): p. 465-9.
118. RUSIN, P.; OROSZ-COUGHILIN, P.; GERBA, C. "Reduction of Faecal Coliform, Coliform and Heterotrophic Plate Count Bacteria in the Household Kitchen and Bathroom by Disinfection with Hypochlorite Cleaners." *Journal of Applied Microbiology*. Oxford: 1998; 85(5): p. 819-28.
119. COGAN, T.A.; BLOOMFIELD, S.F.; HUMPHREY, T.J. "The Effectiveness of Hygiene Procedures for Prevention of Cross-Contamination from Chicken Carcasses in the Domestic Kitchen." *Letters in Applied Microbiology*. Oxford: 1999; 29(5): p. 354-8.
120. COGAN, T.A.; BLOOMFIELD, S.F.; HUMPHREY, T.J. "The Effectiveness of Hygiene Procedures for Prevention of Cross-Contamination from Chicken Carcasses in the Domestic Kitchen." *Letters in Applied Microbiology*. Oxford: 1999; 29(5): p. 354-8.
121. COGAN, T.A.; BLOOMFIELD, S.F.; HUMPHREY, T.J. "The Effectiveness of Hygiene Procedures for Prevention of Cross-Contamination from Chicken Carcasses in the Domestic Kitchen." *Letters in Applied Microbiology*. Oxford: 1999; 29(5): p. 354-8.

COMO NÃO MORRER

122. LINTON, A.H.; HOWE, K.; BENNETT, P.M.; RICHMOND, M.H.; WHITESIDE, E.J. "The Colonization of the Human Gut by Antibiotic Resistant Escherichia Coli from Chickens." *The Journal of Applied Bacteriology*. Oxford: 1977; 43(3): p. 465-9.
123. SCALLAN, E.; HOEKSTRA, R.M.; ANGULO, F.J. et al. "Foodborne Illness Acquired in the United States — Major Pathogens." *Emerging Infectious Diseases*. Atlanta: 2011; 17: p. 7-15.
124. BATZ, M.B.; HOFFMANN, S.; MORRIS JR., J.G. "Ranking the Disease Burden of 14 Pathogens in Food Sources in the United States Using Attribution Data from Outbreak Investigations and Expert Elicitation." *Journal of Food Protection*. [S.l.]: 2012; 75: p. 1.278-91.
125. ZHENG, H.; SUN, Y.; LIN, S.; MAO, Z.; JIANG, B. "Yersinia Enterocolitica Infection in Diarrheal Patients." *European Journal of Clinical Microbiology & Infectious Diseases: Official Publication of the European Society of Clinical Microbiology*. [S.l.]:2008; 27: p. 741-52.
126. BARI, M.L.; HOSSAIN, M.A.; ISSHIKI, K.; UKUKU, D. "Behavior of Yersinia Enterocolitica in Foods." *Journal of Pathogens*. Cairo: 2011; 2011: 420732.
127. TERNHAG, A.; TÖRNER, A.; SVENSSON, A.; EKDAHL K.; GIESECKE, J. "Short- and Long-term Effects of Bacterial Gastrointestinal Infections." *Emerging Infectious Diseases*. Atlanta: 2008; 14: p. 143-8.
128. BRIX, T.H.; HANSEN, P.S.; HEGEDÜS, L.; WENZEL, B.E. "Too Early to Dismiss Yersinia Enterocolitica Infection in the Aetiology of Graves' Disease: Evidence from a Twin Case-Control Study." *Clinical endocrinology*. Oxford: 2008; 69: p. 491-6.
129. "What's in That Pork?" *Consumer Reports*. Disponível em: <<http://www.consumer-reports.org/cro/magazine/2013/01/what-s-in-that-pork/index.htm>>. Acesso em 3 de março de 2015.
130. BARI, M.L.; HOSSAIN, M.A.; ISSHIKI, K.; UKUKU, D. "Behavior of Yersinia Enterocolitica in Foods." *Journal of Pathogens*. Cairo: 2011; 2011: 420732.
131. "Crowding Pigs Pays—If It's Managed Properly." *National Hog Farmer*. 15 de novembro de 1993; p. 62.
132. POLJAK, Z.; DEWEY, C.E; MARTIN, S.W. et al. "Prevalence of Yersinia Enterocolitica Shedding and Bioserotype Distribution in Ontario Finisher Pig Herds in 2001, 2002, and 2004." *Preventive Veterinary Medicine*. Amsterdã: 2010; 93: p. 110-20.
133. HOFFMANN, S.; BATZ, M.B.; MORRIS JR., J.G. "Annual Cost of Illness and Quality-Adjusted Life Year Losses in the United States Due to 14 Foodborne Pathogens." *Journal of Food Protection*. [S.l.]: 2012; 75: p. 1.292-1302.
134. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. *Antibiotic Resistance Threats in the United States, 2013*. Disponível em: <<http://www.cdc.gov/drugresistance/pdf/ar-threats-2013-508.pdf>>. Acesso em 3 de março de 2015.

NOTAS

135. EYRE, D.W.; CULE, M.L.; WILSON, D.J. et al. "Diverse Sources of *C. Difficile* Infection Identified on Whole-Genome Sequencing." *The New England Journal of Medicine*. Boston: 26 de setembro de 2013; 369(13): p. 1.195-205.
136. SONGER, J.G.; TRINH, H.T.; KILLGORE, G.E.; THOMPSON, A.D.; MCDONALD, L.C.; LIMBAGO, B.M. "Clostridium Difficile in Retail Meat Products, USA, 2007." *Emerging Infectious Diseases*. Atlanta: 2009; 15(5): p. 819-21.
137. RUPNIK, M.; SONGER, J.G. "Clostridium Difficile: Its Potential as a Source of Foodborne Disease." *Advances in Food and Nutrition Research*. San Diego: 2010; 60: p. 53-66.
138. RODRIGUEZ-PALACIOS, A.; BORGMANN, S.; KLINE, T.R.; LEJEUNE, J.T. "Clostridium Difficile in Foods and Animals: History and Measures to Reduce Exposure." *Animal Health Research Reviews*. Wallingford, Inglaterra: 2013; 14(1): p. 11-29.
139. HENSGRENS, M.P.M.; SQUIRE, M.M. et al. "European Society of Clinical Microbiology and Infectious Diseases Study Group for Clostridium Difficile (ESG-CD). Clostridium Difficile Infection in the Community: a Zoonotic Disease?" *Clinical Microbiology and Infection: The Official Publication of the European Society of Clinical Microbiology and Infectious Diseases*. [S.l.]: 2012; 18(7): p. 635-45.
140. RUPNIK, M.; SONGER, J.G. "Clostridium Difficile: Its Potential as a Source of Foodborne Disease." *Advances in Food and Nutrition Research*. San Diego: 2010; 60: p. 53-66.
141. SAYEDY, L.; KOTHARI, D.; RICHARDS, R.J. "Toxic Megacolon Associated Clostridium Difficile Colitis." *World Journal of Gastrointestinal Endoscopy*. [S.l.]: 2010; 2(8): p. 293-7.
142. GWEON, T.G.; LEE, K.J.; KANG, D.H. et al. "A Case of Toxic Megacolon Caused by Clostridium Difficile Infection and Treated with Fecal Microbiota Transplantation." *Gut and Liver*. Seoul: 2015; 9(2): p. 247-50.
143. WEESE, J.S. "Clostridium Difficile in Food — Innocent Bystander or Serious Threat?" *Clinical Microbiology and Infection: The Official Publication of the European Society of Clinical Microbiology and Infectious Diseases*. [S.l.]: 2010; 16: p. 3-10.
144. JABBAR, U.; LEISCHNER, J.; KASPER, D. et al. "Effectiveness of Alcohol-Based Hand Rubs for Removal of Clostridium Difficile Spores from Hands." *Infection Control and Hospital Epidemiology*. [S.l.]: 2010; 31(6): p. 565-70.
145. BHARGAVA, K.; WANG, X.; DONABEDIAN, S.; ZERVOS, M.; DE ROCHA, L.; ZHANG, Y. "Methicillin-Resistant Staphylococcus Aureus in Retail Meat, Detroit, Michigan, USA." *Emerging Infectious Diseases*. Atlanta: 2011; 17(6): p. 1.135-7.
146. REINBERG, S. "Scientists find MRSA Germ in Supermarket Meats." Disponível em: <<http://usatoday30.usatoday.com/news/health/medical/health/medical/story/>

COMO NÃO MORRER

- 2011/05/Scientists-find-MRSA-germ-in-supermarket-meats/47105974/1>. 12 de maio de 2011. Acesso em 4 de abril de 2015.
147. CHAN, M. “Antimicrobial Resistance in the European Union and the World.” Palestra apresentada em: Conference on Combating Antimicrobial Resistance: Time for Action. 14 de março de 2012; Copenhagen, Dinamarca. Disponível em: <http://www.who.int/dg/speeches/2012/amr_20120314/en/>. Acesso em 6 de março de 2015.
148. LOVE, D.C.; HALDEN, R.U.; DAVIS, M.F.; NACHMAN, K.E. “Feather Meal: A Previously Unrecognized Route for Reentry Into the Food Supply of Multiple Pharmaceuticals and Personal Care Products (PPCPs).” *Environmental Science & Technology*. [S.l.]: 2012; 46(7): p. 3.795-802.
149. JI, K.; KHO, Y.; PARK, C. et al. “Influence of Water and Food Consumption on Inadvertent Antibiotics Intake Among General Population.” *Environmental Research*. [S.l.]: 2010; 110(7): p. 641-9.
150. JI, K.; LIM KHO, Y.L.; PARK, Y.; CHOI, K. “Influence of a Five-Day Vegetarian Diet on Urinary Levels of Antibiotics and Phthalate Metabolites: A Pilot Study with “Temple Stay” Participants.” *Environmental Research*. [S.l.]: 2010; 110(4): p. 375-82.
151. “Keep Antibiotics Working.” Disponível em: <http://www.keepantibioticsworking.com/new/indepth_groups.php>. Acesso em 3 de março de 2015.
152. HAYES, D.J.; JENSON, H.H. “Technology Choice and the Economic Effects of a Ban on the Use of Antimicrobial Feed Additives in Swine Rations.” *Food Control*. [S.l.]: 2002; 13(2): p. 97-101.
153. “Rival Diet Doc Leaks Atkins Death Report.” Disponível em: <<http://www.thesmokinggun.com/documents/crime/rival-diet-doc-leaks-atkins-death-report>>. Acesso em 3 de março de 2015.
154. “Corporate Threat.” Disponível em: <http://www.atkinsexposed.org/Corporate_Threat.htm>. Acesso em 14 de junho de 2015.

6. Como não morrer de diabetes

1. MATTHEWS, D.R.; MATTHEWS, P.C. “Banting Memorial Lecture 2010. Type 2 Diabetes as an ‘Infectious’ Disease: Is this the Black Death of the 21st Century?” *Diabetic Medicine: A Journal of the British Diabetic Association*. [S.l.]: 2011; 28(1): p. 2-9.
2. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. *Number (in millions) of Civilian, Noninstitutionalized Persons with Diagnosed Diabetes, United States, 1980-2011*. Disponível em: <<http://www.cdc.gov/diabetes/statistics/prev/national/figpersons.htm>>. 28 de março de 2013. Acesso em 3 maio de 2015.
3. BOYLE, J.P.; THOMPSON, T.J.; GREGG, E.W.; BARKER, L.E.; WILLIAMSON, D.F. “Projection of the Year 2050 Burden of Diabetes in the US Adult Population:

NOTAS

- Dynamic Modeling of Incidence, Mortality, and Prediabetes Prevalence.” *Population Health Metrics*. Londres: 2010; 8: p. 29.
4. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. *National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014*. Atlanta: Departamento de Saúde e Serviços Humanos dos Estados Unidos, 2014.
 5. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. Deaths: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes. Relatório do Censo Nacional 2016; 64(2).
 6. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “2014 Statistics Report.” Disponível em: <<http://www.cdc.gov/diabetes/data/statistics/2014StatisticsReport.html>>. Atualizado em 24 de outubro de 2014. Acesso em 3 de março de 2015.
 7. LEMPAINEN, J.; TAURIAINEN, S.; VAARALA, O. et al. “Interaction of Enterovirus Infection and Cow’s Milk-Based Formula Nutrition in Type 1 Diabetes-Associated Autoimmunity.” *Diabetes/Metabolism Research and Reviews*. Oxford: 2012; 28(2): p. 177-85.
 8. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “2014 Statistics Report.” Disponível em: <<http://www.cdc.gov/diabetes/data/statistics/2014StatisticsReport.html>>. Atualizado em 24 de outubro de 2014. Acesso em 3 de março de 2015.
 9. RACHEK, L.I. “Free Fatty Acids and Skeletal Muscle Insulin Resistance.” *Progress in Molecular Biology and Translational Science*. Amsterdã: 2014; 121: p. 267-92.
 10. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “2014 Statistics Report”. Disponível em: <<http://www.cdc.gov/diabetes/data/statistics/2014StatisticsReport.html>>. Atualizado em 24 de outubro de 2014. Acesso em 3 de março de 2015.
 11. SWEENEY, J.S. “Dietary Factors that Influence the Dextrose Tolerance Test.” *Archives of Internal Medicine*. Chicago: 1927; 40(6): p. 818-30.
 12. RODEN, M.; PRICE, T.B.; PERSEGHIN, G. et al. “Mechanism of Free Fatty Acid-Induced Insulin Resistance in Humans.” *The Journal of Clinical Investigation*. [S.l.]: 1996; 97(12): p. 2.859-65.
 13. RODEN, M.; KRSSAK, M.; STINGL, H. et al. “Rapid Impairment of Skeletal Muscle Glucose Transport/Phosphorylation by Free Fatty Acids in Humans.” *Diabetes*. [S.l.]: 1999; 48(2): p. 358-64.
 14. SANTOMAURO, A.T.; BODEN, G.; SILVA, M.E. et al. “Overnight Lowering of Free Fatty Acids with Acipimox Improves Insulin Resistance and Glucose Tolerance in Obese Diabetic and Nondiabetic Subjects.” *Diabetes*. [S.l.]: 1999; 48(9): p. 1.836-41.

COMO NÃO MORRER

15. KRSSAK, M.; FALK PETERSEN, K.; DRESNER, A. et al. "Intramyocellular Lipid Concentrations Are Correlated with Insulin Sensitivity in Humans: A ^1H NMR Spectroscopy Study." *Diabetologia*. Berlin: 1999; 42(1): p. 113-6.
16. LEE, S.; BOESCH, C.; KUK, J.L.; ARSLANIAN, S. "Effects of an Overnight Intravenous Lipid Infusion on Intramyocellular Lipid Content and Insulin Sensitivity in African-American versus Caucasian Adolescents." *Metabolism: Clinical and Experimental*. [S.l.]: 2013; 62(3): p. 417-23.
17. RODEN, M.; KRSSAK, M.; STINGL, H. et al. "Rapid Impairment of Skeletal Muscle Glucose Transport/Phosphorylation by Free Fatty Acids in Humans." *Diabetes*. [S.l.]: 1999; 48(2): p. 358-64.
18. HIMSWORTH, H.P. "Dietetic Factors Influencing the Glucose Tolerance and the Activity of Insulin." *J Physiol (London)*. [S.l.]: 1934; 81(1): p. 29-48.
19. TABÁK, A.G.; HERDER, C.; RATHMANN, W.; BRUNNER, E.J.; KIVIMÄKI, M. "Prediabetes: A High-risk State for Diabetes." *The Lancet*. Londres: 2012; 379(9833): p. 2.279-90.
20. PRATLEY, R.E. "The Early Treatment of Type 2 Diabetes." *The American Journal of Medicine*. Nova York: 2013; 126 (9 supl. 1): S2-9.
21. REINEHR, T. "Type 2 Diabetes Mellitus in Children and Adolescents." *World Journal of Diabetes*. [S.l.]: 2013; 4(6): p. 270-81.
22. PIHOKER, C.; SCOTT, C.R.; LENSING, S.Y.; CRADOCK, M.M.; SMITH, J. "Non-Insulin Dependent Diabetes Mellitus in African-American Youths of Arkansas." *Clin Pediatr (Phila)*. [S.l.]: 1998; 37(2): p. 97-102.
23. DEAN, H.; FLETT, B. "Natural History of Type 2 Diabetes Diagnosed in Childhood: Long Term Follow-Up in Young Adult Years." *Diabetes*. [S.l.]: 2002; 51(s1): A24.
24. HANNON, T.S.; RAO, G.; ARSLANIAN, S.A. "Childhood Obesity and Type 2 Diabetes Mellitus." *Pediatrics*. [S.l.]: 2005; 116(2): p. 473-80.
25. ROCCHINI, AP. "Childhood Obesity and a Diabetes Epidemic." *The New England Journal of Medicine*. Boston: 2002; 346(11): p. 854-5.
26. LIFSHITZ, F. "Obesity in Children." *Journal of Clinical Research in Pediatric Endocrinology*. Istambul: 2008; 1(2): p. 53-60.
27. MUST, A.; JACQUES, P.F.; DALLAL, G.E.; BAJEMA, C.J.; DIETZ, W.H. "Long-Term Morbidity and Mortality of Overweight Adolescents. A Follow-Up of the Harvard Growth Study of 1922 to 1935." *The New England Journal of Medicine*. Boston: 1992; 327(19): p. 1.350-5.
28. SABATÉ, J.; WIEN, M. "Vegetarian Diets and Childhood Obesity Prevention." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 91(5): 1525S-1529S.
29. TONSTAD, S.; BUTLER, T.; YAN, R.; FRASER, G.E. "Type of Vegetarian Diet, Body Weight, and Prevalence of Type 2 Diabetes." *Diabetes Care*. [S.l.]: 2009; 32(5): p. 791-6.

NOTAS

30. SABATÉ, J.; LINDSTED, K.D.; HARRIS, R.D.; SANCHEZ, A. "Attained Height of Lacto-Ovo Vegetarian Children and Adolescents." *European Journal of Clinical Nutrition*. Londres: 1991; 45(1): p. 51-8.
31. SABATÉ, J.; WIEN, M. "Vegetarian Diets and Childhood Obesity Prevention." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 91(5): 1525S-1529S.32. CALI, A.M.; CAPRIO, S. "Prediabetes and Type 2 Diabetes in Youth: An Emerging Epidemic Disease?" *Current Opinion in Endocrinology, Diabetes, and Obesity*. Londres: 2008; 15(2): p. 123-7.
33. GINTER, E.; SIMKO, V. "Type 2 Diabetes Mellitus, Pandemic in 21st Century." *Advances in Experimental Medicine and Biology*. Nova York: 2012; 771: p. 42-50.
34. SPALDING, K.L.; ARNER, E.; WESTERMARK, P.O et al. "Dynamics of Fat Cell Turnover in Humans." *Nature*. [S.l.]: 2008; 453(7196): p. 783-7.
35. RODEN, M. "How Free Fatty Acids Inhibit Glucose Utilization in Human Skeletal Muscle." *News in Physiological Sciences: An International Journal of Physiology Produced Jointly by the International Union of Physiological Sciences and the American Physiological Society*. [S.l.]: 2004; 19: p. 92-6.
36. FRASER, G.E. "Vegetarian Diets: What do We Know of Their Effects on Common Chronic Diseases?" *The American Journal of Clinical Nutrition*. Bethesda: 2009; 89(5): 1607S-1612S.
37. TONSTAD, S.; STEWART, K.; ODA, K.; BATECH, M.; HERRING, R.P.; FRASER, G.E. "Vegetarian Diets and Incidence of Diabetes in the Adventist Health Study-2." *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2013; 23(4): p. 292-9.
38. NOLAN, C.J.; LARTER, C.Z. "Lipotoxicity: Why Do Saturated Fatty Acids Cause and Monounsaturates Protect Against It?" *Journal of Gastroenterology and Hepatology*. Melbourne: 2009; 24(5): p. 703-6.
39. EVANS, W.J. "Oxygen-Carrying Proteins in Meat and Risk of Diabetes Mellitus." *Journal of the American Medical Association Internal Medicine*. Chicago: 2013; 173(14): p. 1.335-6.
40. EGNATCHIK, R.A.; LEAMY, A.K.; JACOBSON, D.A.; SHIOTA, M.; YOUNG, J.D. "ER Calcium Release Promotes Mitochondrial Dysfunction and Hepatic Cell Lipotoxicity in Response to Palmitate Overload." *Molecular Metabolism*. Munique: 2014; 3(5): p. 544-53.
41. ESTADELLA, D.; DA PENHA OLLER DO NASCIMENTO, C.M.; OYAMA, L.M.; RIBEIRO E.B.; DÂMASO, A.R.; DE PIANO, A. "Lipotoxicity: Effects of Dietary Saturated and Transfatty Acids." *Mediators of Inflammation*. [S.l.]: 2013; 2013: 137579.
42. PERSEGHIN, G.; SCIFO, P.; DE COBELLI, F. et al. "Intramyocellular Triglyceride Content is a Determinant of in Vivo Insulin Resistance in Humans: a ¹H-¹³C Nu-

COMO NÃO MORRER

- clear Magnetic Resonance Spectroscopy Assessment in Offspring of Type 2 Diabetic Parents.” *Diabetes*. [S.l.]: 1999; 48(8): p. 1.600-6.
43. NOLAN, C.J.; LARTER, C.Z. “Lipotoxicity: Why do Saturated Fatty Acids Cause and Monounsaturates Protect Against It?” *Journal of Gastroenterology and Hepatology*. Melbourne: 2009; 24(5): p. 703-6.
 44. GOFF, L.M.; BELL, J.D.; SO, P.W.; DORNHORST, A.; FROST, G.S. “Veganism and Its Relationship with Insulin Resistance and Intramyocellular Lipid.” *European Journal of Clinical Nutrition*. Londres: 2005; 59(2): p. 291-8.
 45. GOJDA, J.; PATKOVÁ, J.; JAČEK, M. et al. “Higher Insulin Sensitivity in Vegans is Not Associated with Higher Mitochondrial Density.” *European Journal of Clinical Nutrition*. Londres: 2013; 67(12): p. 1.310-5.
 46. GOFF, L.M.; BELL, J.D.; S.O., P.W.; DORNHORST, A.; FROST, G.S. “Veganism and Its Relationship with Insulin Resistance and Intramyocellular Lipid.” *European Journal of Clinical Nutrition*. Londres: 2005; 59(2): p. 291-8.
 47. PAPANIKOLAOU, Y.; FULGONI, V.L.III. “Bean Consumption is Associated with Greater Nutrient Intake, Reduced Systolic Blood Pressure, Lower Body Weight, and a Smaller Waist Circumference in Adults: Results from the National Health and Nutrition Examination Survey 1999-2002.” *Journal of the American College of Nutrition*. Nova York: 2008; 27(5): p. 569-76.
 48. MOLLARD, R.C.; LUHOVYY, B.L.; PANAHI, S.; NUNEZ, M.; HANLEY, A.; ANDERSON, G.H. “Regular Consumption of Pulses for 8 Weeks Reduces Metabolic Syndrome Risk Factors in Overweight and Obese Adults.” *The British Journal of Nutrition*. [S.l.]: 2012; 108 (supl. 1): S111-22.
 49. CNOP, M.; HUGHES, S.J.; IGOILLO-ESTEVE, M. et al. “The Long Lifespan and Low Turnover of Human Islet Beta Cells Estimated by Mathematical Modelling of Lipofuscin Accumulation.” *Diabetologia*. Berlim: 2010; 53(2): p. 321-30.
 50. TAYLOR, R. “Banting Memorial Lecture 2012: Reversing the Twin Cycles of Type 2 Diabetes.” *Diabetic Medicine: A Journal of the British Diabetic Association*. [S.l.]: 2013; 30(3): p. 267-75.
 51. CUNHA, D.A.; IGOILLO-ESTEVE, M.; GURZOV, E.N. et al. “Death Protein 5 and P53-Upregulated Modulator of Apoptosis Mediate the Endoplasmic Reticulum Stress-Mitochondrial Dialog Triggering Lipotoxic Rodent and Human β -Cell Apoptosis.” *Diabetes*. [S.l.]: 2012; 61(11): p. 2.763-75.
 52. CNOP, M.; HANNAERT, J.C.; GRUPPING, A.Y.; PIPELEERS, D.G. “Low Density Lipoprotein Can Cause Death of Islet Beta-Cells by Its Cellular Uptake and Oxidative Modification.” *Endocrinology*. [S.l.]: 2002; 143(9): p. 3.449-53.
 53. MAEDLER, K.; OBERHOLZER, J.; BUCHER, P.; SPINAS, G.A.; DONATH, M.Y. “Monounsaturated Fatty Acids Prevent the Deleterious Effects of Palmitate

NOTAS

- and High Glucose on Human Pancreatic Beta-Cell Turnover and Function.” *Diabetes*. [S.l.]: 2003; 52(3): p. 726-33.
54. XIAO, C.; GIACCA, A.; CARPENTIER, A.; LEWIS, G.F. “Differential Effects of Monounsaturated, Polyunsaturated and Saturated Fat Ingestion on Glucose-Stimulated Insulin Secretion, Sensitivity and Clearance in Overweight and Obese, Non-Diabetic Humans.” *Diabetologia*. Berlim: 2006; 49(6): p. 1.371-9.
 55. WANG, L; FOLSOM, A.R.; ZHENG, Z.J.; PANKOW, J.S.; ECKFELDT, J.H. “Plasma Fatty Acid Composition and Incidence of Diabetes in Middle-Aged Adults: the Atherosclerosis Risk in Communities (ARIC) Study.” *The American Journal of Clinical Nutrition*. Bethesda: 2003; 78(1): p. 91-8.
 56. CUNHA, D.A.; IGOILLO-ESTEVE, M.; GURZOV, E.N. et al. “Death Protein 5 and P53-Upregulated Modulator of Apoptosis Mediate the Endoplasmic Reticulum Stress-Mitochondrial Dialog Triggering Lipotoxic Rodent and Human β -Cell Apoptosis.” *Diabetes*. [S.l.]: 2012; 61(11): p. 2.763-75.
 57. WELCH, R.W. “Satiety: Have We Neglected Dietary Non-Nutrients?” *The Proceedings of the Nutrition Society*. [S.l.]: 2011; 70(2): p. 145-54.
 58. BARNARD, N.D.; COHEN, J.; JENKINS, D.J. et al. “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*. [S.l.]: 2006; 29(8): p. 1.777-83.
 59. TRAPP, C.B.; BARNARD, N.D. “Usefulness of Vegetarian and Vegan Diets for Treating Type 2 Diabetes.” *Current Diabetes Reports*. Filadélfia: 2010; 10(2): p. 152-8.
 60. PRATLEY, R.E. “The Early Treatment of Type 2 Diabetes.” *The American Journal of Medicine*. New York: 2013; 126 (9 supl. 1): S2-9.
 61. JUUTILAINEN, A.; LEHTO, S.; RÖNNEMAA, T.; PYÖRÄLÄ, K.; LAAKSO, M. “Type 2 Diabetes as a ‘Coronary Heart Disease Equivalent’: an 18-Year Prospective Population-Based Study in Finnish Subjects.” *Diabetes Care*. [S.l.]: 2005; 28(12): p. 2.901-7.
 62. KAHLEOVA, H.; MATOULEK, M.; MALINSKA, H. et al. “Vegetarian Diet Improves Insulin Resistance and Oxidative Stress Markers More Than Conventional Diet in Subjects with Type 2 Diabetes.” *Diabetic Medicine: A Journal of the British Diabetic Association*. [S.l.]: 2011; 28(5): p. 549-59.
 63. ORNISH, D. “Statins and the Soul of Medicine.” *The American Journal of Cardiology*. Nova York: 2002; 89(11): p. 1.286-90.
 64. KAHLEOVA, H.; HRACHOVINOVA, T.; HILL, M. et al. “Vegetarian Diet in Type 2 Diabetes — Improvement in Quality of Life, Mood and Eating Behaviour.” *Diabetic Medicine: A Journal of the British Diabetic Association*. [S.l.]: 2013; 30(1): p. 127-9.

COMO NÃO MORRER

65. CHIU, T.H.T.; HUANG, H.Y.; CHIU, Y.F. et al. "Taiwanese Vegetarians and Omnivores: Dietary Composition, Prevalence of Diabetes and IFG." *PLoS One* [versão eletrônica]. São Francisco: 2014; 9(2): e88547.
66. CHIU, T.H.T.; HUANG, H.Y.; CHIU, Y.F. et al. "Taiwanese Vegetarians and Omnivores: Dietary Composition, Prevalence of Diabetes and IFG." *PLoS One* [versão eletrônica]. São Francisco: 2014; 9(2): e88547.
67. MAGLIANO, D.J.; LOH, V.H.Y.; HARDING, J.L. et al. "Persistent Organic Pollutants and Diabetes: A Review of the Epidemiological Evidence." *Diabetes & Metabolism*. Paris: 2014; 40(1): p. 1-14.
68. LEE, D.H.; LEE, I.K.; SONG, K. et al. "A Strong Dose-Response Relation Between Serum Concentrations of Persistent Organic Pollutants and Diabetes: Results from the National Health and Examination Survey 1999-2002." *Diabetes Care*. [S.l.]: 2006; 29(7): p. 1.638-44.
69. WU, H.; BERTRAND, K.A.; CHOI, A.L. et al. "Persistent Organic Pollutants and Type 2 Diabetes: A Prospective Analysis in the Nurses' Health Study and Meta-Analysis." *Environmental Health Perspectives*. [S.l.]: 2013; 121(2): p. 153-61.
70. SCHECTER, A.; COLACINO, J.; HAFFNER, D. et al. "Perfluorinated Compounds, Polychlorinated Biphenyls, and Organochlorine Pesticide Contamination in Composite Food Samples from Dallas, Texas, USA." *Environmental Health Perspectives*. [S.l.]: 2010; 118(6): p. 796-802.
71. CRINNION, W.J. "The Role of Persistent Organic Pollutants in the Worldwide Epidemic of Type 2 Diabetes Mellitus and the Possible Connection to Farmed Atlantic Salmon (*Salmo Salar*)." *Alternative Medicine Review: A Journal of Clinical Therapeutic*. [S.l.]: 2011; 16(4): p. 301-13.
72. LEE, D.H.; LEE, I.K.; SONG, K. et al. "A Strong Dose-Response Relation Between Serum Concentrations of Persistent Organic Pollutants and Diabetes: Results from the National Health and Examination Survey 1999-2002." *Diabetes Care*. [S.l.]: 2006; 29(7): p. 1.638-44.
73. CRINNION, W.J. "The Role of Persistent Organic Pollutants in the Worldwide Epidemic of Type 2 Diabetes Mellitus and the Possible Connection to Farmed Atlantic Salmon (*Salmo salar*)." *Alternative Medicine Review: A Journal of Clinical Therapeutic*. [S.l.]: 2011; 16(4): p. 301-13.
74. FARMER, B.; LARSON, B.T.; FULGONI, V.L.III et al. "A Vegetarian Dietary Pattern as a Nutrient-Dense Approach to Weight Management: An Analysis of the National Health and Nutrition Examination Survey 1999-2004." *Journal of the American Dietetic Association*. [S.l.]: 2011; 111(6): p. 819-27.
75. FARMER, B.; LARSON, B.T.; FULGONI, V.L.III et al. "A Vegetarian Dietary Pattern as a Nutrient-Dense Approach to Weight Management: an Analysis of the Na-

NOTAS

- tional Health and Nutrition Examination Survey 1999-2004.” *Journal of the American Dietetic Association*. [S.l.]:2011; 111(6): p. 819-27.
76. TOTH, M.J.; POEHLMAN, E.T. “Sympathetic Nervous System Activity and Resting Metabolic Rate in Vegetarians.” *Metabolism: Clinical and Experimental*. [S.l.]: 1994; 43(5): p. 621-5.
 77. KARLIC, H.; SCHUSTER, D.; VARGA, F. et al. “Vegetarian Diet Affects Genes of Oxidative Metabolism and Collagen Synthesis.” *Annals of Nutrition & Metabolism*. [S.l.]: 2008; 53(1): p. 29-32.
 78. VERGNAUD, A.C.; NORAT, T.; ROMAGUERA, D. et al. “Meat Consumption and Prospective Weight Change in Participants of the EPIC-PANACEA Study.” *The American Journal of Clinical Nutrition*. Bethesda: 2010; 92(2): p. 398-407.
 79. THE ACTION TO CONTROL CARDIOVASCULAR RISK IN DIABETES STUDY GROUP; GERSTEIN, H.C.; MILLER, M.E. et al. “Effects of Intensive Glucose Lowering in Type 2 Diabetes.” *The New England Journal of Medicine*. Boston: 2008; 358(24): p. 2.545-59.
 80. THE ACTION TO CONTROL CARDIOVASCULAR RISK IN DIABETES STUDY GROUP; GERSTEIN, H.C.; MILLER, M.E. et al. “Effects of Intensive Glucose Lowering in Type 2 Diabetes.” *The New England Journal of Medicine*. Boston: 2008; 358(24): p. 2.545-59.
 81. LUAN, F.L.; NGUYEN, K. “Intensive Glucose Control in Type 2 Diabetes.” *The New England Journal of Medicine*. Boston: 2008; 359(14): p. 1519-20.
 82. BLAGOSKLONNY, M.V. “Prospective Treatment of Age-Related Diseases by Slowing Down Aging.” *The American Journal of Pathology*. [S.l.]: 2012; 181(4): p. 1.142-6.
 83. MADONNA, R.; PANDOLFI, A.; MASSARO, M. et al. “Insulin Enhances Vascular Cell Adhesion Molecule-1 Expression in Human Cultured Endothelial Cells Through a Pro-Atherogenic Pathway Mediated by P38 Mitogen-Activated Protein-Kinase.” *Diabetologia*. Berlin: 2004; 47(3): p. 532-6.
 84. LINGVAY, I.; GUTH, E.; ISLAM, A. et al. “Rapid Improvement in Diabetes After Gastric Bypass Surgery: Is It the Diet or Surgery?” *Diabetes Care*. [S.l.]: 2013; 36(9): p. 2.741-7.
 85. LINGVAY, I.; GUTH, E.; ISLAM, A. et al. “Rapid Improvement in Diabetes After Gastric Bypass Surgery: Is It the Diet or Surgery?” *Diabetes Care*. [S.l.]: 2013; 36(9): p. 2.741-7.
 86. TAYLOR, R. Type 2 “Diabetes: Etiology and Reversibility.” *Diabetes Care*. [S.l.]: 2013; 36(4): p. 1.047-55.
 87. LIM, E.L.; HOLLINGSWORTH, K.G.; ARIBISALA, B.S.; CHEN, M.J.; MATHERS, J.C.; TAYLOR, R. “Reversal of Type 2 Diabetes: Normalisation of Beta Cell Function in Association with Decreased Pancreas and Liver Triacylglycerol.” *Diabetologia*. Berlin: 2011; 54(10): p. 2.506-14.

COMO NÃO MORRER

88. TAHERI, S.; TAHRANI, A.; BARNETT, A. "Bariatric Surgery: a Cure for Diabetes?" *Practical Diabetes International: The Journal for Diabetes Care Teams Worldwide*. Chichester, Inglaterra: 2009; 26: p. 356-8.
89. VERGNAUD, A.C.; NORAT, T.; ROMAGUERA, D. et al. Meat Consumption and Prospective Weight Change in Participants of the EPIC-PANACEA Study." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 92(2): p. 398-407.
90. GILSING, A.M.; WEIJENBERG, M.P.; HUGHES, L.A. et al. "Longitudinal Changes in BMI in Older Adults are Associated with Meat Consumption Differentially, by Type of Meat Consumed." *The Journal of Nutrition*. [S.l.]: 2012; 142(2): p. 340-9.
91. WANG, Y.; LEHANE, C.; GHEBREMESKEL, K. et al. "Modern Organic and Broiler Chickens Sold for Human Consumption Provide More Energy from Fat Than Protein." *Public Health Nutrition*. [S.l.]: 2010; 13(3): p. 400-8.
92. ASSOCIAÇÃO NACIONAL DE PRODUTORES DE BIFE BOVINO, YOUNG MK, REDSON BA. *New USDA Data Show 29 Beef Cuts Now Meet Government Guidelines for Lean*.
93. STEVEN, S.; LIM, E.L.; TAYLOR, R. "Dietary Reversal of Type 2 Diabetes Motivated by Research Knowledge." *Diabetic Medicine: A Journal of the British Diabetic Association*. [S.l.]: 2010; 27(6): p. 724-5.
94. TAYLOR, R. "Pathogenesis of Type 2 Diabetes: Tracing the Reverse Route from Cure to Cause." *Diabetologia*. Berlim: 2008; 51(10): p. 1.781-9.
95. ASSOCIAÇÃO AMERICANA DE DIABETES. "Standards of Medical Care in Diabetes — 2015." *Diabetes Care*. [S.l.]: 2015; 38 (supl. 1): S1-S93.
96. DUNAIEF, D.M.; FUHRMAN, J.; DUNAIEF, J.L. et al. "Glycemic and Cardiovascular Parameters Improved in Type 2 Diabetes with the High Nutrient Density (HND) Diet." *Open Journal of Preventive Medicine*. Irvine, Califórnia: 2012; 2(3): p. 364-71.
97. LIM, E.L.; HOLLINGSWORTH, K.G.; ARIBISALA, BS.; CHEN, M.J.; MATHERS, J.C.; TAYLOR, R. "Reversal of Type 2 Diabetes: Normalisation of Beta Cell Function in Association with Decreased Pancreas and Liver Triacylglycerol." *Diabetologia*. Berlin: 2011; 54(10): p. 2.506-14.
98. STEVEN, C.; LIM, E.L.; TAYLOR, R. "Population Response to Information on Reversibility of Type 2 Diabetes." *Diabetic Medicine: A Journal of the British Diabetic Association*. [S.l.]: 2013; 30(4): e135-8.
99. DUNAIEF, D.M.; FUHRMAN, J.; DUNAIEF, J.L. et al. "Glycemic and Cardiovascular Parameters Improved in Type 2 Diabetes with the High Nutrient Density (HND) Diet." *Open Journal of Preventive Medicine*. Irvine, Califórnia: 2012; 2(3): p. 364-71.

NOTAS

100. ANDERSON, J.W.; WARD, K. "High-Carbohydrate, High-Fiber Diets for Insulin-Treated Men with Diabetes Mellitus." *The American Journal of Clinical Nutrition*. Bethesda: 1979; 32(11): p. 2.312-21.
101. ANDERSON, J.W.; WARD, K. "High-Carbohydrate, High-Fiber Diets for Insulin-Treated Men with Diabetes Mellitus." *The American Journal of Clinical Nutrition*. Bethesda: 1979; 32(11): p. 2.312-21.
102. CALLAGHAN, B.C.; CHENG, H.; STABLES, C.L. et al. "Diabetic Neuropathy: Clinical Manifestations and Current Treatments." *The Lancet Neurology*. Londres: 2012; 11(6): p. 521-34.
103. SAID, G. "Diabetic Neuropathy — A Review." *Nature Clinical Practice. Neurology*. Londres: 2007; 3(6): p. 331-40.
104. CRANE, M.G.; SAMPLE, C. "Regression of Diabetic Neuropathy with Total Vegetarian (Vegan) Diet." *Journal of Nutritional Medicine*. Abingdon, Inglaterra: 1994; 4(4): p. 431-9.
105. CRANE, M.G.; SAMPLE, C. "Regression of Diabetic Neuropathy with Total Vegetarian (Vegan) Diet." *Journal of Nutritional Medicine*. Abingdon, Inglaterra: 1994; 4(4): p. 431-9.
106. RABINOWITCH, I.M. "Effects of the High Carbohydrate-Low Calorie Diet Upon Carbohydrate Tolerance in Diabetes Mellitus." *Canadian Medical Association Journal*. Ottawa: 1935; 33(2): p. 136-44.
107. NEWBORG, B.; KEMPNER, W. "Analysis of 177 Cases of Hypertensive Vascular Disease with Papilledema; One Hundred Twenty-Six Patients Treated with Rice Diet." *The American Journal of Medicine*. Nova York: 1955; 19(1): p. 33-47.
108. CRANE, M.G.; SAMPLE, C. "Regression of Diabetic Neuropathy with Total Vegetarian (Vegan) Diet." *Journal of Nutritional Medicine*. Abingdon, Inglaterra: 1994; 4(4): p. 431-9.
109. CRANE, M.G.; SAMPLE, C. "Regression of Diabetic Neuropathy with Total Vegetarian (Vegan) Diet." *Journal of Nutritional Medicine*. Abingdon, Inglaterra: 1994; 4(4): p. 431-9.
110. CRANE, M.G.; SAMPLE, C. "Regression of Diabetic Neuropathy with Total Vegetarian (Vegan) Diet." *Journal of Nutritional Medicine*. Abingdon, Inglaterra: 1994; 4(4): p. 431-9.
111. CRANE, M.G.; ZIELINSKI, R.; ALOIA, R. "Cis and Trans Fats in Omnivores, Lacto-Ovo Vegetarians and Vegans." *The American Journal of Clinical Nutrition*. Bethesda: 1988; 48: p. 920.
112. TESFAYE, S.; CHATURVEDI, N.; EATON, S.E.M. et al. "Vascular Risk Factors and Diabetic Neuropathy." *The New England Journal of Medicine*. Boston: 2005; 352(4): p. 341-50.

COMO NÃO MORRER

113. NEWRICK, P.G.; WILSON, A.J.; JAKUBOWSKI, J. et al. "Sural Nerve Oxygen Tension in Diabetes." *British Medical Journal (Clinical Research Ed.)*. Londres: 1986; 293(6554): p. 1.053-4.
114. MCCARTHY, M.F. "Favorable Impact of a Vegan Diet with Exercise on Hemorheology: Implications for Control of Diabetic Neuropathy." *Medical Hypotheses*. [S.l.]: 2002; 58(6): p. 476-86.
115. KEMPNER, W.; PESCHEL, R.L.; SCHLAYER, C. "Effect of Rice Diet on Diabetes Mellitus Associated with Vascular Disease." *Postgraduate Medicine*. [S.l.]: 1958; 24(4): p. 359-71.
116. MCCARTHY, M.F. "Favorable Impact of a Vegan Diet with Exercise on Hemorheology: Implications for Control of Diabetic Neuropathy." *Medical Hypotheses*. [S.l.]: 2002; 58(6): p. 476-86.
117. BROWNING, L.M.; HSIEH, S.D.; ASHWELL, M. "A Systematic Review of Waist-to-Height Ratio as a Screening Tool for the Prediction of Cardiovascular Disease and Diabetes: 0.5 Could Be a Suitable Global Boundary Value." *Nutrition Research Reviews*. Cambridge, Inglaterra: 2010; 23(2): p. 247-69.
118. BIGAARD, J.; TJØNNELAND, A.; THOMSEN, B.L.; OVERVAD, K.; HEITMANN, B.L.; SØRENSEN, T.I. "Waist Circumference, BMI, Smoking, and Mortality in Middle-Aged Men and Women." *Obesity Research*. S.l.: 2003; 11(7): p. 895-903.
119. BIGAARD, J.; TJØNNELAND, A.; THOMSEN, B.L.; OVERVAD, K.; HEITMANN, B.L.; SØRENSEN, T.I. "Waist Circumference, BMI, Smoking, and Mortality in Middle-Aged Men and Women." *Obesity Research*. S.l.: 2003; 11(7): p. 895-903.
120. LEITZMANN, M.F.; MOORE, S.C.; KOSTER, A. et al. "Waist Circumference as Compared with Body-Mass Index in Predicting Mortality from Specific Causes." *PLoS One* [versão eletrônica]. São Francisco: 2011; 6(4): e18582.
121. BROWNING, L.M.; HSIEH, S.D.; ASHWELL, M. "A Systematic Review of Waist-to-height Ratio as a Screening Tool for the Prediction of Cardiovascular Disease and Diabetes: 0.5 Could Be a Suitable Global Boundary Value." *Nutrition Research Reviews*. Cambridge, Inglaterra: 2010; 23(2): p. 247-69.
122. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. *National Diabetes Statistics Report: Estimates of Diabetes and Its Burden in the United States, 2014*. Atlanta, GA: Departamento de Saúde e Serviços Humanos dos Estados Unidos, 2014. Disponível em: <<http://www.cdc.gov/diabetes/data/statistics/2014StatisticsReport.html>>. Atualizado em 24 de outubro de 2014. Acesso em 6 de março de 2015.
123. NATHAN, D.M.; DAVIDSON, M.B.; DEFRONZO, R.A. et al. "Impaired Fasting Glucose and Impaired Glucose Tolerance: Implications for Care." *Diabetes Care*. [S.l.]: 2007; 30(3): p. 753-9.

NOTAS

124. KARVE, A.; HAYWARD, R.A. "Prevalence, Diagnosis, and Treatment of Impaired Fasting Glucose and Impaired Glucose Tolerance in Nondiabetic U.S. Adults." *Diabetes Care*. [S.l.]: 2010; 33(11): p. 2.355-9.
125. CARDONA-MORRELL, M.; RYCHETNIK, L.; MORREL, S.L.; ESPINEL, P.T.; BAUMAN, A. "Reduction of Diabetes Risk in Routine Clinical Practice: Are Physical Activity and Nutrition Interventions Feasible and Are the Outcomes from Reference Trials Replicable? A Systematic Review and Meta-Analysis." *BMC Public Health* [versão eletrônica]. Londres: 2010; 10: p. 653.
126. HOLMAN, H. "Chronic Disease — The Need for a New Clinical Education." *Journal of the American Medical Association*. Chicago: 2004; 292(9): p. 1.057-9.
127. INSTITUTO DE MEDICINA. *Crossing the Quality Chasm: A New Health System for the 21st Century*. Washington: The National Academies Press, 2001: p. 213.

7. Como não morrer de hipertensão arterial

1. LOZANO, R.; NAGHAVI, M.; FOREMAN, K et al. "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." *The Lancet*. Londres: 2012; 380(9859): p. 2.095-128.
2. DAS, P.; SAMARASEKERA, U. "The Story of GBD 2010: a 'Super-Human' Effort." *The Lancet*. Londres: 2012; 380(9859): p. 2.067-70.
3. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. "A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010." *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
4. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. "A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010." *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
5. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. "A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010." *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
6. BROMFIELD, S.; MUNTNER, P. "High Blood Pressure: the Leading Global Burden of Disease Risk Factor and the Need for Worldwide Prevention Programs." *Current Hypertension Reports*. Filadélfia, 2013; 15(3): p. 134-6.
7. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. "A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters

COMO NÃO MORRER

- in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010.” *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
8. ASSOCIAÇÃO AMERICANA DO CORAÇÃO. *Understanding Blood Pressure Readings*. Disponível em: <http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/AboutHighBloodPressure/Understanding-Blood-Pressure-Readings_UCM_301764_Article.jsp>. 11 de março de 2015. Acesso em 11 de março de 2015.
 9. GO, A.S.; BAUMAN, M.A.; COLEMAN KING, S.M. et al. “An Effective Approach to High Blood Pressure Control: A Science Advisory from the American Heart Association, the American College of Cardiology, and the Centers for Disease Control and Prevention.” *Journal of the American College of Cardiology*. Nova York: 2014; 63(12): p. 1.230-8.
 10. NWANKWO, T.; YOON, S.S.; BURT, V.; GU, Q. “Hypertension Among Adults in the United States: National Health and Nutrition Examination Survey, 2011-2012.” *National Center for Health Statistics Data Brief*. Hyattsville, Maryland: 2013; (133): p. 1-8.
 11. WALKER, A.R.; WALKER, B.F. “High High-Density-Lipoprotein Cholesterol in African Children and Adults in a Population Free of Coronary Heart Disease.” *British Medical Journal*. Londres: 1978; 2(6148): p. 1.336-7.
 12. DONNISON, C.P. “Blood Pressure in the African Native.” *The Lancet*. Londres: 1929; 213(5497): p. 6-7.
 13. MACMAHON, S.; NEAL, B.; RODGERS, A. “Hypertension — Time to Move on.” *The Lancet*. Londres: 2005; 365(9464): p. 1.108-9.
 14. LAW, M.R.; MORRIS, J.K.; WALD, N.J. “Use of Blood Pressure Lowering Drugs in the Prevention of Cardiovascular Disease: Meta-Analysis of 147 Randomised Trials in the Context of Expectations from Prospective Epidemiological Studies.” *BMJ: British Medical Journal / British Medical Association*. Londres: 2009; 338: b1665.
 15. DONNISON, C.P. “Blood Pressure in the African Native.” *The Lancet*. Londres: 1929; 213(5497): p. 6-7.
 16. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. “A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010.” *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
 17. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. “A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010.” *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
 18. KARPPANEN, H.; MERVAALA, E. “Sodium Intake and Hypertension.” *Progress in Cardiovascular Diseases*. Filadélfia: 2006; 49(2): p. 59-75.

NOTAS

19. DELAHAYE, F. “Should We Eat Less Salt?” *Archives of Cardiovascular Diseases*. Amsterdã: 2013; 106(5): p. 324-32.
20. JENKINS, D.J.; KENDALL, C.W. “The Garden of Eden: Plant-Based Diets, the Genetic Drive to Store Fat and Conserve Cholesterol, and Implications for Epidemiology in the 21st Century.” *Epidemiology*. [S.l.]: 2006; 17(2): p. 128-30.
21. ROBERTS, W.C. “High Salt Intake, Its Origins, Its Economic Impact, and Its Effect on Blood Pressure.” *The American Journal of Cardiology*. Nova York: 2001; 88(11): p. 1.338-46.
22. ROBERTS, W.C. “High Salt Intake, Its Origins, Its Economic Impact, and Its Effect on Blood Pressure.” *The American Journal of Cardiology*. Nova York: 2001; 88(11): p. 1.338-46.
23. CELERMAJER, D.S.; NEAL, B. “Excessive Sodium Intake and Cardiovascular Disease: A-Salting Our Vessels.” *Journal of the American College of Cardiology*. Nova York: 2013; 61(3): p. 344-5.
24. WHELTON, P.K.; APPEL, L.J.; SACCO, R.L. et al. “Sodium, Blood Pressure, and Cardiovascular Disease: Further Evidence Supporting the American Heart Association Sodium Reduction Recommendations.” *Circulation*. [S.l.]: 2012; 126(24): p. 2.880-9.
25. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Sodium Intake Among Adults — United States, 2005-2006.” *Morbidity and Mortality Weekly Report*. Atlanta: 2010; 59(24): p. 746-9.
26. BEAGLEHOLE, R.; BONITA, R.; HORTON, R. et al. “Priority Actions for the Non-Communicable Disease Crisis.” *The Lancet*. Londres: 2011; 377(9775): p. 1.438-47.
27. LAW, M.R.; FROST, C.D.; WALD, N.J. “By How Much Does Dietary Salt Reduction Lower Blood Pressure? III — Analysis of Data from Trials of Salt Reduction.” *BMJ: British Medical Journal/British Medical Association*. Londres: 1991; 302(6780): p. 819-24.
28. BIBBINS-DOMINGO, K.; CHERTOW, G.M.; COXSON, P.G. et al. “Projected Effect of Dietary Salt Reductions on Future Cardiovascular Disease.” *The New England Journal of Medicine*. Boston: 18 de fevereiro de 2010; 362(7): p. 590-9.
29. MACGREGOR, G.A.; MARKANDU, N.D.; BEST, F.E. et al. “Double-Blind Randomised Crossover Trial of Moderate Sodium Restriction in Essential Hypertension.” *The Lancet*. Londres: 1982; 1(8268): p. 351-5.
30. MACGREGOR, G.A.; MARKANDU, N.D.; SAGNELLA, G.A.; SINGER, D.R.; CAPPUCCIO, F.P. “Double-Blind Study of Three Sodium Intakes and Long-Term Effects of Sodium Restriction in Essential Hypertension.” *The Lancet*. Londres: 1989; 2(8674): p. 1.244-7.

COMO NÃO MORRER

31. MACGREGOR, G.A.; MARKANDU, N.D.; SAGNELLA, G.A.; SINGER, D.R.; CAPPUCCIO, F.P. "Double-Blind Study of Three Sodium Intakes and Long-Term Effects of Sodium Restriction in Essential Hypertension." *The Lancet*. Londres: 1989; 2(8674): p. 1.244-7.
32. RUDELT, A.; FRENCH, S.; HARNACK, L. "Fourteen-Year Trends in Sodium Content of Menu Offerings at Eight Leading Fast-Food Restaurants in the USA." *Public Health Nutrition*. [S.l.]: 2014; 17(8): p. 1.682-8.
33. SUCKLING, R.J.; HE, F.J.; MARKANDU, N.D.; MACGREGOR, G.A. "Dietary Salt Influences Postprandial Plasma Sodium Concentration and Systolic Blood Pressure." *Kidney International*. Nova York: 2012; 81(4): p. 407-11.
34. HE, F.J.; MACGREGOR, G.A. "Effect of Longer Term Modest Salt Reduction on Blood Pressure: Cochrane Systematic Review and Meta-Analysis of Randomised Trials." *BMJ: British Medical Journal / British Medical Association*. Londres: 2013; 346: f1325.
35. CELERMAJER, D.S.; NEAL, B. "Excessive Sodium Intake and Cardiovascular Disease: A-Salting Our Vessels." *Journal of the American College of Cardiology*. Nova York: 2013; 61(3): p. 344-5.
36. OLIVER, W.J.; COHEN, E.L.; NEEL, J.V. "Blood Pressure, Sodium Intake, and Sodium Related Hormones in the Yanomamo Indians, a 'No-Salt' Culture." *Circulation*. [S.l.]: 1975; 52(1): p. 146-51.
37. MANCILHA-CARVALHO, J. DE J.; DE SOUZA E SILVA, N.A. "The Yanomami Indians in the INTERSALT Study" [Os Yanomami no INTERSALT]. *Arquivos brasileiros de cardiologia*. São Paulo: 2003; 80(3): p. 289-300.
38. CELERMAJER, D.S.; NEAL, B. "Excessive Sodium Intake and Cardiovascular Disease: A-Salting our Vessels." *Journal of the American College of Cardiology*. Nova York: 2013; 61(3): p. 344-5.
39. MANCILHA-CARVALHO, J. DE J.; DE SOUZA E SILVA, N.A. "The Yanomami Indians in the INTERSALT Study" [Os Yanomami no INTERSALT]. *Arquivos brasileiros de cardiologia*. São Paulo: 2003; 80(3): p. 289-300.
40. MANCILHA-CARVALHO, J. DE J.; CREWS, D.E.. "Lipid Profiles of Yanomamo Indians of Brazil." *Preventive Medicine*. Nova York: 1990; 19(1): p. 66-75.
41. KEMPNER, W. "Treatment of Heart and Kidney Disease and of Hypertensive and Arteriosclerotic Vascular Disease with the Rice Diet." *Annals of Internal Medicine*. Filadélfia: 1949; 31(5): p. 821-56.
42. KLEMMER, P.; GRIM, C.E.; LUFT, F.C. "Who and What Drove Walter Kempner? The Rice Diet Revisited." *Hypertension*. [S.l.]: 2014; 64(4): p. 684-8.
43. KEMPNER, W. "Treatment of Heart and Kidney Disease and of Hypertensive and Arteriosclerotic Vascular Disease with the Rice Diet." *Annals of Internal Medicine*. Filadélfia: 1949; 31(5): p. 821-56.

NOTAS

44. ROBERTS, W.C. "High Salt Intake, Its Origins, Its Economic Impact, and Its Effect on Blood Pressure." *The American Journal of Cardiology*. Nova York: 2001; 88(11): p. 1.338-46.
45. DICKINSON, K.M.; CLIFTON, P.M.; KEOGH, J.B. "Endothelial Function is Impaired After a High-Salt Meal in Healthy Subjects." *The American Journal of Clinical Nutrition*. Bethesda: 2011; 93(3): p. 500-5.
46. DUPONT, J.J.; GREANEY, J.L.; WENNER, M.M. et al. "High Dietary Sodium Intake Impairs Endothelium-Dependent Dilation in Healthy Salt-resistant Humans." *Journal of Hypertension*. Londres: 2013; 31(3): p. 530-6.
47. DICKINSON, K.M.; CLIFTON, P.M.; KEOGH, J.B. "Endothelial Function is Impaired After a High-Salt Meal in Healthy Subjects." *The American Journal of Clinical Nutrition*. Bethesda: 2011; 93(3): p. 500-5.
48. GREANEY, J.L.; DUPONT, J.J.; LENNON-EDWARDS, S.L.; SANDERS, P.W.; EDWARDS, D.G.; FARQUHAR, W.B. "Dietary Sodium Loading Impairs Microvascular Function Independent of Blood Pressure in Humans: Role of Oxidative Stress." *J Physiol* (London). [S.l.]: 2012; 590 (part. 21): p. 5.519-28.
49. JABLONSKI, K.L.; RACINE, M.L.; GEOLFOS, C.J. et al. "Dietary Sodium Restriction Reverses Vascular Endothelial Dysfunction in Middle-Aged/Older Adults with Moderately Elevated Systolic Blood Pressure." *Journal of the American College of Cardiology*. Nova York: 2013; 61(3): p. 335-43.
50. MCCORD, J.. "Analysis of Superoxide Dismutase Activity." *Current Protocols in Toxicology*. Nova York: 1999; cap. 7: unid. 7.3.
51. DICKINSON, K.M.; CLIFTON, P.M.; BURRELL, L.M.; BARRETT, P.H.R.; KEOGH, J.B. "Postprandial Effects of a High Salt Meal on Serum Sodium, Arterial Stiffness, Markers of Nitric Oxide Production and Markers of Endothelial Function." *Atherosclerosis*. [S.l.]: 2014; 232(1): p. 211-6.
52. *Huang Ti Nei Ching Su Wuia [The Yellow Emperor's Classic of Internal Medicine]* (VEITH, I. Trad.) [Princípios de medicina interna do Imperador Amarelo.] Oakland, Califórnia: University of California Press; 1972: p. 141.
53. HANNEMAN, R.L.; SATIN, M. "Comments to the Dietary Guidelines Committee on behalf of the Salt Institute. Comment ID: 000447." 23 de abril de 2009.
54. "Vital Signs: Food Categories Contributing the Most to Sodium Consumption — United States, 2007-2008." *Morbidity and Mortality Weekly Report*. Atlanta: 2012; 61(5): p. 92-8.
55. MILLER, G.D. "Comments to the Dietary Guidelines Committee on Behalf of the National Dairy Council", 27 de julho de 2009.
56. ROBERTS, W.C. "High Salt Intake, Its Origins, Its Economic Impact, and Its Effect on Blood Pressure." *The American Journal of Cardiology*. Nova York: 2001; 88(11): p. 1.338-46.

COMO NÃO MORRER

57. MACGREGOR, G.; DE WARDENER, H.E. "Salt, Blood Pressure and Health." *International Journal of Epidemiology*. Londres: 2002; 31(2): p. 320-7.
58. APPEL, L.J.; ANDERSON, C.A.M. "Compelling Evidence for Public Health Action to Reduce Salt Intake." *The New England Journal of Medicine*. Boston: 2010; 362(7): p. 650-2.
59. ROBERTS, W.C. "High Salt Intake, Its Origins, Its Economic Impact, and Its Effect on Blood Pressure." *The American Journal of Cardiology*. Nova York: 2001; 88(11): p. 1.338-46.
60. "Buying this Chicken?" *Consumers Reports*. Junho de 2008; p. 7.
61. DREWNOWSKI, A.; REHM, C.D. "Sodium Intakes of US Children and Adults from Foods and Beverages by Location of Origin and by Specific Food Source." *Nutrients* [versão eletrônica]. Basel: 2013; 5(6): p. 1.840-55.
62. SERVIÇO DE PESQUISA AGRÍCOLA DO DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS, 2014. *USDA National Nutrient Database for Standard Reference, Release 27. Pizza Hut 14" Pepperoni Pizza, Pan Crust*. Disponível em: <<http://ndb.nal.usda.gov/ndb/foods/show/6800>>. Acesso em 22 de março de 2015.
63. DREWNOWSKI, A.; REHM, C.D. "Sodium Intakes of US Children and Adults from Foods and Beverages by Location of Origin and by Specific Food Source." *Nutrients* [versão eletrônica]. Basel: 2013; 5(6): p. 1.840-55.
64. BLAIS, C.A.; PANGBORN, R.M.; BORHANI, N.O.; FERREL, M.F.; PRINEAS, R.J.; LAING, B. "Effect of Dietary Sodium Restriction on Taste Responses to Sodium Chloride: A Longitudinal Study." *The American Journal of Clinical Nutrition*. Bethesda: 1986; 44(2): p. 232-43.
65. TUCKER, R.M.; MATTES, R.D. "Are Free Fatty Acids Effective Taste Stimuli in Humans?" Apresentado no simpósio The Taste for Fat: New Discoveries on the Role of Fat in Sensory Perception, Metabolism, Sensory Pleasure and Beyond, realizado no Encontro Anual do Instituto dos Tecnólogos em Alimentos de 2011, Nova Orleans, Louisiana, 12 de junho de 2011. *Journal of Food Science*. [S.l.]: 2012; 77(3): S148-51.
66. GRIEVE, F.G.; VANDER WEG, M.W. "Desire to Eat High-And Low-Fat Foods Following a Low-Fat Dietary Intervention." *Journal of Nutrition Education and Behavior*. [S.l.]: 2003; 35(2): p. 98-102.
67. STEWART, J.E.; NEWMAN, L.P.; KEAST, R.S. "Oral Sensitivity to Oleic Acid is Associated with Fat Intake and Body Mass Index." *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2011; 30(6): p. 838-44.
68. STEWART, J.E.; KEAST, R.S. "Recent Fat Intake Modulates Fat Taste Sensitivity in Lean and Overweight Subjects." *International Journal of Obesity (London)*. Londres: 2012; 36(6): p. 834-42.

NOTAS

69. ROBERTS, W.C. "High Salt Intake, Its Origins, Its Economic Impact, and Its Effect on Blood Pressure." *The American Journal of Cardiology*. Nova York: 2001; 88(11): p. 1.338-46.
70. NEWSON, R.S.; ELMADFA, I.; BIRO, G. et al. "Barriers for Progress in Salt Reduction in the General Population. An International Study." *Appetite*. Londres: 2013; 71: p. 22-31.
71. CAPPUCCIO, F.P.; CAPEWELL, S.; LINCOLN, P.; MCPHERSON, K. "Policy Options to Reduce Population Salt Intake." *BMJ: British Medical Journal/British Medical Association*. Londres: 2011; 343: d4995.
72. TOLDRÁ, F.; BARAT, J.M. "Strategies for Salt Reduction in Foods." *Recent Patents on Food, Nutrition & Agriculture*. Sharjah, Emirados Árabes Unidos: 2012; 4(1): p. 19-25.
73. LIN, B.-H.; GUTHRIE, J. *Nutritional Quality of Food Prepared at Home and Away from Home, 1977-2008*. [S.l.]: Serviço de Pesquisa Econômica do Departamento de Agricultura dos Estados Unidos, dezembro de 2012.
74. NEWSON, R.S.; ELMADFA, I.; BIRO, G. et al. "Barriers for Progress in Salt Reduction in the General Population. An International Study." *Appetite*. Londres: 2013; 71: p. 22-31.
75. ROBERTS, W.C. "High Salt Intake, Its Origins, Its Economic Impact, and Its Effect on Blood Pressure." *The American Journal of Cardiology*. Nova York: 2001; 88(11): p. 1.338-46.
76. DEPARTAMENTO DE AGRICULTURA E DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS DOS ESTADOS UNIDOS. *Dietary Guidelines for Americans, 2010*. 7. ed.. Washington, D.C.: Imprensa Oficial do Governo dos Estados Unidos, dezembro de 2010.
77. KARPPANEN, H.; MERVAALA, E. "Sodium Intake and Hypertension." *Progress in Cardiovascular Diseases*. Filadélfia: 2006; 49(2): p. 59-75.
78. LAW, M.R.; MORRIS, J.K.; WALD, N.J. "Use of Blood Pressure Lowering Drugs in the Prevention of Cardiovascular Disease: Meta-Analysis of 147 Randomised Trials in the Context of Expectations from Prospective Epidemiological Studies." *BMJ: British Medical Journal/British Medical Association*. Londres: 2009; 338: b1665.
79. TIGHE, P.; DUTHIE, G.; VAUGHAN, N. et al. "Effect of Increased Consumption of Whole-Grain Foods on Blood Pressure and Other Cardiovascular Risk Markers in Healthy Middle-Aged Persons: A Randomized Controlled Trial." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 92(4): p. 733-40.
80. DIACONU, C.C.; BALACEANU, A.; BARTOS, D. "Diuretics, First-Line Antihypertensive Agents: Are They Always Safe in the Elderly?" *Romanian Journal of Internal Medicine: Revue roumaine de médecine interne*. Bucareste: 2014; 52(2): p. 87-90.

COMO NÃO MORRER

81. LI, C.I.; DALING, J.R.; TANG, M.T.; HAUGEN, K.L.; PORTER, P.L.; MALONE, K.E. "Use of Antihypertensive Medications and Breast Cancer Risk Among Women Aged 55 to 74 Years." *Journal of the American Medical Association Internal Medicine*. Chicago: 2013; 173(17): p. 1.629-37.
82. KAISER, E.A.; LOTZE, U.; SCHISER, H.H. "Increasing Complexity: Which Drug Class to Choose for Treatment of Hypertension in the Elderly?" *Clinical Interventions in Aging*. Auckland: 2014; 9: p. 459-75.
83. RASMUSSEN, E.R.; MEY, K.; BYGUM, A. "Angiotensin-Converting Enzyme Inhibitor-Induced Angioedema — A Dangerous New Epidemic." *Acta Dermatovenereologica*. [S.l.]: 2014; 94(3): p. 260-4.
84. TINETTI, M.E.; HAN, L.; LEE, D.S. et al. "Antihypertensive Medications and Serious Fall Injuries in a Nationally Representative Sample of Older Adults." *Journal of the American Medical Association Internal Medicine*. Chicago: 2014; 174(4): p. 588-95.
85. YE, E.Q.; CHACKO, S.A.; CHOU, E.L.; KUGIZAKI, M.; LIU, S. "Greater Whole-Grain Intake is Associated with Lower Risk of Type 2 Diabetes, Cardiovascular Disease, and Weight Gain." *The Journal of Nutrition*. [S.l.]: 2012; 142(7): p. 1.304-13.
86. AUNE, D.; CHAN, D.S.; LAU, R. et al. Dietary Fibre, "Whole Grains, and Risk of Colorectal Cancer: Systematic Review and Dose-Response Meta-Analysis of Prospective Studies." *BMJ: British Medical Journal / British Medical Association*. Londres: 2011; 343: d6617.
87. TIGHE, P.; DUTHIE, G.; VAUGHAN, N. et al. "Effect of Increased Consumption of Whole-Grain Foods on Blood Pressure and Other Cardiovascular Risk Markers in Healthy Middle-Aged Persons: A Randomized Controlled Trial." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 92(4): p. 733-40.
88. SUN, Q.; SPIEGELMAN, D.; VAN DAM, R.M. et al. "White Rice, Brown Rice, and Risk of Type 2 Diabetes in US Men and Women." *Archives of Internal Medicine*. Chicago: 2010; 170(11): p. 961-9.
89. YE, E.Q.; CHACKO, S.A.; CHOU, E.L.; KUGIZAKI, M.; LIU, S. "Greater Whole-Grain Intake is Associated with Lower Risk of Type 2 Diabetes, Cardiovascular Disease, and Weight Gain." *The Journal of Nutrition*. [S.l.]: 2012; 142(7): p. 1.304-13.
90. MELLEN, P.B.; LIESE, A.D.; TOOZE, J.A.; VITOLINS, M.Z.; WAGENKNECHT, L.E.; HERRINGTON, D.M. "Whole-Grain Intake and Carotid Artery Atherosclerosis in a Multiethnic Cohort: The Insulin Resistance Atherosclerosis Study." *The American Journal of Clinical Nutrition*. Bethesda: 2007; 85(6): p. 1.495-502.
91. ERKKILÄ, A.T.; HERRINGTON, D.M.; MOZAFFARIAN, D. et al. "Cereal Fiber and Whole-Grain Intake Are Associated With Reduced Progression of Coronary-Artery Atherosclerosis in Postmenopausal Women with Coronary Artery Disease." *American Heart Journal*. St. Louis, Missouri: 2005; 150(1): p. 94-101.

NOTAS

92. GO, A.S.; BAUMAN, M.A.; COLEMAN KING, S.M. et al. "An Effective Approach to High Blood Pressure Control: A Science Advisory from the American Heart Association, the American College of Cardiology, and the Centers for Disease Control and Prevention." *Journal of the American College of Cardiology*. Nova York: 2014; 63(12): p. 1.230-8.
93. MAHMUD, A.; FEELY, J. "Low-Dose Quadruple Antihypertensive Combination: More Efficacious than Individual Agents — A Preliminary Report." *Hypertension*. [S.l.]: 2007; 49(2): p. 272-5.
94. KRONISH, IM.; WOODWARD, M.; SERGIE, Z.; OGEDEGBE, G.; FALZON, L.; MANN, D.M. "Meta-Analysis: Impact of Drug Class on Adherence to Antihypertensives." *Circulation*. [S.l.]: 2011; 123(15): p. 1.611-21.
95. MESSERLI, F.H.; BANGALORE, S. "Half a Century of Hydrochlorothiazide: Facts, Fads, Fiction, and Follies." *The American Journal of Medicine*. Nova York: 2011; 124(10): p. 896-9.
96. LAW, M.R.; MORRIS, J.K.; WALD, N.J. "Use of Blood Pressure Lowering Drugs in the Prevention of Cardiovascular Disease: Meta-Analysis of 147 Randomised Trials in the Context of Expectations from Prospective Epidemiological Studies." *BMJ: British Medical Journal/British Medical Association*. Londres: 2009; 338: b1665.
97. DONNISON, C.P. "Blood Pressure in the African Native." *The Lancet*. Londres: 1929; 213(5497): p. 6-7.
98. MORSE, W.R.; MCGILL, M.D.; BEH, Y.T. "Blood Pressure Amongst Aboriginal Ethnic Groups of Szechwan Province, West China." *The Lancet*. Londres: 1937; 229(5929): p. 966-8.
99. SACKS, F.M.; KASS, E.H. "Low Blood Pressure in Vegetarians: Effects of Specific Foods and Nutrients." *The American Journal of Clinical Nutrition*. Bethesda: 1988; 48 (supl. 3): p. 795-800.
100. GO, A.S.; BAUMAN, M.A.; COLEMAN KING, S.M. et al. "An Effective Approach to High Blood Pressure Control: A Science Advisory from the American Heart Association, the American College of Cardiology, and the Centers for Disease Control and Prevention." *Journal of the American College of Cardiology*. Nova York: 2014; 63(12): p. 1.230-8.
101. SHARMA, A.M.; SCHORR, U. "Dietary Patterns and Blood Pressure." *The New England Journal of Medicine*. Boston: 1997; 337(9): p. 637.
102. CHEN, Q.; TURBAN, S.; MILLER, E.R.; APPEL, L.J. "The Effects of Dietary Patterns on Plasma Renin Activity: Results from the Dietary Approaches to Stop Hypertension Trial." *Journal of Human Hypertension*. [S.l.]: 2012; 26(11): p. 664-9.
103. SACKS, F.M.; ROSNER, B.; KASS, E.H. "Blood Pressure in Vegetarians." *American Journal of Epidemiology*. [S.l.]: 1974; 100(5): p. 390-8.

COMO NÃO MORRER

104. DONALDSON, A.N. "The Relation of Protein Foods to Hypertension." *California and Western Medicine*. São Francisco: 1926; 24(3): p. 328-31.
105. APPEL, L.J.; BRANDS, M.W.; DANIELS, S.R. et al. "Dietary Approaches to Prevent and Treat Hypertension: A Scientific Statement from the American Heart Association." *Hypertension*. [S.l.]: 2006; 47(2): p. 296-308.
106. SACKS, F.M.; OBARZANEK, E.; WINDHAUSER, M.M. et al. "Rationale and Design of the Dietary Approaches to Stop Hypertension Trial (DASH). A Multicenter Controlled-Feeding Study of Dietary Patterns to Lower Blood Pressure." *Annals of Epidemiology*. Nova York: 1995; 5(2): p. 108-18.
107. KARANJA, N.M.; OBARZANEK, E.; LIN, P.H. et al. "Descriptive Characteristics of the Dietary Patterns Used in the Dietary Approaches to Stop Hypertension Trial. DASH Collaborative Research Group." *Journal of the American Dietetic Association*. [S.l.]: 1999; 99 (supl. 8): S19-27.
108. SACKS, F.M.; KASS, E. H. "Low Blood Pressure in Vegetarians: Effects of Specific Foods and Nutrients." *The American Journal of Clinical Nutrition*. Bethesda: 1988; 48 (supl. 3): p. 795-800.
109. DE PAULA, T.P.; STEEMBURGO, T.; DE ALMEIDA, J.C.; DALL'ALBA, V.; GROSS, J.L.; DE AZEVEDO, M.J. "The Role of Dietary Approaches to Stop Hypertension (DASH) Diet Food Groups in Blood Pressure in Type 2 Diabetes." *The British Journal of Nutrition*. [S.l.]: 2012; 108(1): p. 155-62.
110. YOKOYAMA, Y.; NISHIMURA, K.; BARNARD, N.D. et al. "Vegetarian Diets and Blood Pressure: A Meta-Analysis." *Journal of the American Medical Association Internal Medicine*. Chicago: 2014; 174(4): p. 577-87.
111. LE, L.T.; SABATÉ, J. "Beyond Meatless, the Health Effects of Vegan Diets: Findings from the Adventist Cohorts." *Nutrients* [versão eletrônica]. Basel: 2014; 6(6): p. 2.131-47.
112. FRASER, G.E.. "Vegetarian Diets: What do We Know of Their Effects on Common Chronic Diseases?" *The American Journal of Clinical Nutrition*. Bethesda: 2009; 89(5): 1607S-1612S.
113. TONSTAD, S.; STEWART, K.; ODA, K.; BATECH, M.; HERRING, R.P.; FRASER, G.E. "Vegetarian Diets and Incidence of Diabetes in the Adventist Health Study-2." *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2013; 23(4): p. 292-9.
114. FRASER, G.E.. "Vegetarian Diets: What do We Know of their Effects on Common Chronic Diseases?" *The American Journal of Clinical Nutrition*. Bethesda: 2009; 89(5): 1607S-1612S.
115. FONTANA, L.; MEYER, T.E.; KLEIN, S.; HOLLOSZY, J.O. "Long-Term Low-Calorie Low-Protein Vegan Diet and Endurance Exercise are Associated with Low

NOTAS

- Cardiometabolic Risk.” *Rejuvenation Research*. Larchmont, Nova York: 2007; 10(2): 225-p. 34.
116. RODRIGUEZ-LEYVA, D.; WEIGHELL, W.; EDEL, A.L. et al. “Potent Antihypertensive Action of Dietary Flaxseed in Hypertensive Patients.” *Hypertension*. [S.l.]: 2013; 62(6): p. 1.081-9.
117. CORNELISSEN, V.A.; BUYS, R.; SMART, N.A. “Endurance Exercise Beneficially Affects Ambulatory Blood Pressure: A Systematic Review and Meta-Analysis.” *Journal of Hypertension*. Londres: 2013; 31(4): p. 639-48.
118. GELEIJNSE, J.M. “Relation of Raw and Cooked Vegetable Consumption to Blood Pressure: the INTERMAP Study.” *Journal of Human Hypertension*. [S.l.]: 2014; 28(6): p. 343-4.
119. JAYALATH, V.H.; DE SOUZA, R.J.; SIEVENPIPER, J.L. et al. “Effect of Dietary Pulses on Blood Pressure: A Systematic Review and Meta-Analysis of Controlled Feeding Trials.” *American Journal of Hypertension*. [S.l.]: 2014; 27(1): p. 56-64.
120. CHIVA-BLANCH, G.; URPI-SARDA, M.; ROS, E et al. “Dealcoholized Red Wine Decreases Systolic and Diastolic Blood Pressure and Increases Plasma Nitric Oxide: Short Communication.” *Circulation Research*. Baltimore: 2012; 111(8): p. 1.065-8.
121. FIGUEROA, A.; SANCHEZ-GONZALEZ, M.A.; WONG, A.; ARJMANDI, B.H. “Watermelon Extract Supplementation Reduces Ankle Blood Pressure and Carotid Augmentation Index in Obese Adults with Prehypertension or Hypertension.” *American Journal of Hypertension*. [S.l.]: 2012; 25(6): p. 640-3.
122. GAMMON, C.S.; KRUGER, R.; BROWN, S.J.; CONLON, C.A.; VON HURST, P.R.; STONEHOUSE, W. “Daily Kiwifruit Consumption Did Not Improve Blood Pressure and Markers of Cardiovascular Function in Men with Hypercholesterolemia.” *Nutrition Research*. 2014; 34(3): p. 235-40.
123. ANDERSON, J.W.; WEITER, K.M.; CHRISTIAN, A.L.; RITCHEY, M.B.; BAYS, H.E. “Raisins Compared with Other Snack Effects on Glycemia and Blood Pressure: A Randomized, Controlled Trial.” *Postgraduate Medicine*. [S.l.]: 2014; 126(1): p. 37-43.
124. AKHTAR, S.; ISMAIL, T.; RIAZ, M. “Flaxseed — A Miraculous Defense Against Some Critical Maladies.” *Pakistan Journal of Pharmaceutical Sciences*. Karachi, Paquistão: 2013; 26(1): p. 199-208.
125. RODRIGUEZ-LEYVA, D.; WEIGHELL, W.; EDEL, A.L. et al. “Potent Antihypertensive action of Dietary Flaxseed in Hypertensive Patients.” *Hypertension*. [S.l.]: 2013; 62(6): p. 1.081-9.
126. NINOMIYA, T.; PERKOVIC, V.; TURNBULL, F. et al. “Blood Pressure Lowering and Major Cardiovascular Events in People with and without Chronic Kidney Disease: Meta-Analysis of Randomised Controlled Trials.” *BMJ: British Medical Journal / British Medical Association*. Londres: 2013; 347: f. 5680.

COMO NÃO MORRER

127. GOYAL, A.; SHARMA, V.; UPADHYAY, N.; GILL, S.; SIHAG, M. "Flax and Flaxseed Oil: an Ancient Medicine & Modern Functional Food." *Journal of Food Science and Technology*. [S.l.]: 2014; 51(9): p. 1.633-53.
128. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [electronic source]. Londres: 2010; 9: p. 3.
129. FRANK, T.; NETZEL, G.; KAMMERER, D.R. et al. "Consumption of Hibiscus Sabdariffa L. Aqueous Extract and Its Impact on Systemic Antioxidant Potential in Healthy Subjects." *Journal of the Science of Food and Agriculture*. [S.l.]: 2012; 92(10): p. 2.207-18.
130. CHANG, H.C.; PENG, C.H.; YEH, D.M.; KAO, E.S.; WANG, C.J. "Hibiscus Sabdariffa Extract Inhibits Obesity and Fat Accumulation, and Improves Liver Steatosis in Humans." *Food & Function*. Cambridge, Inglaterra: 2014; 5(4): p. 734-9.
131. MOZAFFARI-KHOSRAVI, H.; JALALI-KHANABADI, B.A.; AFKHAMI-ARDEKANI, M.; FATEHI, F. "Effects of Sour Tea (Hibiscus Sabdariffa) on Lipid Profile and Lipoproteins in Patients with Type II Diabetes." *The Journal of Alternative and Complementary Medicine: Research on Paradigm, Practice, and Policy*. Nova York: 2009; 15(8): p. 899-903.
132. AZIZ, Z.; WONG, S.Y.; CHONG, N.J. "Effects of Hibiscus Sabdariffa L. on Serum Lipids: A Systematic Review and Meta-Analysis." *Journal of Ethnopharmacology*. [S.l.]: 2013; 150(2): p. 442-50.
133. LIN, T.-L.; LIN, H.-H.; CHEN, C.-C. et al. "Hibiscus Sabdariffa Extract Reduces Serum Cholesterol in Men and Women." *Nutrition Research*. 2007; 27: p. 140-5.
134. HOPKINS, A.L.; LAMM, M.G.; FUNK, J.L.; RITENBAUGH, C. "Hibiscus Sabdariffa L. in the Treatment of Hypertension and Hyperlipidemia: a Comprehensive Review of Animal and Human Studies. *Fitoterapia*." Amsterdã: 2013; 85: p. 84-94.
135. MCKAY, D.L.; CHEN, C.Y.; SALTZMAN, E.; BLUMBERG, J.B. "Hibiscus Sabdariffa L. Tea (Tisane) Lowers Blood Pressure in Prehypertensive and Mildly Hypertensive Adults." *The Journal of Nutrition*. [S.l.]: 2010; 140(2): p. 298-303.
136. CHOBANIAN, A.V.; BAKRIS, G.L.; BLACK, H.R. et al. "Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure." *Hypertension*. [S.l.]: 2003; 42(6): p. 1.206-52.
137. MCKAY, D.L.; CHEN, C.Y.; SALTZMAN, E.; BLUMBERG, J.B. "Hibiscus Sabdariffa L. Tea (tisane) Lowers Blood Pressure in Prehypertensive and Mildly Hypertensive Adults." *The Journal of Nutrition*. [S.l.]: 2010; 140(2): p. 298-303.
138. HERRERA-ARELLANO, A.; FLORES-ROMERO, S.; CHÁVEZ-SOTO, M.A.; TORTORIELLO, J. "Effectiveness and Tolerability of a Standardized Extract from Hibiscus Sabdariffa in Patients with Mild to Moderate Hypertension: A Controlled and Randomized Clinical Trial." *Phytomedicine: International Journal of Phytotherapy and Phytopharmacology*. Stuttgart, Alemanha: 2004; 11(5): p. 375-82.

NOTAS

139. Food and Drug Administration. CAPOTEN® (Captopril Tablets, USP).
140. HENDRICKS, J.L.; MARSHALL, T.A.; HARLESS, J.D.; HOGAN, M.M.; QIAN, F.; WEFEL, J.S. "Erosive Potentials of Brewed Teas." *American Journal of Dentistry*. San Antonio, Texas: 2013; 26(5): p. 278-82.
141. MALIK, J.; FRANKOVA, A.; DRABEK, O.; SZAKOVA, J.; ASH, C.; KOKOSKA, L. "Aluminium and Other Elements in Selected Herbal Tea Plant Species and Their Infusions." *Food Chemistry*. Barking, Inglaterra: 2013; 139 (1-4): p. 728-34.
142. FÖRSTERMANN, U. "Janus-Faced Role of Endothelial NO Synthase in Vascular Disease: Uncoupling of Oxygen Reduction from NO Synthesis and Its Pharmacological Reversal." *Biological Chemistry*. Berlin: 2006; 387(12): p. 1.521-33.
143. FRANZINI, L.; ARDIGÒ, D.; VALTUEÑA, S. et al. "Food Selection Based on High Total Antioxidant Capacity Improves Endothelial Function in a Low Cardiovascular Risk Population." *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2012; 22(1): p. 50-7.
144. WEBB, A.J.; PATEL, N.; LOUKOGEORGAKIS, S. et al. "Acute Blood Pressure Lowering, Vasoprotective, and Antiplatelet Properties of Dietary Nitrate Via Bioconversion to Nitrite." *Hypertension*. [S.l.]: 2008; 51(3): p. 784-90.
145. SMITH, R.E.; ASHIYA, M. "Antihypertensive Therapies." *Nature Reviews. Drug Discovery*. Londres: 2007; 6(8): p. 597-8.
146. KAPIL, V.; KHAMBATA, R.S.; ROBERTSON, A.; CAULFIELD, M.J.; AHLUWALIA, A. "Dietary Nitrate Provides Sustained Blood Pressure Lowering in Hypertensive Patients: A Randomized, Phase 2, Double-Blind, Placebo-controlled Study." *Hypertension*. [S.l.]: 2015; 65(2): p. 320-7.
147. WYLIE, L.J.; KELLY, J.; BAILEY, S.J. et al. "Beetroot Juice and Exercise: Pharmacodynamic and Dose-Response Relationships." *Journal of Applied physiology (Bethesda, Md. : 1985)*. Bethesda: 2013; 115(3): p. 325-36.
148. AUTORIDADE EUROPEIA DE SEGURANÇA ALIMENTAR. "Nitrate in Vegetables: Scientific Opinion of the Panel on Contaminants in the Food Chain." *EFSA Journal*. [S.l.]: 2008; 689: p. 1-79.
149. MURPHY, M.; ELIOT, K.; HEUERTZ, R.M.; WEISS, E. "Whole Beetroot Consumption Acutely Improves Running Performance." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(4): p. 548-52.
150. CLEMENTS, W.T.; LEE, S.R.; BLOOMER, R.J. "Nitrate Ingestion: A Review of the Health and Physical Performance Effects. *Nutrients*" [versão eletrônica]. Basel: 2014; 6(11): p. 5.224-64.
151. HORD, N.G.; TANG, Y.; BRYAN, N.S. "Food Sources of Nitrates and Nitrites: The Physiologic Context for Potential Health Benefits." *The American Journal of Clinical Nutrition*. Bethesda: 2009; 90(1): p. 1-10.

COMO NÃO MORRER

152. BHUPATHIRAJU, S.N.; WEDICK, N.M.; PAN, A. et al. "Quantity and Variety in Fruit and Vegetable Intake and Risk of Coronary Heart Disease." *The American Journal of Clinical Nutrition*. Bethesda: 2013; 98(6): p. 1.514-23.
153. TAMAKOSHI, A.; TAMAKOSHI, K.; LIN, Y.; YAGYU, K.; KIKUCHI, S. "Healthy Lifestyle and Preventable Death: Findings from the Japan Collaborative Cohort (JACC) Study." *Preventive Medicine*. Nova York: 2009; 48(5): p. 486-92.
154. WANG, F.; DAI, S.; WANG, M.; MORRISON, H. "Erectile Dysfunction and Fruit/Vegetable Consumption Among Diabetic Canadian Men." *Urology*. [S.l.]: 2013; 82(6): p. 1.330-5.
155. PRESLEY, T.D.; MORGAN, A.R.; BECHTOLD, E. et al. "Acute Effect of a High Nitrate Diet on Brain Perfusion in Older Adults." *Nitric Oxide: Biology and Chemistry*. San Diego: 2011; 24(1): p. 34-42.
156. ENGAN, H.K.; JONES, A.M.; EHRENBERG, F.; SCHAGATAY, E. "Acute Dietary Nitrate Supplementation Improves Dry Static Apnea Performance." *Respiratory Physiology & Neurobiology*. Amsterdã: 2012; 182(2-3): p. 53-9.
157. BAILEY, S.J.; WINYARD, P.; VANHATALO, A. et al. "Dietary Nitrate Supplementation Reduces the O₂ Cost of Low-Intensity Exercise and Enhances Tolerance to High-intensity Exercise in Humans." *Journal of Applied physiology (Bethesda, Md.: 1985)*. Bethesda: 2009; 107(4): p. 1.144-55.
158. MURPHY, M.; ELIOT, K.; HEUERTZ, R.M.; WEISS, E. "Whole Beetroot Consumption Acutely Improves Running Performance." *Journal of the Academy of Nutrition and Dietetics*. New York: 2012; 112(4): p. 548-52.
159. LIDDER, S.; WEBB, A.J. "Vascular Effects of Dietary Nitrate (as Found in Green Leafy Vegetables and Beetroot) Via the Nitrate-Nitrite-Nitric Oxide Pathway." *British Journal of Clinical Pharmacology* [S.l.]: 2013; 75(3): p. 677-96.
160. WYLIE, L.J.; KELLY, J.; BAILEY, S.J. et al. "Beetroot Juice and Exercise: Pharmacodynamic and Dose-Response Relationships." *Journal of Applied physiology (Bethesda, Md.: 1985)*. Bethesda: 2013; 115(3): p. 325-36.

8. Como não morrer de doenças do fígado

1. CHIRAS, D.D. *Human Biology*. Burlington, Massachusetts: Jones & Bartlett Learning, 2015.
2. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. "Death: Final Data for 2013 Table 10. Number of Deaths from 113 Selected Causes." Relatório do Censo Nacional 2016; 64(2).
3. SUPERVISÃO DO INSTITUTO NACIONAL DO CÂNCER, PROGRAMA DE EPIDEMIOLOGIA E RESULTADOS FINAIS. Informativo sobre Estatísticas

NOTAS

- do Seer: Câncer de Fígado e Ducto Biliar Intra-Hepático. Disponível em: <<http://seer.cancer.gov/statfacts/html/livibd.html>>. Acesso em 3 de maio de 2015.
4. HOLUBEK, W.J.; KALMAN, S.; HOFFMAN, R.S. “Acetaminophen-Induced Acute Liver Failure: Results of a United States Multicenter, Prospective Study.” *Hepatology: Official Journal of the American Association for the Study of Liver Diseases*. [S.l.]: 2006; 43(4): p. 880.
 5. MOKDAD, A.H.; MARKS, J.S.; STROUP, D.F.; GERBERDING, J.L. “Actual Causes of Death in the United States, 2000.” *Journal of the American Medical Association*. Chicago: 2004; 291(10): p. 1.238-45.
 6. CDC Morbidity and Mortality Weekly Report. *Alcohol-Attributable Deaths and Years of Potential Life Lost — United States, 2001*. Disponível em: <<http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5337a2.htm>>. 24 de setembro de 2004. Acesso em 2 de março de 2015.
 7. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. Informativo sobre o Uso de Álcool e Sua Saúde. Disponível em: <<http://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>>. 7 de novembro de 2014. Acesso em 2 de março de 2015.
 8. SCHWARTZ, J.M.; REINUS, J.F. “Prevalence and Natural History of Alcoholic Liver Disease.” *Clinics in Liver Disease*. Filadélfia: 2012; 16(4): p. 659-66.
 9. LANE, B.P.; LIEBER, C.S. “Ultrastructural Alterations in Human Hepatocytes Following Ingestion of Ethanol with Adequate Diets.” *The American Journal of Pathology*. [S.l.]: 1966; 49(4): p. 593-603.
 10. MENDENHALL, C.L. “Anabolic Steroid Therapy as an Adjunct to Diet in Alcoholic Hepatic Steatosis.” *The American Journal of Digestive Diseases*. Nova York: 1968; 13(9): 783-91.
 11. O’SHEA, R.S.; DASARATHY, S.; MCCULLOUGH, A.J. “Alcoholic Liver Disease.” *Hepatology: Official Journal of the American Association for the Study of Liver Diseases*. [S.l.]: 2010; 51(1): p. 307-28.
 12. MANDAYAM, S.; JAMAL, M.M.; MORGAN, T.R. “Epidemiology of Alcoholic Liver Disease.” *Seminars in Liver Disease*. Nova York: 2004; 24(3): p. 217-32.
 13. GALAMBOS, J.T. “Natural History of Alcoholic Hepatitis. 3. Histological Changes.” *Gastroenterology*. [S.l.]: 1972; 63(6): p. 1.026-35.
 14. WOERLE, S.; ROEBER, J.; LANDEN, M.G. “Prevalence of Alcohol Dependence Among Excessive Drinkers in New Mexico.” *Alcoholism, Clinical and Experimental Research*. [S.l.]: 2007; 31(2): p. 293-8.
 15. KASKUTAS, L.A. “Alcoholics Anonymous Effectiveness: Faith Meets Science.” *Journal of Addictive Diseases*. [S.l.]: 2009; 28(2): p. 145-57.
 16. GRØNBAEK, M. “The Positive and Negative Health Effects of Alcohol and the Public Health Implications.” *Journal of Internal Medicine*. Oxford: 2009; 265(4): p. 407-20.

COMO NÃO MORRER

17. BRITTON, A.; MARMOT, M. G.; SHIPLEY, M. "Who Benefits Most from the Cardioprotective Properties of Alcohol Consumption — Health Freaks or Couch Potatoes?" *Journal of Epidemiology and Community Health*. Londres: 2008; 62(10): p. 905-8.
18. AGARWAL, D. P. "Cardioprotective Effects of Light-Moderate Consumption of Alcohol: A Review of Putative Mechanisms." *Alcohol and Alcoholism: International Journal of the Medical Council on Alcoholism*. Oxford: 2002; 37(5): p. 409-15.
19. BRITTON, A.; MARMOT, M. G.; SHIPLEY, M. "Who Benefits Most from the Cardioprotective Properties of Alcohol Consumption — Health Freaks or Couch Potatoes?" *Journal of Epidemiology and Community Health*. Londres: 2008; 62(10): p. 905-8.
20. BRITTON, A.; MARMOT, M. G.; SHIPLEY, M. "Who Benefits Most from the Cardioprotective Properties of Alcohol Consumption — Health Freaks or Couch Potatoes?" *Journal of Epidemiology and Community Health*. Londres: 2008; 62(10): p. 905-8.
21. KECHAGIAS, S.; ERNESSON, Å.; DAHLQVIST, O. et al. "Fast-Food-Based Hyper-Blimentation Can Induce Rapid and Profound Elevation of Serum Alanine Aminotransferase in Healthy Subjects." *Gut*. Londres: 2008; 57(5): p. 649-54.
22. MCCARTHY, E. M.; RINELLA, M. E. "The Role of Diet and Nutrient Composition in Nonalcoholic Fatty Liver Disease." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(3): p. 401-9.
23. SILVERMAN, J. F.; PORIES, W. J.; CARO, J. F. "Liver Pathology in Diabetes Mellitus and Morbid Obesity: Clinical, Pathological and Biochemical Considerations." *Pathology Annual*. [S.l.]: 1989; 24: p. 275-302.
24. SINGH, S.; ALLEN, A. M.; WANG, Z.; PROKOP, L. J.; MURAD, M. H.; LOOMBA, R. "Fibrosis Progression in Nonalcoholic Fatty Liver vs Nonalcoholic Steatohepatitis: A Systematic Review and Meta-Analysis of Paired-Biopsy Studies." *Clinical Gastroenterology and Hepatology: The Official Clinical Practice Journal of the American Gastroenterological Association*. Filadélfia: 2014; S1542-3565(14): 00602-8.
25. ZELBER-SAGI, S.; NITZAN-KALUSKI, D.; GOLDSMITH, R. et al. "Long Term Nutritional Intake and the Risk for Non-Alcoholic Fatty Liver Disease (NAFLD): A Population Based Study." *Journal of Hepatology*. Amsterdã: 2007; 47(5): p. 711-7.
26. ZELBER-SAGI, S.; NITZAN-KALUSKI, D.; GOLDSMITH, R. et al. "Long Term Nutritional Intake and the Risk for Non-Alcoholic Fatty Liver Disease (NAFLD): A Population Based Study." *Journal of Hepatology*. Amsterdã: 2007; 47(5): p. 711-7.
27. LONGATO, L. "Non-Alcoholic Fatty Liver Disease (NAFLD): A Tale of Fat and Sugar?" *Fibrogenesis & Tissue Repair* [versão eletrônica]. Londres: 2013; 6(1): p. 14.
28. MUSSO, G.; GAMBINO, R.; DE MICHIELI, F. et al. "Dietary Habits and Their Relations to Insulin Resistance and Postprandial Lipemia in Nonalcoholic Steatohepatitis." *Hepatology: Official Journal of the American Association for the Study of Liver Diseases*. [S.l.]: 2003; 37(4): p. 909-16.

NOTAS

29. KONTOGIANNI, M.D.; TILELI, N.; MARGARITI, A. et al. "Adherence to the Mediterranean Diet is Associated with the Severity of Non-Alcoholic Fatty Liver Disease." *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2014; 33(4): p. 678-83.
30. KIM, E.J.; KIM, B.H.; SEO, H.S. et al. "Cholesterol-Induced Non-Alcoholic Fatty Liver Disease and Atherosclerosis Aggravated by Systemic Inflammation." *PLoS ONE* [versão eletrônica]. São Francisco: 2014; 9(6): e97841.
31. YASUTAKE, K.; NAKAMUTA, M.; SHIMA, Y. et al. "Nutritional Investigation of Non-Obese Patients with Non-Alcoholic Fatty Liver Disease: The Significance of Dietary cholesterol." *Scandinavian Journal of Gastroenterology*. [S.l.]: 2009; 44(4): p. 471-7.
32. DUEWELL, P.; KONO, H.; RAYNER, K.J. et al. "NLRP3 Inflammasomes Are Required for Atherogenesis and Activated by Cholesterol Crystals that Form Early in Disease." *Nature*. [S.l.]: 2010; 464(7293): p. 1.357-61.
33. IOANNOU, G.N.; HAIGH, W.G.; THORNING, D.; SAVARD, C. "Hepatic Cholesterol Crystals and Crown-Like Structures Distinguish NASH from Simple Steatosis." *Journal of Lipid Research*. [S.l.]: 2013; 54(5): p. 1.326-34.
34. SERVIÇO DE PESQUISA AGRÍCOLA DO DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. "National Nutrient Database for Standard Reference Release 27. Basic Report: 21359, McDonald's, Sausage McMuffin with Egg." Disponível em: <<http://ndb.nal.usda.gov/ndb/foods/show/6845>>. Acesso em 2 de março de 2015.
35. IOANNOU, G.N.; MORROW, O.B.; CONNOLE, M.L.; LEE, S.P. "Association Between Dietary Nutrient Composition and the Incidence of Cirrhosis or Liver Cancer in the United States Population." *Hepatology: Official Journal of the American Association for the Study of Liver Diseases*. [S.l.]: 2009; 50(1): p. 175-84.
36. INSTITUTO NACIONAL DE DIABETES E DOENÇAS DIGESTIVAS E DOS RINS. *Liver Transplantation*. Junho de 2010.
37. KWAK, J.H.; BAEK, S.H.; WOO, Y. et al. "Beneficial Immunostimulatory Effect of Short-Term Chlorella Supplementation: Enhancement of Natural Killer Cell Activity and Early Inflammatory Response (Randomized, Double-Blinded, Placebo-Controlled Trial)." *Nutrition Journal* [versão eletrônica]. Londres: 2012; 11: p. 53.
38. AZOCAR, J.; DIAZ A. "Efficacy and Safety of Chlorella Supplementation in Adults with Chronic Hepatitis C Virus Infection." *World Journal of Gastroenterology*. [S.l.]: 21 de fevereiro de 2013; 19(7): p. 1.085-90.
39. GOOZNER, M. "Why Sovaldi Shouldn't Cost \$84,000." *Modern Healthcare*. Chicago: 2014; 44(18): p. 26.

COMO NÃO MORRER

40. LOCK, G.; DIRSCHERL, M.; OBERMEIER, F. et al. "Hepatitis C — Contamination of Toothbrushes: Myth or Reality?" *Journal of Viral Hepatitis*. Oxford: 2006; 13(9): p. 571-3.
41. BOCKET, L.; CHEVALIEZ, S.; TALBODEC, N.; SOBASZEK, A.; PAWLOTSKY, J.M.; YAZDANPANA, Y. "Occupational Transmission of Hepatitis C Virus Resulting from Use of the Same Supermarket Meat Slicer." *Clinical Microbiology and Infection: The Official Publication of the European Society of Clinical Microbiology and Infectious Diseases*. [S.l.]: 2011; 17(2): p. 238-41.
42. TEO, C.G. "Much Meat, Much Malady: Changing Perceptions of the Epidemiology of Hepatitis E." *Clinical Microbiology and Infection: The Official Publication of the European Society of Clinical Microbiology and Infectious Diseases*. [S.l.]: 2010; 16(1): p. 24-32.
43. YAZAKI, Y.; MIZUO, H.; TAKAHASHI, M. et al. "Sporadic Acute or Fulminant Hepatitis E in Hokkaido, Japan, May Be Food-Borne, as Suggested by the Presence of Hepatitis E Virus in Pig Liver as Food." *The Journal of General Virology*. Londres: 2003; 84 (part. 9): p. 2.351-7.
44. FEAGINS, A.R.; OPRIESSNIG, T.; GUENETTE, D.K.; HALBUR, P.G.; MENG, X.J. "Detection and Characterization of Infectious Hepatitis E Virus from Commercial Pig Livers Sold in Local Grocery Stores in the USA." *The Journal of General Virology*. Londres: 2007; 88 (part. 3): p. 912-7.
45. FEAGINS, A.R.; OPRIESSNIG, T.; GUENETTE, D.K.; HALBUR, P.G.; MENG, X.J. "Detection and Characterization of Infectious Hepatitis E Virus from Commercial Pig Livers Sold in Local Grocery Stores in the USA." *The Journal of General Virology*. Londres: 2007; 88 (part. 3): 912-7.
46. DALTON, H.R.; BENDALL, R.P.; PRITCHARD, C.; HENLEY, W.; MELZER, D. "National Mortality Rates from Chronic Liver Disease and Consumption of Alcohol and Pig Meat." *Epidemiology and Infection*. Cambridge, Inglaterra: 2010; 138(2): p. 174-82.
47. EMERSON, S.U.; ARANKALLE, V.A.; PURCELL, R.H. "Thermal Stability of Hepatitis E Virus." *The Journal of Infectious Diseases*. [S.l.]: 1º de setembro de 2005; 192(5): p. 930-3.
48. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. "What Can You Do to Protect Yourself and Your Family from Food Poisoning?" Disponível em: <<http://www.cdc.gov/foodsafety/prevention.html>>. 6 de setembro de 2013. Acesso em 11 de março de 2015.
49. SHINDE, N.R.; PATIL, T.B.; DESHPANDE, A.S.; GULHANE, R.V.; PATIL, M.B.; BANSOD, Y.V. "Clinical Profile, Maternal and Fetal Outcomes of Acute Hepatitis E in Pregnancy." *Annals of Medical and Health Sciences Research*. [S.l.]: 2014; 4 (supl. 2): S133-9.

NOTAS

50. NAVARRO, V.J.; BARNHART, H.; BONDOVSKY, H.L. et al. "Liver Injury from Herbs and Dietary Supplements in the U.S. Drug-Induced Liver Injury Network." *Hepatology: Official Journal of the American Association for the Study of Liver Diseases*. [S.l.]: 2014; 60(4): p. 1.399-408.
51. YU, E.L.; SIVAGNANAM, M.; ELLIS, L.; HUANG, J.S. "Acute Hepatotoxicity After Ingestion of Morinda Citrifolia (Noni Berry) Juice in a 14-Year-Old Boy." *Journal of Pediatric Gastroenterology and Nutrition*. Filadélfia: 2011; 52(2): p. 222-4.
52. LICATA, A.; CRAXT, A. "Considerations Regarding the Alleged Association Between Herbalife Products and Cases of Hepatotoxicity: A Rebuttal." *Internal and Emergency Medicine*. [S.l.]: 2014; 9(5): p. 601-2.
53. LOBB, A.L. "Science in Liquid Dietary Supplement Promotion: The Misleading Case of Mangosteen Juice." *Hawai'i Journal of Medicine & Public Health: A Journal of Asia Pacific Medicine & Public Health*. Honolulu: 2012; 71(2): p. 46-8.
54. LOBB, A.L. "Science in Liquid Dietary Supplement Promotion: The Misleading Case of Mangosteen Juice." *Hawai'i Journal of Medicine & Public Health: A Journal of Asia Pacific Medicine & Public Health*. Honolulu: 2012; 71(2): p. 46-8.
55. BOOZER, C.N.; NASSER, J.A.; HEYMSFIELD, S.B.; WANG, V.; CHEN, G.; SOLOMON, J.L. "An Herbal Supplement Containing Ma Huang-Guarana for Weight Loss: A Randomized, Double-Blind Trial." *International Journal of Obesity and Related Metabolic Disorders: Journal of the International Association for the Study of Obesity*. [S.l.]: 2001; 25(3): p. 316-24.
56. GOVERNMENT ACCOUNTABILITY OFFICE. *Dietary Supplements Containing Ephedra: Health Risks and FDA's Oversight*. Disponível em: <<http://www.gao.gov/assets/120/110228.pdf>>. 23 de julho de 2003. Acessado em 2 de março de 2015.
57. PREUSS, H.G.; BAGCHI, D.; BAGCHI, M.; RAO, C.V.; DEY, D.K.; SATYANARAYANA, S. "Effects of a Natural Extract of (-)- Hydroxycitric Acid (HCA-SX) and a Combination of HCA-SX Plus Niacin-bound Chromium and Gymnema Sylvestre Extract on Weight Loss." *Diabetes, Obesity & Metabolism*. Oxford: 2004; 6(3): p. 171-80.
58. FONG, T.L.; KLONTZ, K.C.; CANAS-COTO, A. et al. "Hepatotoxicity Due to Hydroxycut: A Case Series." *The American Journal of Gastroenterology*. [S.l.]: 2010; 105(7): p. 1.561-6.
59. YE, E.Q.; CHACKO, S.A.; CHOU, E.L.; KUGIZAKI, M.; LIU, S. "Greater Whole-Grain Intake is Associated with Lower Risk of Type 2 Diabetes, Cardiovascular Disease, and Weight Gain." *The Journal of Nutrition*. [S.l.]: 2012; 142(7): p. 1304-13.
60. KARL, J.P.; SALTZMAN, E. "The Role of Whole Grains in Body Weight Regulation." *Advances in Nutrition*. Bethesda: 2012; 3(5): p. 697-707.
61. YE, E.Q.; CHACKO, S.A.; CHOU, E.L.; KUGIZAKI, M.; LIU, S. "Greater Whole-Grain Intake is Associated with Lower Risk of Type 2 Diabetes, Cardiovascular Disease, and Weight Gain." *The Journal of Nutrition*. [S.l.]: 2012; 142(7): p. 1.304-13.

COMO NÃO MORRER

62. CHANG, H.-C.; HUANG, C.-N.; YEH, D.-M.; WANG, S.-J.; PENG, C.-H.; WANG, C.-J. "Oat Prevents Obesity and Abdominal Fat Distribution, and Improves Liver Function in Humans." *Plant Foods for Human Nutrition*. Dordrecht: 2013; 68(1): p. 18-23.
63. CHANG, H.-C.; HUANG, C.-N.; YEH, D.-M.; WANG, S.-J.; PENG, C.-H.; WANG, C.-J. "Oat Prevents Obesity and Abdominal Fat Distribution, and Improves Liver Function in Humans." *Plant Foods for Human Nutrition*. Dordrecht: 2013; 68(1):p. 18-23.
64. GEORGOULIS, M.; KONTOGIANNI, M.D.; TILELI, N. et al. "The Impact of Cereal Grain Consumption on the Development and Severity of Non-Alcoholic Fatty Liver Disease." *European Journal of Nutrition*. Darmstadt, Alemanha: 2014; 53(8): p. 1.727-35.
65. VALENTI, L.; RISO, P.; MAZZOCCHI, A.; PORRINI, M.; FARGION, S. AGOSTONI, C. "Dietary Anthocyanins as Nutritional Therapy for Non-Alcoholic Fatty Liver Disease." *Oxidative Medicine and Cellular Longevity*. Nova York: 2013; 2013: 145421.
66. SUDA, I.; ISHIKAWA, F.; HATAKEYAMA, M. et al. "Intake of Purple Sweet Potato Beverage Affects on Serum Hepatic Biomarker Levels of Healthy Adult Men with Borderline Hepatitis." *European Journal of Clinical Nutrition*. Londres: 2008; 62(1): p. 60-7.
67. SUN, J.; CHU, Y.F.; WU, X.; LIU, R.H. "Antioxidant and Antiproliferative Activities of Common Fruits." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2002; 50(25): p. 7.449-54.
68. FERGUSON, P.J.; KUROWSKA, E.M.; FREEMAN, D.J.; CHAMBERS, A.F.; KOROPATNICK, J. "In Vivo Inhibition of Growth of Human Tumor Lines by Flavonoid Fractions from Cranberry Extract." *Nutrition and Cancer*. Filadélfia: 2006; 56(1): p. 86-94.
69. SUN, J.; HAI LIU, R. "Cranberry Phytochemical Extracts Induce Cell Cycle Arrest and Apoptosis in Human MCF-7 Breast Cancer Cells." *Cancer Letters*. [S.l.]: 2006; 241(1): p. 124-34.
70. FERGUSON, P.J.; KUROWSKA, E.M.; FREEMAN, D.J.; CHAMBERS, A.F.; KOROPATNICK, J. "In Vivo Inhibition of Growth of Human Tumor Lines by Flavonoid Fractions from Cranberry Extract." *Nutrition and Cancer*. Filadélfia: 2006; 56(1): p. 86-94.
71. KRESTY, L.A.; HOWELL, A.B.; BAIRD, M. "Cranberry Proanthocyanidins Mediate Growth Arrest of Lung Cancer Cells Through Modulation of Gene Expression and Rapid Induction of Apoptosis." *Molecules: A Journal of Synthetic Chemistry and Natural Product Chemistry* [versão eletrônica]. Basel: 2011; 16(3): p. 2.375-90.

NOTAS

72. SEERAM, N.P.; ADAMS, L.S.; ZHANG, Y. et al. "Blackberry, Black Raspberry, Blueberry, Cranberry, Red Raspberry, and Strawberry Extracts Inhibit Growth and Stimulate Apoptosis of Human Cancer Cells in Vitro." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(25): p. 9.329-39.
73. KIM, K.K.; SINGH, A.P.; SINGH, R.K. et al. "Anti-Angiogenic Activity of Cranberry Proanthocyanidins and Cytotoxic Properties in Ovarian Cancer Cells." *International Journal of Oncology*. Atenas, Grécia: 2012; 40(1): p. 227-35.
74. DÉZIEL, B.; MACPHEE, J.; PATEL, K et al. "American Cranberry (Vaccinium Macrocarpon) Extract Affects Human Prostate Cancer Cell Growth Via Cell Cycle Arrest by Modulating Expression of Cell Cycle Regulators." *Food & Function*. Cambridge, Inglaterra: 2012; 3(5): p. 556-64.
75. LIU, M.; LIN, L.Q.; SONG, B.B. et al. "Cranberry Phytochemical Extract Inhibits SGC-7901 Cell Growth and Human Tumor Xenografts in Balb/c Nu/nu Mice." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2009; 57(2): p. 762-8.
76. SEERAM, N.P.; ADAMS, L.S.; HARDY, M.L.; HEBER, D. "Total Cranberry Extract Versus Its Phytochemical Constituents: Antiproliferative and Synergistic Effects Against Human Tumor Cell Lines." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2004; 52(9): p. 2.512-7.
77. GRACE, M.H.; MASSEY, A.R.; MBEUNKUI, F; YOUSEF, G.G.; LILA, M.A. "Comparison of Health-Relevant Flavonoids in Commonly Consumed Cranberry Products." *Journal of Food Science*. [S.l.]: 2012; 77(8): H176-83.
78. GRACE, M.H.; MASSEY, A.R.; MBEUNKUI, F; YOUSEF, G.G.; LILA, M.A. "Comparison of Health-Relevant Flavonoids in Commonly Consumed Cranberry Products." *Journal of Food Science*. [S.l.]: 2012; 77(8): H176-83.
79. VINSON, J.A.; BOSE, P; PROCH, J.; AL KHARRAT, H.; SAMMAN, N. "Cranberries and Cranberry Products: Powerful in Vitro, Ex Vivo, and in Vivo Sources of Antioxidants." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2008; 56(14): p. 5.884-91.
80. WHITE, B.L.; HOWARD, L.R.; PRIO, R.L. "Impact of Different Stages of Juice Processing on the Anthocyanin, Flavonol, and Procyanidin Contents of Cranberries." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2011; 59(9): p. 4.692-8.
81. ARNESEN, E.; HUSEBY, N.-E.; BRENN, T.; TRY, K. "The Tromsø Heart Study: Distribution of, and Determinants for, Gamma-Glutamyltransferase in a Free-Living Population." *Scandinavian Journal of Clinical and Laboratory Investigation*. [S.l.]: 1986; 46(1): p. 63-70.
82. RUHL, C.E.; EVERHART, J.E. "Coffee and Tea Consumption are Associated with a Lower Incidence of Chronic Liver Disease in the United States." *Gastroenterology*. [S.l.]: 2005; 129(6): p. 1.928-36.

COMO NÃO MORRER

83. SALGIA, R.; SINGAL, A.G. "Hepatocellular Carcinoma and Other Liver Lesions." *The Medical Clinics of North America*. Filadélfia: 2014; 98(1): p. 103-18.
84. SANG, L.X.; CHANG, B.; LI, X.-H.; JIANG, M. "Consumption of Coffee Associated with Reduced Risk of Liver Cancer: A Meta-Analysis." *BMC Gastroenterology* [versão eletrônica]. Londres: 2013; 13: p. 34.
85. LAI, G.Y.; WEINSTEIN, S.J.; ALBANES, D. et al. "The Association of Coffee Intake with Liver Cancer Incidence and Chronic Liver Disease Mortality in Male Smokers." *British Journal of Cancer*. Londres: 2013; 109(5): p. 1.344-51.
86. FUJITA, Y.; SHIBATA, A.; OGIMOTO, I. et al. "The Effect of Interaction Between Hepatitis C Virus and Cigarette Smoking on the Risk of Hepatocellular Carcinoma." *British Journal of Cancer*. Londres: 2006; 94(5): p. 737-9.
87. DANIELSSON, J.; KANGASTUPA, P.; LAATIKAINEN, T.; AALTO, M.; NIEMELÄ, O. "Dose- and Gender-Dependent Interactions Between Coffee Consumption and Serum GGT Activity in Alcohol Consumers." *Alcohol and Alcoholism: International Journal of the Medical Council on Alcoholism*. Oxford: 2013; 48(3): p. 303-7.
88. BRAVI, F.; BOSETTI, C.; TAVANI, A.; GALLU, S.; LAVECCHIA, C. "Coffee Reduces Risk for Hepatocellular Carcinoma: An Meta-analysis." *Clinical Gastroenterology and Hepatology: The Official Clinical Practice Journal of the American Gastroenterological Association*. Filadélfia: 2013; 11(11): 1413-21.e1.
89. BROWNING, J.D.; SZCZEPANIAK, L.S.; DOBBINS, R. et al. "Prevalence of Hepatic Steatosis in an Urban Population in the United States: Impact of Ethnicity." *Hepatology: Official Journal of the American Association for the Study of Liver Diseases*. [S.l.]: 2004; 40(6): p. 1.387-95.
90. CARDIN, R.; PICIOCCHI, M.; MARTINES, D.; SCRIBANO, L.; PETRACCO, M.; FARINATI, F. "Effects of Coffee Consumption in Chronic Hepatitis C: A Randomized Controlled Trial." *Digestive and Liver Disease: Official Journal of the Italian Society of Gastroenterology and the Italian Association for the Study of the Liver*. Amsterdã: 2013; 45(6): p. 499-504.
91. TORRES, D.M.; HARRISON, S.A. "Is It Time to Write a Prescription for Coffee? Coffee and Liver Disease." *Gastroenterology*. [S.l.]: 2013; 144(4): p. 670-2.
92. NG, V.; SAAB, S. "Can Daily Coffee Consumption Reduce Liver Disease-Related Mortality?" *Clinical Gastroenterology and Hepatology: The Official Clinical Practice Journal of the American Gastroenterological Association*. Filadélfia: 2013; 11(11): p. 1.422-3.
93. TORRES, D.M.; HARRISON, S.A. "Is It Time to Write a Prescription for Coffee? Coffee and Liver Disease." *Gastroenterology*. [S.l.]: 2013; 144(4): p. 670-2.
94. JULIANO, L.M.; GRIFFITHS, R.R. "A Critical Review of Caffeine Withdrawal: Empirical Validation of Symptoms and Signs, Incidence, Severity, and Associated Features." *Psychopharmacology (Berl.)*. Berlin: 2004; 176(1): p. 1-29.

NOTAS

95. O'KEEFE, J.H.; BHATTI, S.K.; PATIL, H.R.; DINICOLANTONIO, J.J.; LUCAN, S.C.; LAVIE, C.J. "Effects of Habitual Coffee Consumption on Cardiometabolic Disease, Cardiovascular Health, and All-Cause Mortality." *Journal of the American College of Cardiology*. Nova York: 2013; 62(12): p. 1.043-51.

9. Como não morrer de câncer do sangue

1. HUNGER, S.P.; LU, X.; DEVIDAS, M. et al. "Improved Survival for Children and Adolescents with Acute Lymphoblastic Leukemia Between 1990 and 2005: a Report from the Children's Oncology Group." *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 2012; 30(14): p. 1.663-9.
2. SUPERVISÃO DO INSTITUTO NACIONAL DO CÂNCER, PROGRAMA DE EPIDEMIOLOGIA E RESULTADOS FINAIS. Informativos sobre as estatísticas do Seer: Leucemia. Disponível em: <<http://seer.cancer.gov/statfacts/html/leuks.html>>. Acesso em 15 de junho de 2015.
3. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2014*. Atlanta: 2014.
4. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2014*. Atlanta: 2014.
5. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2014*. Atlanta: 2014.
6. KEY, T.J.; APPLEBY, P.N.; SPENCER, E.A. et al. "Cancer Incidence in British Vegetarians." *British Journal of Cancer*. Londres: 2009; 101(1): p. 192-7.
7. "Vegetarians Less Likely to Develop Cancer than Meat Eaters" [release para a imprensa]. Londres: *British Journal of Cancer*, 1º de julho de 2009.
8. SUPPIPAT, K.; PARK, C.S.; SHEN, Y.; ZHU, X.; LACORAZZA, H.D. "Sulforaphane Induces Cell Cycle Arrest and Apoptosis in Acute Lymphoblastic Leukemia Cells. *PLoS One*" [versão eletrônica]. São Francisco: 2012; 7(12): e51251.
9. HAN, X.; ZHENG, T.; FOSS, F. et al. "Vegetable and Fruit Intake and Non-Hodgkin Lymphoma Survival in Connecticut Women." *Leukemia & Lymphoma*. Londres: 2010; 51(6): p. 1.047-54.
10. THOMPSON, C.A.; CERHAN, J.R. "Fruit and Vegetable Intake and Survival from Non-Hodgkin Lymphoma: Does an Apple a Day Keep the Doctor Away?" *Leukemia & Lymphoma*. Londres: 2010; 51(6): p. 963-4.
11. THOMPSON, C.A.; HABERMANN, T.M.; WANG, A.H. et al. "Antioxidant Intake from Fruits, Vegetables and Other Sources and Risk of Non-Hodgkin's Lymphoma: The Iowa Women's Health Study." *International Journal of Cancer*. [S.l.]: 2010; 126(4): p. 992-1003.

COMO NÃO MORRER

12. HOLTAN, S.G.; O'CONNOR, H.M.; FREDERICKSEN, Z.S. et al. "Food-Frequency Questionnaire-Based Estimates of Total Antioxidant Capacity and Risk of Non-Hodgkin Lymphoma." *International Journal of Cancer*. [S.l.]: 2012; 131(5): p. 1.158-68.
13. HOLTAN, S.G.; O'CONNOR, H.M.; FREDERICKSEN, Z.S. et al. "Food-Frequency Questionnaire-Based Estimates of Total Antioxidant Capacity and Risk of Non-Hodgkin Lymphoma." *International Journal of Cancer*. [S.l.]: 2012; 131(5): p. 1.158-68.
14. THOMPSON, C.A.; HABERMANN, T.M.; WANG, A.H. et al. "Antioxidant Intake from Fruits, Vegetables and Other Sources and Risk of Non-Hodgkin's Lymphoma: The Iowa Women's Health Study." *International Journal of Cancer*. [S.l.]: 2010; 126(4): p. 992-1003.
15. BJELAKOVIC, G.; NIKOLOVA, D.; SIMONETTI, R.G.; GLUUD, C. "Antioxidant Supplements for Prevention of Gastrointestinal Cancers: A Systematic Review and Meta-Analysis." *The Lancet*. Londres: 2004; 364(9441): p. 1.219-28.
16. JACOBS, D.R.; TAPSELL, L.C. "Food Synergy: the Key to a Healthy Diet." *The Proceedings of the Nutrition Society*. [S.l.]: 2013; 72(2): p. 200-6.
17. ELSAYED, R.K.; GLISSON, J.K.; MINOR, D.S. "Rhabdomyolysis Associated with the Use of a Mislabeled "Acai Berry" Dietary Supplement." *The American Journal of the Medical Sciences*. [S.l.]: 2011; 342(6): p. 535-8.
18. ZHANG, Y.; WANG, D.; LEE, R.P.; HENNING, S.M.; HEBER, D. "Absence of Pomegranate Ellagitannins in the Majority of Commercial Pomegranate Extracts: Implications for Standardization and Quality Control." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2009; 57(16): p. 7.395-400.
19. ZHANG, Y.; KRUEGER, D.; DURST, R. et al. "International Multidimensional Authenticity Specification (IMAS) Algorithm for Detection of Commercial Pomegranate Juice Adulteration." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2009; 57(6): p. 2.550-7.
20. DEL POZO-INSFRAN, D.; PERCIVAL, S.S.; TALCOTT, S.T. "Açai (Euterpe Oleracea Mart.) Polyphenolics in Their Glycoside and Aglycone Forms Induce Apoptosis of HL-60 Leukemia Cells." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(4): p. 1.222-9.
21. SCHAUSS, A.G.; WU, X.; PRIOR, R.L. et al. "Antioxidant Capacity and Other Bioactivities of the Freeze-Dried Amazonian Palm Berry, Euterpe Oleracea Mart. (Acai)." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(22): p 8.604-10.
22. JENSEN, G.S.; AGER, D.M., REDMAN, K.A.; MITZNER, M.A.; BENSON, K.F.; SCHAUSS, A.G. "Pain Reduction and Improvement in Range of Motion

NOTAS

- After Daily Consumption of an Açai (*Euterpe Oleracea* Mart.) Pulp-Fortified Polyphenolic-Rich Fruit and Berry Juice Blend.” *Journal of Medicinal Food*. Larchmont, New York: 2011; 14(7-8): p. 702-11.
23. UDANI, J.K.; SINGH, B.B.; SINGH, V.J.; BARRETT, M.L. “Effects of Açai (*Euterpe Oleracea* Mart.) Berry Preparation on Metabolic Parameters in a Healthy Overweight Population: a Pilot Study.” *Nutrition Journal* [versão eletrônica]. Londres: 2011; 10: p. 45.
 24. HAYTOWITZ, D.B.; BHAGWAT, S.A. *USDA Database for the Oxygen Radical Capacity (ORAC) of Selected Foods, Release 2*. Washington, D.C.: Departamento de Agricultura dos Estados Unidos, 2010.
 25. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2014*. Atlanta: 2014.
 26. LANDGREN, O.; KYLE, R.A.; PFEIFFER, R.M. et al. “Monoclonal Gammopathy of Undetermined Significance (MGUS) Consistently Precedes Multiple Myeloma: a Prospective Study.” *Blood*. [S.l.]: 2009; 113(22): p. 5.412-7.
 27. LANDGREN, O.; KYLE, R.A.; PFEIFFER, R.M. et al. “Monoclonal Gammopathy of Undetermined Significance (MGUS) Consistently Precedes Multiple Myeloma: A Prospective Study.” *Blood*. [S.l.]: 2009; 113(22): p. 5.412-7.
 28. GREENBERG, A.J.; VACHON, C.M.; RAJKUMAR, S.V. “Disparities in the Prevalence, Pathogenesis and Progression of Monoclonal Gammopathy of Undetermined Significance and Multiple Myeloma Between Blacks and Whites.” *Leukemia*. Londres: 2012; 26(4): p. 609-14.
 29. KYLE, R.A.; THERNEAU, T.M.; RAJKUMAR, S.V. et al. “A Long-Term Study of Prognosis in Monoclonal Gammopathy of Undetermined Significance.” *The New England Journal of Medicine*. Boston: 2002; 346(8): p. 564-9.
 30. BHARTI, A.C.; DONATO, N.; SINGH, S.; AGGARWAL, B.B. “Curcumin (Diferuloylmethane) Down-Regulates the Constitutive Activation of Nuclear Factor- κ B and I κ B Kinase in Human Multiple Myeloma Cells, Leading to Suppression of Proliferation and Induction of Apoptosis.” *Blood*. [S.l.]: 2003; 101(3): p. 1.053-62.
 31. GOLOMBICK, T.; DIAMOND, T.H.; BADMAEV, V.; MANOHARAN, A.; RAMAKRISHNA, R. “The Potential Role of Curcumin in Patients with Monoclonal Gammopathy of Undefined Significance — Its Effect on Paraproteinemia and the Urinary N-Telopeptide of Type I Collagen Bone Turnover Marker.” *Clinical Cancer Research: An Official Journal of the American Association for Cancer Research*. Denville: 2009; 15(18): p. 5.917-22.
 32. GOLOMBICK, T.; DIAMOND, T.H.; MANOHARAN, A.; RAMAKRISHNA, R. “Monoclonal Gammopathy of Undetermined Significance, Smoldering Mul-

COMO NÃO MORRER

- triple Myeloma, and Curcumin: A Randomized, Double-Blind Placebo-Controlled Cross-Over 4g Study and an Open-Label 8g Extension Study.” *American Journal of Hematology*. Nova York: 2012; 87(5): p. 455-60.
33. KEY, T.J.; APPLEBY, P.N.; SPENCER, E.A. et al. “Cancer Incidence in British Vegetarians.” *British Journal of Cancer*. Londres: 2009; 101(1): p. 192-7.
 34. ROHRMANN, S.; LINSEISEN, J.; JAKOBSEN, M.U. et al. “Consumption of Meat and Dairy and Lymphoma Risk in the European Prospective Investigation into Cancer and Nutrition.” *International Journal of Cancer*. [S.l.]: 2011; 128(3): p. 623-34.
 35. SERVIÇO DE PESQUISA AGRÍCOLA DO DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. “National Nutrient Database for Standard Reference Release 27. Basic Report: 05358, Chicken, Broiler, Rotisserie, BBQ, Breast Meat and Skin.” Disponível em: <<http://ndb.nal.usda.gov/ndb/foods/show/1058>>. Acesso em 2 de março de 2015.
 36. ROHRMANN, S.; LINSEISEN, J.; JAKOBSEN, M.U. et al. “Consumption of Meat and Dairy and Lymphoma Risk in the European Prospective Investigation into Cancer and Nutrition.” *International Journal of Cancer*. [S.l.]: 2011; 128(3): p. 623-34.
 37. CHIU, B.C.; CERHAN, J.R.; FOLSOM, A.R. et al. “Diet and Risk of Non-Hodgkin Lymphoma in Older Women.” *Journal of the American Medical Association*. Chicago: 1996; 275(17): p. 1.315-21.
 38. DANIEL C.R.; SINHA, R.; PARK, Y. et al. “Meat Intake is Not Associated with Risk of Non-Hodgkin Lymphoma in a Large Prospective Cohort of U.S. Men and Women.” *The Journal of Nutrition*. [S.l.]: 2012; 142(6): p. 1.074-80.
 39. PUANGSOMBAT, K.; GADGIL, P.; HOUSER, T.A.; HUNT, M.C.; SMITH, J.S. “Occurrence of Heterocyclic Amines in Cooked Meat Products.” *Meat Science*. [S.l.]: 2012; 90(3): p. 739-46.
 40. ’T MANNETJE, A.; ENG, A.; PEARCE, N. “Farming, Growing Up on a Farm, and Haematological Cancer Mortality.” *Occupational and Environmental Medicine*. Londres: 2012; 69(2): p. 126-32.
 41. JOHNSON, E.S.; ZHOU, Y.; YAU, L.C. et al. “Mortality from Malignant Diseases—Update of the Baltimore Union Poultry Cohort.” *Cancer Causes & Control: CCC*. [S.l.]: 2010; 21(2): p. 215-21.
 42. NEASHAM, D.; SIFI, A.; NIELSEN, K.R. et al. “Occupation and Risk of Lymphoma: A Multicentre Prospective Cohort Study (EPIC).” *Occupational and Environmental Medicine*. Londres: 2011; 68(1): p. 77-81.
 43. KALLAND, K.H.; KE, X.S.; ØYAN, A.M. “Tumour Virology— History, Status and Future Challenges.” *APMIS: Acta Pathologica, Microbiologica, et Immunologica Scandinavica*. Copenhagen: 2009; 117(5-6): p. 382-99.

NOTAS

44. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. "Human Orf Virus Infection from Household Exposures — United States, 2009–2011." *Morbidity and Mortality Weekly Report*. Atlanta: 2012; 61(14): p. 245–8.
45. BENTON, E.C. "Warts in Butchers — A Cause for Concern?" *The Lancet*. Londres: 1994; 343(8906): p. 1114.
46. GUBÉRAN, E.; USEL, M.; RAYMOND, L.; FIORETTA, G. "Mortality and Incidence of Cancer Among a Cohort of Self Employed Butchers from Geneva and Their Wives." *British Journal of Industrial Medicine*. Londres: 1993; 50(11): p. 1.008–16.
47. JOHNSON, E.S.; ZHOU, Y.; YAU, L.C. et al. "Mortality from Malignant Diseases—Update of the Baltimore Union Poultry Cohort." *Cancer Causes & Control: CCC*. [S.l.]: 2010; 21(2): p. 215–21.
48. JOHNSON, E.S.; NDETAN, H.; LO, K.M. "Cancer Mortality in Poultry Slaughtering/Processing Plant Workers Belonging to a Union Pension Fund." *Environmental Research*. [S.l.]: 2010; 110(6): p. 588–94.
49. CHOI, K.M.; JOHNSON, E.S. "Occupational Exposure Assessment Using Antibody Levels: Exposure to Avian Leukosis/Sarcoma Viruses in the Poultry Industry." *International Journal of Environmental Health Research*. Londres: 2011; 21(4): p. 306–16.
50. CHOI, K.M.; JOHNSON, E.S. "Industrial Hygiene Assessment of Reticuloendotheliosis Viruses Exposure in the Poultry Industry." *International Archives of Occupational and Environmental Health*. Berlim: 2011; 84(4): p. 375–82.
51. CHOI, K.M.; JOHNSON, E.S. "Industrial Hygiene Assessment of Reticuloendotheliosis Viruses Exposure in the Poultry Industry." *International Archives of Occupational and Environmental Health*. Berlim: 2011; 84(4): p. 375–82.
52. JOHNSON, E.S.; NDETAN, H.; LO, K.M. "Cancer Mortality in Poultry Slaughtering/Processing Plant Workers Belonging to a Union Pension Fund." *Environmental Research*. [S.l.]: 2010; 110(6): p. 588–94.
53. 'T MANNETJE, A.; ENG, A.; PEARCE, N. "Farming, Growing up on a Farm, and Haematological Cancer Mortality." *Occupational and Environmental Medicine*. Londres: 2012; 69(2): p. 126–32.
54. TRANAH, G.J.; BRACCI, P.M.; HOLLY, E.A. "Domestic and Farm–Animal Exposures and Risk of Non-Hodgkin's Lymphoma in a Population–Based Study in the San Francisco Bay Area." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2008; 17(9): p. 2.382–7.
55. BUEHRING, G.C.; PHILPOTT, S.M.; CHOI, K.Y. "Humans Have Antibodies Reactive with Bovine Leukemia Virus." *AIDS Research and Human Retroviruses*. [S.l.]: 2003; 19(12): p. 1.105–13.

COMO NÃO MORRER

56. SERVIÇO DE INSPEÇÃO EM SAÚDE ANIMAL E VEGETAL DO DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. *Bovine Leukosis Virus (BLV) on U.S. Dairy Operations, 2007*. Disponível em: <http://www.aphis.usda.gov/animal_health/nahms/dairy/downloads/dairy07/Dairy07_is_BLV.pdf>. Outubro de 2008. Acesso em 2 de março de 2015.
57. BUEHRING, G.C.; SHEN, H.M.; JENSEN, H.M.; CHOI, K.Y.; SUN, D.; NUOVO, G. “Bovine Leukemia Virus DNA in Human Breast Tissue.” *Emerging Infectious Diseases*. Atlanta: 2014; 20(5): p. 772–82.
58. TRANAH, G.J.; BRACCI, P.M.; HOLLY, E.A. “Domestic and Farm-Animal Exposures and Risk of Non-Hodgkin’s Lymphoma in a Population-Based Study in the San Francisco Bay Area.” *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2008; 17(9): p. 2.382–7.
59. SCHERNHAMMER, E.S.; BERTRAND, K.A.; BIRMANN, B.M.; SAMPSON, L.; WILLETT, W.C.; FESKANICH, D. “Consumption of Artificial Sweetener-and Sugar-Containing Soda and Risk of Lymphoma and Leukemia in Men and Women.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(6): p. 1.419–28.
60. LIM, U.; SUBAR, A.F.; MOUW, T. et al. “Consumption of Aspartame-Containing Beverages and Incidence of Hematopoietic and Brain Malignancies.” *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2006; 15(9): p. 1.654–9.
61. MCCULLOUGH, M.L.; TERAS, L.R.; SHAH, R.; DIVER, W.R.; GAUDET, M.M.; GAPSTUR, S.M. “Artificially and Sugar-Sweetened Carbonated Beverage Consumption is Not Associated with Risk of Lymphoid Neoplasms in Older Men and Women.” *The Journal of Nutrition*. [S.l.]: 2014; 144(12): p. 2.041–9.

10. Como não morrer de doença dos rins

1. STOKES, J.B. “Consequences of Frequent Hemodialysis: Comparison to Conventional Hemodialysis and Transplantation.” *Transactions of the American Clinical and Climatological Association*. Baltimore: 2011; 122: p. 124–36.
2. CORESH, J.; SELVIN, E.; STEVENS, L.A. et al. “Prevalence of Chronic Kidney Disease in the United States.” *Journal of the American Medical Association*. Chicago: 2007; 298(17): p. 2.038–47.
3. STEVENS, L.A.; LI, S.; WANG, C. et al. “Prevalence of CKD and Comorbid Illness in Elderly Patients in the United States: Results from the Kidney Early Evaluation Program (KEEP).” *American Journal of Kidney Diseases: The Official Journal of the National Kidney Foundation*. [S.l.]: 2010; 55(3 supl. 2): S23–33.

NOTAS

4. RYAN, T.P.; SLOAND, J.A.; WINTERS, P.C.; CORSETTI, J.P.; FISHER, S.G. "Chronic Kidney Disease Prevalence and Rate of Diagnosis." *The American Journal of Medicine*. New York: 2007; 120(11): p. 981-6.
5. HOERGER, T.J.; SIMPSON, S.A.; YARNOFF, B.O. et al. "The Future Burden of CKD in the United States: A Simulation Model for the CDC CKD Initiative." *American Journal of Kidney Diseases: The Official Journal of the National Kidney Foundation*. [S.l.]: 2015; 65(3): p. 403-11.
6. DALRYMPLE, L.S.; KATZ, R.; KESTENBAUM, B. et al. "Chronic Kidney Disease and the Risk of End-Stage Renal Disease Versus Death." *Journal of General Internal Medicine*. [S.l.]: 2011; 26(4): p. 379-85.
7. KUMAR, S.; BOGLE, R.; BANERJEE, D. "Why Do Young People with Chronic Kidney Disease Die Early?" *World Journal of Nephrology* [versão eletrônica]. [S.l.]: 2014; 3(4): p. 143-55.
8. LIN, J.; HU, F.B.; CURHAN, G.C. "Associations of Diet with Albuminuria and Kidney Function Decline." *Clinical Journal of the American Society of Nephrology: CJASN*. Washington, D.C.: 2010; 5(5): p. 836-43.
9. LIN, J.; HU, F.B.; CURHAN, G.C. "Associations of Diet with Albuminuria and Kidney Function Decline." *Clinical Journal of the American Society of Nephrology: CJASN*. Washington, D.C.: 2010; 5(5): p. 836-43.
10. VIRCHOW, R. *Cellular Pathology as Based upon Physiological and Pathological Histology. Twenty Lectures Delivered in the Pathological Institute of Berlin During the Months of February, March and April, 1858*. Filadélfia: J. B. Lippincott and Co.; 1863.
11. MOORHEAD, J.F.; CHAN, M.K.; EL-NAHAS, M.; VARGHESE, Z. "Lipid Nephrotoxicity in Chronic Progressive Glomerular and Tubulo-Interstitial Disease." *The Lancet*. Londres: 1982; 2(8311): p. 1.309-11.
12. HARTROFT, W.S. "Fat Emboli in Glomerular Capillaries of Choline-Deficient Rats and of Patients with Diabetic Glomerulosclerosis." *The American Journal of Pathology*. [S.l.]: 1955; 31(3): p. 381-97.
13. GYEBI, L.; SOLTANI, Z.; REISIN, E. "Lipid Nephrotoxicity: New Concept for an Old Disease." *Current Hypertension Reports*. Filadélfia: 2012; 14(2): p. 177-81.
14. COLABORADORES DOS ESTADOS UNIDOS DO ESTUDO DE CARGA DE DOENÇA GLOBAL. "The State of US Health, 1990-2010: Burden of Diseases, Injuries, and Risk Factors." *Journal of the American Medical Association*. Chicago: 14 de agosto de 2013; 310(6): p. 591-608.
15. ODERMATT, A. "The Western-Style Diet: a Major Risk Factor for Impaired Kidney Function and Chronic Kidney Disease." *American Journal of Physiology. Renal Physiology*. Bethesda: 2011; 301(5): F919-31.

COMO NÃO MORRER

16. VAN DEN BERG, E.; HOSPERS, F.A.; NAVIS, G. et al. "Dietary Acid Load and Rapid Progression to Endstage Renal Disease of Diabetic Nephropathy in Westernized South Asian People." *Journal of Nephrology*. [S.l.]: 2011; 24(1): p. 11-7.
17. PICCOLI, G.B.; VIGOTTI, F.N.; LEONE, F. et al. "Low-Protein Diets in CKD: How Can We Achieve Them? A Narrative, Pragmatic Review." *Clinical Kidney Journal*. Oxford: 2015; 8(1): p. 61-70.
18. BRENNER, B.M.; MEYER, T.W.; HOSTETTER, T.H. "Dietary Protein Intake and the Progressive Nature of Kidney Disease: The Role of Hemodynamically Mediated Glomerular Injury in the Pathogenesis of Progressive Glomerular Sclerosis in Aging, Renal Ablation, and Intrinsic Renal Disease." *The New England Journal of Medicine*. Boston: 9 de setembro de 1982; 307(11): p. 652-9.
19. WISEMAN, M.J.; HUNT, R.; GOODWIN, A.; GROSS, J.L.; KEEN, H.; VIBERTI, G.C. "Dietary Composition and Renal Function in Healthy Subjects." *Nephron*. Basel: 1987; 46(1): p. 37-42.
20. NAKAMURA, H.; TAKASAWA, M.; KASHARA, S. et al. "Effects of Acute Protein Loads of Different Sources on Renal Function of Patients with Diabetic Nephropathy." *The Tohoku Journal of Experimental Medicine*. Sendai, Japão: 1989; 159(2): p. 153-62.
21. SIMON, A.H.; LIMA, P.R.; ALMERINDA, M.; ALVES, V.F.; BOTTINI, P.V.; DE FARIA, J.B. "Renal Haemodynamic Responses to a Chicken or Beef Meal in Normal Individuals." *Nephrology, Dialysis, Transplantation: Official Publication of the European Dialysis and Transplant Association — European Renal Association*. [S.l.]: 1998; 13(9): p. 2.261-4.
22. KONTESSIS, P.; JONES, S.; DODDS, R. et al. "Renal, Metabolic and Hormonal Responses to Ingestion of Animal and Vegetable Proteins." *Kidney International*. Nova York: 1990; 38(1): p. 136-44.
23. NAKAMURA, H.; TAKASAWA, M.; KASHARA, S. et al. "Effects of Acute Protein Loads of Different Sources on Renal Function of Patients with Diabetic Nephropathy." *The Tohoku Journal of Experimental Medicine*. Sendai, Japão: 1989; 159(2): p. 153-62.
24. AZADBAKHT, L.; SHAKERHOSSEINI, R.; ATABAK, S.; JAMSHIDIAN, M.; MEHRABI, Y.; ESMAILI-ZADEH, A. "Beneficiary Effect of Dietary Soy Protein on Lowering Plasma Levels of Lipid and Improving Kidney Function in Type II Diabetes with Nephropathy." *European Journal of Clinical Nutrition*. Londres: 2003; 57(10): p. 1.292-4.
25. KONTESSIS, P.A.; BOSSINAKOU, I.; SARIKA, L. et al. "Renal, Metabolic, and Hormonal Responses to Proteins of Different Origin in Normotensive, Nonproteinuric Type I Diabetic Patients." *Diabetes Care*. [S.l.]: 1995; 18(9): p. 1.233-40.

NOTAS

26. TEIXEIRA, S.R.; TAPPENDEN, K.A.; CARSON, L. et al. "Isolated Soy Protein Consumption Reduces Urinary Albumin Excretion and Improves the Serum Lipid Profile in Men with Type 2 Diabetes Mellitus and Nephropathy." *The Journal of Nutrition*. [S.l.]: 2004; 134(8): p. 1.874-80.
27. STEPHENSON, T.J.; SETCHELL, K.D.; KENDALL, C.W.; JENKINS, D.J.; ANDERSON, J.W.; FANTI, P. "Effect of Soy Protein-rich Diet on Renal Function in Young Adults with Insulin-Dependent Diabetes Mellitus." *Clinical Nephrology*. [S.l.]: 2005; 64(1): p. 1-11.
28. JIBANI, M.M.; BLOODWORTH, L.L.; FODEN, E.; GRIFFITHS, K.D.; GALPIN, O.P. "Predominantly Vegetarian Diet in Patients with Incipient and Early Clinical Diabetic Nephropathy: Effects on Albumin Excretion Rate and Nutritional Status." *Diabetic Medicine: A Journal of the British Diabetic Association*. [S.l.]: 1991; 8(10): p. 949-53.
29. BOSCH, J.P.; SACCAGGI, A.; LAUER, A.; RONCO, C.; BELLEDONNE, M.; GLABMAN, S. "Renal Functional Reserve in Humans. Effect of Protein Intake on Glomerular Filtration Rate." *The American Journal of Medicine*. Nova York: 1983; 75(6): p. 943-50.
30. LIU, Z.M.; HO, S.C.; CHEN, Y.M.; TANG, N.; WOO, J. "Effect of Whole Soy and Purified Isoflavone Daidzein on Renal Function — A 6-Month Randomized Controlled Trial in Equol-Producing Postmenopausal Women with Prehypertension." *Clinical Biochemistry*. [S.l.]: 2014; 47(13-14): p. 1.250-6.
31. FIORETTO, P.; TREVISAN, R.; VALERIO, A. et al. "Impaired Renal Response to a Meat Meal in Insulin-Dependent Diabetes: Role of Glucagon and Prostaglandins." *The American Journal of Physiology*. [S.l.]: 1990; 258(3 part. 2): F675-83.
32. FRASSETTO, L.; MORRIS, R.C.; SELLMAYER, D.E.; TODD, K.; SEBASTIAN, A. "Diet, Evolution and Aging — The Pathophysiologic Effects of the Post-Agricultural Inversion of the Potassium-to-Sodium and Base-to-Chloride Ratios in the Human Diet." *European Journal of Nutrition*. Darmstadt, Alemanha: 2001; 40(5): p. 200-13.
33. BANERJEE, T.; CREWS, D.C.; WESSON, D.E. et al. "Dietary Acid Load and Chronic Kidney Disease Among Adults in the United States." *BMC Nephrology* [versão eletrônica]. Londres: 24 de agosto de 2014; 15: p. 137.
34. SEBASTIAN, A.; FRASSETTO, L.A.; SELLMAYER, D.E.; MERRIAM, R.L.; MORRIS, R.C. "Estimation of the Net Acid Load of the Diet of Ancestral Pre-agricultural Homo Sapiens and Their Hominid Ancestors." *The American Journal of Clinical Nutrition*. Bethesda: 2002; 76(6): p. 1.308-16.
35. VAN DEN BERG, E.; HOSPERS, F.A.; NAVIS, G. et al. "Dietary Acid Load and Rapid Progression to Endstage Renal Disease of Diabetic Nephropathy in Westernized South Asian People." *Journal of Nephrology*. [S.l.]: 2011; 24(1): p. 11-7.

COMO NÃO MORRER

36. URIBARRI, J.; OH, M.S. "The Key to Halting Progression of CKD Might be in the Produce Market, Not in the Pharmacy." *Kidney International*. Nova York: 2012; 81(1): p. 7-9.
37. COHEN, E.; NARDI, Y.; KRAUSE, I. et al. "A Longitudinal Assessment of the Natural Rate of Decline in Renal Function with Age." *Journal of Nephrology*. [S.l.]: 2014; 27(6): p. 635-41.
38. BRENNER, B.M.; MEYER, T.W.; HOSTETTER, T.H. "Dietary Protein Intake and the Progressive Nature of Kidney Disease: The Role of Hemodynamically Mediated Glomerular Injury in the Pathogenesis of Progressive Glomerular Sclerosis in Aging, Renal Ablation, and Intrinsic Renal Disease." *The New England Journal of Medicine*. Boston: 9 de setembro de 1982; 307(11): p. 652-9.
39. FRASSETTO, L.A.; TODD, K.M.; MORRIS, R.C.; SEBASTIAN, A. "Estimation of Net Endogenous Noncarbonic Acid Production in Humans from Diet Potassium and Protein Contents." *The American Journal of Clinical Nutrition*. Bethesda: 1998; 68(3): p. 576-83.
40. WISEMAN, M.J.; HUNT, R.; GOODWIN, A.; GROSS, J.L.; KEEN, H.; VIBERTI, G.C. "Dietary Composition and Renal Function in Healthy Subjects." *Nephron*. Basel: 1987; 46(1): p. 37-42.
41. KEMPNER, W. "Treatment of Heart and Kidney Disease and of Hypertensive and Arteriosclerotic Vascular Disease with the Rice Diet." *Annals of Internal Medicine*. Filadélfia: 1949; 31(5): p. 821-56.
42. BARSOTTI, G.; MORELLI, E.; CUPISTI, A.; MEOLA, M.; DANI, L.; GIOVANNETTI, S. "A Low-Nitrogen Low-Phosphorus Vegan Diet for Patients with Chronic Renal Failure." *Nephron*. Basel: 1996; 74(2): p. 390-4.
43. DERIEMAEKER, P.; AERENHOUTS, D.; HEBBELINCK, M.; CLARYS, P. "Nutrient Based Estimation of Acid-Base Balance in Vegetarians and Non-vegetarians." *Plant Foods for Human Nutrition*. Dordrecht: 2010; 65(1): p. 77-82.
44. GORAYA, N.; SIMONI, J.; JO, C.; WESSON, D.E. "Dietary Acid Reduction with Fruits and Vegetables or Bicarbonate Attenuates Kidney Injury in Patients with a Moderately Reduced Glomerular Filtration Rate Due to Hypertensive Nephropathy." *Kidney International*. Nova York: 2012; 81(1): p. 86-93.
45. YAQOOB, M.M. "Treatment of Acidosis in CKD." *Clinical Journal of the American Society of Nephrology: CJASN*. Washington, D.C.: 2013; 8(3): p. 342-3.
46. GORAYA, N.; SIMONI, J.; JO, C.; WESSON, D.E. "Dietary Acid Reduction with Fruits and Vegetables or Bicarbonate Attenuates Kidney Injury in Patients with a Moderately Reduced Glomerular Filtration Rate Due to Hypertensive Nephropathy." *Kidney International*. Nova York: 2012; 81(1): p. 86-93.
47. WRIGHT, J.A.; CAVANAUGH, K.L. "Dietary Sodium in Chronic Kidney Disease: A Comprehensive Approach." *Seminars in Dialysis*. [S.l.]: 2010; 23(4): p. 415-21.

NOTAS

48. URIBARRI, J.; OH, M.S. "The Key to Halting Progression of CKD Might Be in the Produce Market, Not in the Pharmacy." *Kidney International*. Nova York: 2012; 81(1): p. 7-9.
49. GOLDFARB, S. "Dietary Factors in the Pathogenesis and Prophylaxis of Calcium Nephrolithiasis." *Kidney International*. Nova York: 1988; 34(4): p. 544-55.
50. SCALES, C.D. JR.; SMITH, A.C.; HANLEY, J.M.; SAIGAL, C.S.; UROLOGIC DISEASES IN AMERICA PROJECT. "Prevalence of Kidney Stones in the United States." *European Urology*. [S.l.]: 2012; 62(1): p. 160-5.
51. ROBERTSON, W.G.; PEACOCK, M.; HODGKINSON, A. "Dietary Changes and the Incidence of Urinary Calculi in the U.K. Between 1958 and 1976." *Journal of Chronic Diseases*. [S.l.]: 1979; 32(6): p. 469-76.
52. ROBERTSON, W.G.; HEYBURN, P.J.; PEACOCK, M.; HANES, F.A.; SWAMI-NATHAN, R. "The Effect of High Animal Protein Intake on the Risk of Calcium Stone-Formation in the Urinary Tract." *Clinical Science*. Londres: 1979; 57(3): p. 285-8.
53. ROBERTSON, W.G.; HEYBURN, P.J.; PEACOCK, M.; HANES, F.A.; SWAMI-NATHAN, R. "The Effect of High Animal Protein Intake on the Risk of Calcium Stone-Formation in the Urinary Tract." *Clinical Science*. Londres: 1979; 57(3): p. 285-8.
54. ROBERTSON, W.G.; PEACOCK, M.; HEYBURN, P.J. et al. "Should Recurrent Calcium Oxalate Stone Formers Become Vegetarians?" *British Journal of Urology*. [S.l.]: 1979; 51(6): p. 427-31.
55. TURNER, B.W.; APPLEBY, P.N.; REYNARD, J.M.; NOBLE, J.G.; KEY, T.J.; ALLEN, N.E. "Diet and Risk of Kidney Stones in the Oxford Cohort of the European Prospective Investigation into Cancer and Nutrition (EPIC)." *European Journal of Epidemiology*. Dordrecht: 2014; 29(5): p. 363-9.
56. TRACY, C.R.; BEST, S.; BAGRODIA, A. et al. "Animal Protein and the Risk of Kidney Stones: A Comparative Metabolic Study of Animal Protein Sources." *The Journal of Urology*. [S.l.]: 8 de fevereiro de 2014; 192: p. 137-41.
57. BUSHINSKY, D.A. "Recurrent Hypercalciuric Nephrolithiasis — Does Diet Help?" *The New England Journal of Medicine*. Boston: 10 de janeiro de 2002; 346(2): p. 124-5.
58. BORGHI, L.; SCHIANCHI, T.; MESCHI, T. et al. "Comparison of Two Diets for the Prevention of Recurrent Stones in Idiopathic Hypercalciuria." *The New England Journal of Medicine*. Boston: 10 de janeiro de 2002; 346(2): p. 77-84.
59. SORENSEN, M.D.; HIS, R.S.; CHI, T. et al. "Dietary Intake of Fiber, Fruit and Vegetables Decreases the Risk of Incident Kidney Stones in Women: A Women's Health Initiative Report." *The Journal of Urology*. [S.l.]: 2014; 192(6): p. 1.694-9.
60. MEHTA, T.H.; GOLDFARB, D.S. "Uric Acid Stones and Hyperuricosuria." *Advances in Chronic Kidney Disease*. Filadélfia: 2012; 19(6): p. 413-8.

COMO NÃO MORRER

61. DE VRIES, A.; FRANK, M.; LIBERMAN, U.A.; SPERLING O. "Allopurinol in the Prophylaxis of Uric Acid Stones." *Annals of the Rheumatic Diseases*. Londres: 1966; 25(supl. 6): p. 691-3.
62. SIENER, R.; HESSE, A. "The Effect of a Vegetarian and Different Omnivorous Diets on Urinary Risk Factors for Uric Acid Stone Formation." *European Journal of Nutrition*. Darmstadt, Alemanha: 2003; 42(6): p. 332-7.
63. SIENER, R.; HESSE, A. "The Effect of a Vegetarian and Different Omnivorous Diets on Urinary Risk Factors for Uric Acid Stone Formation." *European Journal of Nutrition*. Darmstadt, Alemanha; 2003; 42(6): p. 332-7.
64. TRINCHIERI, A. "Development of a Rapid Food Screener to Assess the Potential Renal Acid Load of Diet in Renal Stone Formers (LAKE Score)." *Archivio Italiano di Urologia, Andrologia: Organo Ufficiale [di] Società Italiana di Ecografia Urologica e Nefrologica*. [S.l.]: 2012; 84(1): p. 36-8.
65. CHAE, J.Y.; KIM, J.W.; KIM, J.W. et al. "Increased Fluid Intake and Adequate Dietary Modification May be Enough for the Successful Treatment of Uric Acid Stone." *Urolithiasis*. Berlin: 2013; 41(2): p. 179-82.
66. DERIEMAEKER, P.; AERENHOUTS, D.; HEBBELINCK, M.; CLARYS, P. "Nutrient Based Estimation of Acid-Base Balance in Vegetarians and Non-Vegetarians." *Plant Foods for Human Nutrition*. Dordrecht: 2010; 65(1): p. 77-82.
67. ADEVA, M.M.; SOUTO, G. "Diet-Induced Metabolic Acidosis." *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2011; 30(4): p. 416-21.
68. DAWSON-HUGHES, B.; HARRIS, S.S.; CEGLIA, L. "Alkaline Diets Favor Lean Tissue Mass in Older Adults." *The American Journal of Clinical Nutrition*. Bethesda: 2008; 87(3): p. 662-5.
69. RITZ, E.; HAHN, K.; KETTELER, M.; KUHLMANN, M.K.; MANN, J. "Phosphate Additives in Food — A Health Risk." *Deutsches Ärzteblatt International* [versão eletrônica]. Colônia, Alemanha: 2012; 109(4): p. 49-55.
70. RITZ, E.; HAHN, K.; KETTELER, M.; KUHLMANN, M.K.; MANN, J. "Phosphate Additives in Food — A Health Risk." *Deutsches Ärzteblatt International* [versão eletrônica]. Colônia, Alemanha: 2012; 109(4): p. 49-55.
71. CALVO, M.S.; URIBARRI, J. "Public Health Impact of Dietary Phosphorus Excess on Bone and Cardiovascular Health in the General Population." *The American Journal of Clinical Nutrition*. Bethesda: 2013; 98(1): p. 6-15.
72. MOE, S.M.; ZIDEHSARAI, M.P.; CHAMBERS, M.A. et al. "Vegetarian Compared with Meat Dietary Protein Source and Phosphorus Homeostasis in Chronic Kidney Disease." *Clinical Journal of the American Society of Nephrology: CJASN*. Washington, D.C.: 2011; 6(2): p. 257-64.

NOTAS

73. FUKAGAWA, M.; KOMABA, H.; MIYAMOTO, K. "Source Matters: From Phosphorus Load to Bioavailability." *Clinical Journal of the American Society of Nephrology: CJASN*. Washington, D.C.: 2011; 6(2): p. 239-40.
74. MURPHY-GUTEKUNST, L.; URIBARRI, J. "Hidden Phosphorus-Enhanced Meats: Part 3." *Journal of Renal Nutrition: The Official Journal of the Council on Renal Nutrition of the National Kidney Foundation*. Filadélfia: 2005 15(4): E1-E4.
75. RITZ, E.; HAHN, K.; KETTELER, M.; KUHLMANN, M.K.; MANN, J. "Phosphate Additives in Food — A Health Risk." *Deutsches Ärzteblatt International* [versão eletrônica]. Colônia, Alemanha: 2012; 109(4): p. 49-55.
76. KARP, H.; EKHOLM, P.; KEMI, V. et al. "Differences Among Total and in Vitro Digestible Phosphorus Content of Plant Foods and Beverages." *Journal of Renal Nutrition: The Official Journal of the Council on Renal Nutrition of the National Kidney Foundation*. Filadélfia: 2012; 22(4): p. 416-22.
77. KARP, H.; EKHOLM, P.; KEMI, V.; HIRVONEN, T.; LAMBERG-ALLARDT, C. "Differences Among Total and in Vitro Digestible Phosphorus Content of Meat and Milk Products." *Journal of Renal Nutrition: The Official Journal of the Council on Renal Nutrition of the National Kidney Foundation*. Filadélfia: 2012; 22(3): p. 344-9.
78. KARP, H.; EKHOLM, P.; KEMI, V. et al. "Differences Among Total and in Vitro Digestible Phosphorus Content of Plant Foods and Beverages." *Journal of Renal Nutrition: The Official Journal of the Council on Renal Nutrition of the National Kidney Foundation*. Filadélfia: 2012; 22(4): p. 416-22.
79. MURPHY-GUTEKUNST, L.; URIBARRI, J. "Hidden Phosphorus-Enhanced Meats: Part 3." *Journal of Renal Nutrition: The Official Journal of the Council on Renal Nutrition of the National Kidney Foundation*. Filadélfia: 2005 15(4): E1-E4.
80. SHERMAN, R.A.; MEHTA, O. "Phosphorus and Potassium Content of Enhanced Meat and Poultry Products: Implications for Patients Who Receive Dialysis." *Clinical Journal of the American Society of Nephrology: CJASN*. Washington, D.C.: 2009; 4(8): p. 1.370-3.
81. BENINI, O.; D'ALESSANDRO, C.; GIANFALDONI, D.; CUPISTI, A. "Extra-phosphate Load from Food Additives in Commonly Eaten Foods: A Real and Insidious Danger for Renal Patients." *Journal of Renal Nutrition: The Official Journal of the Council on Renal Nutrition of the National Kidney Foundation*. Filadélfia: 2011; 21(4): p. 303-8.
82. SHERMAN, R.A.; MEHTA, O. "Phosphorus and Potassium Content of Enhanced Meat and Poultry Products: Implications for Patients Who Receive Dialysis." *Clinical Journal of the American Society of Nephrology: CJASN*. Washington, D.C.: 2009; 4(8): p. 1370-3.
83. BENINI, O.; D'ALESSANDRO, C.; GIANFALDONI, D.; CUPISTI, A. "Extra-Phosphate Load from Food Additives in Commonly Eaten Foods: A Real and Insi-

COMO NÃO MORRER

- dious Danger for Renal Patients.” *Journal of Renal Nutrition: The Official Journal of the Council on Renal Nutrition of the National Kidney Foundation*. Filadélfia: 2011; 21(4): p. 303-8.
84. SHROFF, R. “Phosphate is a Vascular Toxin.” *Pediatric Nephrology: Journal of the International Pediatric Nephrology Association*. Berlin: 2013; 28(4): p. 583-93.
 85. SHUTO, E.; TAKETANI, Y.; TANAKA, R. et al. “Dietary Phosphorus Acutely Impairs Endothelial Function.” *Journal of the American Society of Nephrology: JASN*. Washington, D.C.:2009; 20(7): p. 1.504-12.
 86. GUNTHER, N.W.; HE, Y.; FRATAMICO, P. “Effects of Polyphosphate Additives on the PH of Processed Chicken Exudates and the Survival of *Campylobacter*.” *Journal of Food Protection*. [S.l.]: 2011; 74(10): p. 1.735-40.
 87. SHERMAN, R.A.; MEHTA, O. “Dietary Phosphorus Restriction in Dialysis Patients: Potential Impact of Processed Meat, Poultry, and Fish Products as Protein Sources.” *American Journal of Kidney Diseases: The Official Journal of the National Kidney Foundation*. [S.l.]: 2009; 54(1): p. 18-23.
 88. SHERMAN, R.A.; MEHTA, O. “Dietary Phosphorus Restriction in Dialysis Patients: Potential Impact of Processed Meat, Poultry, and Fish Products as Protein Sources.” *American Journal of Kidney Diseases: The Official Journal of the National Kidney Foundation*. [S.l.]: 2009; 54(1): p. 18-23.
 89. SULLIVAN, C.M.; LEON, J.B.; SEHGAL, A.R. “Phosphorus-Containing Food Additives and the Accuracy of Nutrient Databases: Implications for Renal Patients.” *Journal of Renal Nutrition: The Official Journal of the Council on Renal Nutrition of the National Kidney Foundation*. Filadélfia: 2007; 17(5): p. 350-4.
 90. FOOD AND DRUG ADMINISTRATION, DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS. “Final Determination Regarding Partially Hydrogenated Oils. Docket No FDA-2013-N-1317.” Disponível em: <<https://s3.amazonaws.com/public-inspection.federalregister.gov/2015-14883.pdf>>. 16 de junho de 2015. Acesso em 16 de junho de 2015.
 91. FOOD AND DRUG ADMINISTRATION, DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS. “Tentative Determination Regarding Partially Hydrogenated Oils; Request for Comments and for Scientific Data and Information. Federal Register Docket No D78 FR 67169-75.” Disponível em: <<https://www.federalregister.gov/articles/2013/11/08/2013-26854/tentative-determination-regarding-partially-hydrogenated-oils-request-for-comments-and-for>>. 8 de novembro de 2013. Acesso em 2 de março de 2015.
 92. FOOD AND DRUG ADMINISTRATION, DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS. “Tentative Determination Regarding Partially Hydrogenated Oils; Request for Comments and for Scientific Data and Information. Federal

NOTAS

- Register Docket No D78 FR 67169-75.” Disponível em: <<https://www.federal-register.gov/articles/2013/11/08/2013-26854/tentative-determination-regarding-partially-hydrogenated-oils-request-for-comments-and-for>>. 8 de novembro de 2013. Acesso em 2 de março de 2015.
93. NELTNER, T.G.; KULKAMI, N.R.; ALGER, H.M. et al. “Navigating the U.S. Food Additive Regulatory Program.” *Comprehensive Reviews in Food Science and Food Safety*. Chicago: 2011; 10(6): p. 342-68.
 94. NELTNER, T.G.; ALGER, H.M.; O'REILLY, J.T.; KRIMSKY, S.; BERO, L.A.; MAFFINI, M.V. “Conflicts of Interest in Approvals of Additives to Food Determined to Be Generally Recognized as Safe: Out of Balance.” *Journal of the American Medical Association Internal Medicine*. Chicago: 2013; 173(22): p. 2.032-6.
 95. STUCKLER, D.; BASU, S.; MCKEE, M. Comentário: “UN High Level Meeting on Non-Communicable Diseases: an Opportunity for Whom?” *BMJ: British Medical Journal / British Medical Association*. Londres: 2011; 343: d5336.
 96. MOODIE, R.; STUCKLER, D.; MONTEIRO, C. et al. “Profits and Pandemics: Prevention of Harmful Effects of Tobacco, Alcohol, and Ultra-Processed Food and Drink Industries.” *The Lancet*. Londres: 2013; 381(9867): p. 670-9.
 97. SOCIEDADE AMERICANA DO CÂNCER. *Cancer Facts & Figures 2014*. Atlanta: 2014.
 98. KIRKALI, Z.; CAL, C. “Renal Cell Carcinoma: Overview.” In: NARGUND, V.H.; RAGHAVAN, D.; SANDLER, H. (org.). *Urological Oncology*. Londres: Springer, 2008: p. 263-80.
 99. KIRKALI, Z.; CAL, C. Renal Cell Carcinoma: Overview. In: NARGUND, V.H.; RAGHAVAN, D.; SANDLER, H.M. (org.). *Urological Oncology*. Londres: Springer, 2008: p. 263-80.
 100. RAMÍREZ, N.; ÖZEL, M.Z.; LEWIS, A.C.; MARCÉ, R.M.; BORRULL, F.; HAMILTON, J.F. “Exposure to Nitrosamines in Thirdhand Tobacco Smoke Increases Cancer Risk in Non-Smokers.” *Environment International*. Amsterdã: 2014; 71: p. 139-47.
 101. SCHICK, S.F.; FARRARO, K.F.; PERRINO, C. et al. “Thirdhand Cigarette Smoke in an Experimental Chamber: Evidence of Surface Deposition of Nicotine, Nitrosamines and Polycyclic Aromatic Hydrocarbons and de Novo Formation of NNK.” *Tobacco Control*. Londres: 2014; 23(2): p. 152-9.
 102. HECHT, S.S. “It is Time to Regulate Carcinogenic Tobacco-Specific Nitrosamines in Cigarette Tobacco.” *Cancer prevention research (Philadelphia, Pa.)*. Filadélfia: 2014; 7(7): p. 639-47.
 103. RODGMAN, A.; PERFETTI, T.A. *The Chemical Components of Tobacco and Tobacco Smoke*. Boca Raton, Flórida: CRC Press, Taylor & Francis Group, 2009.

COMO NÃO MORRER

104. HAORAH, J.; ZHOU, L.; WANG, X.; XU, G.; MIRVISH, S.S. “Determination of Total N-Nitroso Compounds and Their Precursors in Frankfurters, Fresh Meat, Dried Salted Fish, Sauces, Tobacco, and Tobacco Smoke Particulates.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2001; 49(12): p. 6.068-78.
105. ROHRMANN, S.; OVERVAD, K.; BUENO-DE-MESQUITA, H.B. et al. “Meat Consumption and Mortality — Results from the European Prospective Investigation into Cancer and Nutrition.” *BMC Medicine* [versão eletrônica]. Londres: 2013; 11: p. 63.
106. SINHA, R.; CROSS, A.J.; GRAUBARD, B.I.; LEITZMANN, M.F.; SCHATZKIN, A. “Meat Intake and Mortality: A Prospective Study of Over Half a Million People.” *Archives of Internal Medicine*. Chicago: 2009; 169(6): p. 562-71.
107. INSTITUTO AMERICANO DE PESQUISA EM CÂNCER. *Recommendations for Cancer Prevention*. Disponível em: <http://www.aicr.org/reduce-your-cancer-risk/recommendations-for-cancer-prevention/recommendations_05_red_meat.html>. 17 de abril de 2011. Acesso em 2 de março de 2015.
108. USDA. *Additives in Meat and Poultry Products*. Disponível em: <<http://www.fsis.usda.gov/wps/portal/fsis/topics/food-safety-education/get-answers/food-safety-fact-sheets/food-labeling/additives-in-meat-and-poultry-products/additives-in-meat-and-poultry-products>>. 24 de março de 2015. Acesso em 3 de maio de 2015.
109. SEBRANEK, J.G.; JACKSON-DAVIS, A.L.; MYERS, K.L.; LAVIERI, N.A. “Beyond Celery and Starter Culture: Advances in Natural/Organic Curing Processes in the United States.” *Meat Science*. [S.l.]: 2012; 92(3): p. 267-73.
110. DELLAVALLE, C.T.; DANIEL, C.R.; ASCHEBROOK-KILFOY, B. et al. “Dietary Intake of Nitrate and Nitrite and Risk of Renal Cell Carcinoma in the NIH-AARP Diet and Health Study.” *British Journal of Cancer*. Londres: 2013; 108(1): p. 205-12.
111. BARTSCH, H.; OHSHIMA, H.; PIGNATELLI, B. “Inhibitors of Endogenous Nitrosation. Mechanisms and Implications in Human Cancer Prevention.” *Mutation Research*. Amsterdã: 1988; 202(2): p. 307-24.
112. DELLAVALLE, C.T.; DANIEL, C.R.; ASCHEBROOK-KILFOY, B. et al. “Dietary Intake of Nitrate and Nitrite and Risk of Renal Cell Carcinoma in the NIH-AARP Diet and Health Study.” *British Journal of Cancer*. Londres: 2013; 108(1): p. 205-12.
113. LIU, B.; MAO, Q.; WANG, X. et al. “Cruciferous Vegetables Consumption and Risk of Renal Cell Carcinoma: A Meta-Analysis.” *Nutrition and Cancer*. Filadélfia: 2013; 65(5): p. 668-76.

11. Como não morrer de câncer de mama

1. SOCIEDADE AMERICANA DO CÂNCER. *Breast Cancer Facts & Figures 2013-2014*. Disponível em: <<http://www.cancer.org/acs/groups/content/@research/documents/document/acspc-042725.pdf>>. 2013. Acesso em 10 de março de 2015.
2. SANDERS, M.E.; SCHUYLER, P.A.; DUPONT, W.D.; PAGE, D.L. “The Natural History of Low-Grade Ductal Carcinoma in Situ of the Breast in Women Treated by Biopsy Only Revealed Over 30 Years of Long-Term Follow-Up.” *Cancer*. [S.l.]: 2005; 103(12): p. 2.481-4.
3. NIELSEN, M.; THOMSEN, J.L.; PRIMDAHL, S.; DYREBORG, U.; ANDERSEN, J.A. “Breast Cancer and Atypia Among Young and Middle-Aged Women: A Study of 110 Medicolegal Autopsies.” *British Journal of Cancer*. Londres: 1987; 56(6): p. 814-9.
4. SOTO, A.M.; BRISKEN, C.; SCHAEBERLE, C.; SONNENSCHNEIN, C. “Does Cancer Start in the Womb? Altered Mammary Gland Development and Predisposition to Breast Cancer Due to in Utero Exposure to Endocrine Disruptors.” *Journal of Mammary Gland Biology and Neoplasia*. Nova York: 2013; 18(2): p. 199-208.
5. DEL MONTE, U. “Does the Cell Number 10(9) Still Really Fit One Gram of Tumor Tissue?” *Cell Cycle*. [S.l.]: 2009; 8(3): p. 505-6.
6. BLACK, W.C.; WELCH, H.G. “Advances in Diagnostic Imaging and Overestimations of Disease Prevalence and the Benefits of Therapy.” *The New England Journal of Medicine*. Boston: 1993; 328(17): p. 1.237-43.
7. FRIBERG, S.; MATTSON, S. “On the Growth Rates of Human Malignant Tumors: Implications for Medical Decision Making.” *Journal of Surgical Oncology*. [S.l.]: 1997; 65(4): p. 284-97.
8. PHILIPPE, E.; LE GAL, Y. “Growth of Seventy-Eight Recurrent Mammary Cancers. Quantitative Study.” *Cancer*. [S.l.]: 1968; 21(3): p. 461-7.
9. KUROIISHI, T.; TOMINAGA, S.; MORIMOTO, T. et al. “Tumor Growth Rate and Prognosis of Breast Cancer Mainly Detected by Mass Screening.” *Japanese Journal of Cancer Research: Gann*. Tóquio: 1990; 81(5): p. 454-62.
10. INSTITUTO AMERICANO DE PESQUISA EM CÂNCER. “Studies Weigh Cost, Effectiveness of Mammography.” *Cancer Discovery*. Filadélfia: 2014; 4(5): OF5.
11. NIELSEN, M.; THOMSEN, J.L.; PRIMDAHL, S.; DYREBORG, U.; ANDERSEN, J.A. “Breast Cancer and Atypia Among Young and Middle-Aged Women: a Study of 110 Medicolegal Autopsies.” *British Journal of Cancer*. Londres: 1987; 56(6): p. 814-9.
12. INSTITUTO AMERICANO DE PESQUISA EM CÂNCER. *Recommendations for Cancer Prevention*. Disponível em: <<http://www.aicr.org/reduce-your-cancer-risk/>>

COMO NÃO MORRER

- recommendations-for-cancer-prevention/>. 12 de setembro de 2014. Acesso em 10 de março de 2015.
13. INSTITUTO AMERICANO DE PESQUISA EM CÂNCER. *AICR, the China Study, and Forks Over Knives*. Disponível em: <<http://www.aicr.org/about/advocacy/the-china-study.html>>. 9 de janeiro de 2015. Acesso em 10 de março de 2015.
 14. HASTERT, T.A.; BERESFORD, S.A.A.; PATTERSON, R.E.; KRISTAL, A.R.; WHITE, E. “Adherence to WCRF/AICR Cancer Prevention Recommendations and Risk of Postmenopausal Breast Cancer.” *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2013; 22(9): p. 1.498-508.
 15. BARNARD, R.J.; GONZALEZ, J.H.; LIVA, M.E.; NGO, T.H. “Effects of a Low-Fat, High-Fiber Diet and Exercise Program on Breast Cancer Risk Factors in Vivo and Tumor Cell Growth and Apoptosis in Vitro.” *Nutrition and Cancer*. Filadélfia: 2006; 55(1): p. 28-34.
 16. NGO, T.H.; BARNARD, R.J.; TYMCHUK, C.N.; COHEN, P.; ARONSON, W.J. “Effect of Diet and Exercise on Serum Insulin, IGF-I, and IGFBP-1 Levels and Growth of LNCaP Cells in Vitro (United States).” *Cancer Causes & Control: CCC*. [S.l.]: 2002; 13(10): p. 929-35.
 17. ALLEN, N.E.; APPLEBY, P.N.; DAVEY, G.K.; KAAKS, R.; RINALDI, S.; KEY, T.J. “The Associations of Diet with Serum Insulin-Like Growth Factor I and Its Main Binding Proteins in 292 Women Meat-Eaters, Vegetarians, and Vegans.” *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2002; 11(11): p. 1.441-8.
 18. AGÊNCIA INTERNACIONAL DE PESQUISA EM CÂNCER. *IARC Monographs on the Evaluation of Carcinogenic Risks to Humans, Vol 96, Alcohol Consumption and Ethyl Carbamate*. Lyon, França: Agência Internacional de Pesquisa em Câncer, 2010.
 19. STEWART, B.W.; WILD, C.P. (orgs.). *World Cancer Report 2014*. Lyon, França: Agência Internacional de Pesquisa em Câncer, 2014.
 20. BAGNARDI, V.; ROTA, M.; BOTTERI, E. et al. “Light Alcohol Drinking and Cancer: A Meta-Analysis. *Annals of Oncology: Official Journal of the European Society for Medical Oncology*. Londres: 2013; 24(2): p. 301-8.
 21. LINDERBORG, K.; SALASPURO, M.; VÄKEVÄINEN, S. “A Single Sip of a Strong Alcoholic Beverage Causes Exposure to Carcinogenic Concentrations of Acetaldehyde in the Oral Cavity.” *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2011; 49(9): p. 2.103-6.

NOTAS

22. LACHENMEIER, D.W.; GUMBEL-MAKO, S.; SOHNIUS, E.M.; KECK-WILHELM, A.; KRATZ, E.; MILDAU, G. "Salivary Acetaldehyde Increase Due to Alcohol-Containing Mouthwash Use: A Risk Factor for Oral Cancer." *International Journal of Cancer*. [S.l.]: 2009; 125(3): p. 730-5.
23. CHEN, W.Y.; ROSNER, B.; HANKINSON, S.E.; COLDITZ, G.A.; WILLETT, W.C. "Moderate Alcohol Consumption During Adult Life, Drinking Patterns, and Breast Cancer Risk." *Journal of the American Medical Association*. Chicago: 2011; 306(17): p. 1.884-90.
24. SHUFELT, C.; MERZ, C.N.; YANG, Y. et al. "Red Versus White Wine as a Nutritional Aromatase Inhibitor in Premenopausal Women: A Pilot Study." *Journal of Women's Health*. Larchmont, Nova York: 2012; 21(3): p. 281-4.
25. ENG, E.T.; WILLIAMS, D.; MANDAVA, U.; KIRMA, N.; TEKMAL, R.R.; CHEN, S. "Anti-Aromatase Chemicals in Red Wine." *Annals of the New York Academy of Sciences*. [S.l.]: 2002; 963: p. 239-46.
26. SHUFELT, C.; MERZ, C.N.; YANG, Y. et al. "Red Versus White Wine as a Nutritional Aromatase Inhibitor in Premenopausal Women: A Pilot Study." *Journal of Women's Health*. Larchmont, Nova York: 2012; 21(3): p. 281-4.
27. CHEN, S.; SUN, X.Z.; KAO, Y.C.; KWON, A.; ZHOU, D.; ENG, E. "Suppression of Breast Cancer Cell Growth With Grape Juice." *Pharmaceutical Biology*. [S.l.]: 1998; 36 (supl. 1): p. 53-61.
28. CHEN, S.; SUN, X.Z.; KAO, Y.C.; KWON, A.; ZHOU, D.; ENG, E. "Suppression of Breast Cancer Cell Growth with Grape Juice." *Pharmaceutical Biology*. [S.l.]: 1998; 36 (supl. 1): p. 53-61.
29. ADAMS, L.S.; ZHANG, Y.; SEERAM, N.P.; HEBER, D.; CHEN, S. "Pomegranate Ellagitannin-Derived Compounds Exhibit Anti-Proliferative and Anti-Aromatase Activity in Breast Cancer Cells in Vitro." *Cancer prevention research (Philadelphia, Pa.)*. Filadélfia: 2010; 3(1): p. 108-13.
30. CHEN, S.; OH, S.R.; PHUNG, S. et al. "Anti-Aromatase Activity of Phytochemicals in White Button Mushrooms (*Agaricus Bisporus*)." *Cancer research*. [S.l.]: 2006; 66(24): p. 1.2026-34.
31. MISHAL, A.A. "Effects of Different Dress Styles on Vitamin D Levels in Healthy Young Jordanian Women." *Osteoporosis International: A Journal Established as Result of Cooperation Between the European Foundation for Osteoporosis and the National Osteoporosis Foundation of the USA*. Londres: 2001; 12(11): p. 931-5.
32. CARDINALI, D.P.; PÉVET, P. "Basic Aspects of Melatonin Action." *Sleep Medicine Reviews*. Londres: 1998; 2(3): 175-90.
33. BLASK, D.E.; DAUCHY, R. T.; SAUER, L.A. "Putting Cancer to Sleep at Night: The Neuroendocrine/Circadian Melatonin Signal." *Endocrine*. [S.l.]: 2005; 27(2): p. 179-88.

COMO NÃO MORRER

34. FLYNN-EVANS, E.E.; STEVENS, R.G.; TABANDEH, H.; SCHERNHAMMER, E.S.; LOCKLEY, S.W. "Total Visual Blindness is Protective Against Breast Cancer." *Cancer Causes & Control: CCC*. [S.l.]: 2009; 20(9): p. 1.753-6.
35. HE, C.; ANAND, S.T.; EBELL, M.H.; VENA, J.E.; ROBB, S.W. "Circadian Disrupting Exposures and Breast Cancer Risk: A Meta-Analysis." *International Archives of Occupational and Environmental Health*. Berlim: Julho de 2015; 88(5): p. 533-47.
36. HURLEY, S.; GOLDBERG, D.; NELSON, D. et al. "Light at Night and Breast Cancer Risk Among California Teachers." *Epidemiology*. [S.l.]: 2014; 25(5): p. 697-706.
37. BAUER, S.E.; WAGNER, S.E.; BURCH, J.; BAYAKLY, R.; VENA, J.E. "A Case-Referent Study: Light at Night and Breast Cancer Risk in Georgia." *International Journal of Health Geographics*. Londres: 2013; 12: p. 23.
38. KLOOG, I.; HAIM, A.; STEVENS, R.G.; BARCHANA, M.; PORTNOV, B.A. "Light at Night Co-Distributes with Incident Breast But Not Lung Cancer in the Female Population of Israel." *Chronobiology International*. [S.l.]: 2008; 25(1): p. 65-81.
39. LI, Q.; ZHENG, T.; HOLFORD, T.R.; BOYLE, P.; ZHANG, Y.; DAI, M. "Light at Night and Breast Cancer Risk: Results from a Population-Based Case-Control Study in Connecticut, USA." *Cancer Causes & Control: CCC*. [S.l.]: 2010; 21(12): p. 2.281-5.
40. BASLER, M.; JETTER, A.; FINK, D.; SEIFERT, B.; KULLAK-UBLICK, G.A.; TROJAN A. "Urinary Excretion of Melatonin and Association with Breast Cancer: Meta-Analysis and Review of the Literature." *Breast Care (Basel, Switzerland)*. Basel: 2014; 9(3): p. 182-7.
41. NAGATA, C.; NAGAO, Y.; SHIBUYA, C.; KASHIKI, Y.; SHIMIZU, H. "Association of Vegetable Intake with Urinary 6-sulfatoxymelatonin Level." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2005; 14(5): p. 1.333-5.
42. SCHERNHAMMER, E.S.; FESKANICH, D.; NIU, C.; DOPFEL, R.; HOLMES, M.D.; HANKINSON, S.E. "Dietary Correlates of Urinary 6-Sulfatoxymelatonin Concentrations in the Nurses' Health Study Cohorts." *The American Journal of Clinical Nutrition*. Bethesda: 2009; 90(4): p. 975-85.
43. GONÇALVES, A.K.; DANTAS FLORENCIO, G.L.; MAISONNETTE DE ATAYDE SILVA, M.J.; COBUCCI, R.N.; GIRALDO, P.C.; COTE, N.M. "Effects of Physical Activity on Breast Cancer Prevention: A Systematic Review." *Journal of Physical Activity & Health*. Champaign, Illinois: 2014; 11(2): p. 445-54.
44. FRIEDENREICH, C.M.; WOOLCOTT, C.G.; MCTIERNAN, A. et al. "Alberta Physical Activity and Breast Cancer Prevention Trial: Sex Hormone Changes in a Year-Long Exercise Intervention Among Postmenopausal Women." *Journal of Clinical*

NOTAS

- Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 2010; 28(9): p. 1.458-66.
45. KOSSMAN, D.A.; WILLIAMS, N.I.; DOMCHEK, S.M.; KURZER, M.S.; STOPFER, J.E.; SCHMITZ, K.H. "Exercise Lowers Estrogen and Progesterone Levels in Premenopausal Women at High Risk of Breast Cancer." *Journal of Applied physiology (Bethesda, Md. : 1985)*. Bethesda: 2011; 111(6): p. 1.687-93.
 46. THUNE, I.; FURBERG, A.S. "Physical Activity and Cancer Risk: Dose-Response and Cancer, All Sites and Site-Specific." *Medicine and Science in Sports and Exercise*. [S.l.]: 2001; 33 (supl. 6): S530-50.
 47. CARPENTER, C.L.; ROSS, R.K.; PAGANINI-HILL, A.; BERNSTEIN, L. "Lifetime Exercise Activity and Breast Cancer Risk Among Post-Menopausal Women." *British Journal of Cancer*. Londres: 1999; 80(11): p. 1.852-8.
 48. PETERS, T.M.; MOORE, S.C.; GIERACH, G.L. et al. "Intensity and Timing of Physical Activity in Relation to Postmenopausal Breast Cancer Risk: the Prospective NIH-AARP Diet and Health Study." *BMC Cancer* [versão eletrônica]. Londres: 2009; 9: p. 349.
 49. FRIEDENREICH, C.M.; CUST, A.E. "Physical Activity and Breast Cancer Risk: Impact of Timing, Type and Dose of Activity and Population Subgroup Effects." *British Journal of Sports Medicine*. [S.l.]: 2008; 42(8): p. 636-47.
 50. HILDEBRAND, J.S.; GAPSTUR, S.M.; CAMPBELL, P.T.; GAUDET, M.M.; PATEL, A.V. "Recreational Physical Activity and Leisure-Time Sitting in Relation to Postmenopausal Breast Cancer Risk." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2013; 22(10): p. 1.906-12.
 51. WIDMARK, E.M.P. "Presence of Cancer-Producing Substances in Roasted Food." *Nature*. [S.l.]: 1939; 143: p. 984.
 52. NATIONAL CANCER INSTITUTE. *Chemicals in Meat Cooked at High Temperatures and Cancer Risk*. Disponível em: <<http://www.cancer.gov/cancertopics/factsheet/Risk/cooked-meats>>. Revisto em 19 de outubro de 2015. Acesso em 10 de março de 2015.
 53. SHAUGHNESSY, D.T.; GANGAROSA, L.M.; SCHLIEBE, B. et al. "Inhibition of Fried Meat-Induced Colorectal DNA Damage and Altered Systemic Genotoxicity in Humans by Crucifera, Chlorophyllin, and Yogurt." *PLoS ONE* [versão eletrônica]. São Francisco: 2011; 6(4): e18707.
 54. ZAIDI, R.; KUMAR, S.; RAWAT, P.R. "Rapid Detection and Quantification of Dietary Mutagens in Food Using Mass Spectrometry and Ultra Performance Liquid Chromatography." *Food Chemistry*. Barking, Inglaterra: 2012; 135(4): p. 2.897-903.

COMO NÃO MORRER

55. THIÉBAUD, H.P.; KNIZE, M.G.; KUZMICKY, P.A.; HSIEH, D.P.; FELTON, J.S. "Airborne Mutagens Produced by Frying Beef, Pork and a Soy-Based Food." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 1995; 33 (10): p. 821-8.
56. ZHENG, W.; LEE, S.A. "Well-done Meat Intake, Heterocyclic Amine Exposure, and Cancer Risk." *Nutrition and Cancer*. Filadélfia: 2009; 61(4): p. 437-46.
57. GOLDFINGER, S.E. "By the Way, Doctor. In Your May Issue You Say that Eating Medium or Well-Done Beef Increases One's Risk for Stomach Cancer. But What About the Dangers of Eating Rare Beef?" *Harvard Health Letter*. Boston: 1999; 24(5): p. 7.
58. FRANDBSEN, H.; FREDERIKSEN, H.; ALEXANDER, J. "2-Amino-1-Methyl-6-(5-Hydroxy-)Phenylimidazo[4,5- b]pyridine (5-OH- PhIP), a Biomarker for the Genotoxic Dose of the Heterocyclic Amine, 2-Amino-1-Methyl-6-Phenylimidazo[4,5-b]pyridine (PhIP)." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2002; 40(8): p. 1.125-30.
59. FRANDBSEN, H. "Biomonitoring of Urinary Metabolites of 2-Amino-1-Methyl-6-Phenylimidazo[4,5-b]pyridine (PhIP) Following Human Consumption of Cooked Chicken." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2008; 46(9): p. 3.200-5.
60. STECK, S.E.; GAUDET, M.M.; ENG, S.M. et al. "Cooked Meat and Risk of Breast Cancer — Lifetime Versus Recent Dietary Intake." *Epidemiology*. [S.l.]: 2007; 18(3): p. 373-82.
61. ZHENG, W.; GUSTAFSON, D.R.; SINHA, R. et al. "Well-Done Meat Intake and the Risk of Breast Cancer." *Journal of the National Cancer Institute*. [S.l.]: 1998; 90(22): p. 1.724-9.
62. ROHRMANN, S.; LUKAS JUNG, S.U.; LINSEISEN, J.; PFAU, W. "Dietary Intake of Meat and Meat-Derived Heterocyclic Aromatic Amines and Their Correlation with DNA Adducts in Female Breast Tissue." *Mutagenesis*. [S.l.]: 2009; 24(2): p. 127-32.
63. SANTELLA, R.M.; GAMMON, M.; TERRY, M. et al. "DNA Adducts, DNA Repair Genotype/Phenotype and Cancer Risk." *Mutation Research*. Amsterdã: 2005; 592(1-2): p. 29-35.
64. LAUBER, S.N.; ALI, S.; GOODERHAM, N.J. "The Cooked Food Derived Carcinogen 2-Amino-1-Methyl-6-Phenylimidazo[4,5-b] Pyridine is a Potent Oestrogen: A Mechanistic Basis for Its Tissue-Specific Carcinogenicity." *Carcinogenesis*. Oxford: 2004; 25(12): p. 2509-17.
65. DEBRUIN, L.S.; MARTOS, P.A.; JOSEPHY, P.D. "Detection of PhIP (2-Amino-1-Methyl-6-Phenylimidazo[4,5-b]pyridine) in the Milk of Healthy Women." *Chemical Research in Toxicology*. Washington, D.C.: 2001; 14(11): p. 1.523-8.

NOTAS

66. LAUBER, S.N.; ALI, S.; GOODERHAM, N.J. "The Cooked Food Derived Carcinogen 2-Amino-1-Methyl-6-Phenylimidazo[4,5-b] Pyridine is a Potent Oestrogen: A Mechanistic Basis for Its Tissue-Specific Carcinogenicity." *Carcinogenesis*. Oxford: 2004; 25(12): p. 2.509-17.
67. DEBRUIN, L.S.; MARTOS, P.A.; JOSEPHY, P.D. "Detection of PhIP (2-Amino-1-Methyl-6-Phenylimidazo[4,5- b]pyridine) in the Milk of Healthy Women." *Chemical Research in Toxicology*. Washington, D.C.: 2001; 14(11): p. 1.523-8.
68. BESSETTE, E.E.; YASA, I.; DUNBAR, D.; WILKENS, L.R.; LE MARCHAND, L.; TURESKY, R.J. "Biomonitoring of Carcinogenic Heterocyclic Aromatic Amines in Hair: A Validation Study." *Chemical Research in Toxicology*. Washington, D.C.: 2009; 22(8): p. 1.454-63.
69. GROSE, K.R.; GRANT, J.L.; BJELDANES, L.F. et al. "Isolation of the Carcinogen IQ from Fried Egg Patties." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 1986; 34(2): p. 201-2.
70. HOLLAND, R.D.; GEHRING, T.; TAYLOR, J.; LAKE, B.G.; GOODERHAM, N.J.; TURESKY, R.J. "Formation of a Mutagenic Heterocyclic Aromatic Amine from Creatinine in Urine of Meat Eaters and Vegetarians." *Chemical Research in Toxicology*. Washington, D.C.: 2005; 18(3): p. 579-90.
71. MAGAGNOTTI, C.; ORSI, F.; BAGNATI, R. et al. "Effect of Diet on Serum Albumin and Hemoglobin Adducts of 2-Amino-1-Methyl-6-Phenylimidazo[4,5-b]pyridine (PhIP) in Humans." *International Journal of Cancer*. [S.l.]: 2000; 88(1): p. 1-6.
72. LAUBER, S.N.; GOODERHAM, N.J. "The Cooked Meat-Derived Mammary Carcinogen 2-Amino-1-Methyl-6-Phenylimidazo[4,5-b]pyridine Promotes Invasive Behaviour of Breast Cancer Cells." *Toxicology*. [S.l.]: 2011; 279(1-3): p. 139-45.
73. LAUBER, S.N.; GOODERHAM, N.J. "The Cooked Meat-Derived Mammary Carcinogen 2-Amino-1-Methyl-6-Phenylimidazo[4,5- b]pyridine Promotes Invasive Behaviour of Breast Cancer Cells." *Toxicology*. [S.l.]: 2011; 279(1-3): p. 139-45.
74. VERGNAUD, A.C.; ROMAGUERA, D.; PEETERS, P.H. et al. "Adherence to the World Cancer Research Fund/American Institute for Cancer Research Guidelines and Risk of Death in Europe: Results from the European Prospective Investigation into Nutrition and Cancer Cohort Study." *The American Journal of Clinical Nutrition*. Bethesda: 2013; 97(5): p. 1.107-20.
75. DANILO, C.; FRANK, P.G. "Cholesterol and Breast Cancer Development." *Current Opinion in Pharmacology*. Oxford: 2012; 12(6): p. 677.
76. FIRESTONE, R.A. "Low-Density Lipoprotein as a Vehicle for Targeting Antitumor Compounds to Cancer Cells." *Bioconjugate Chemistry*. Washington, D.C.: 1994 5(2): p. 105-13.

COMO NÃO MORRER

77. RUDLLING, M.J.; STÄHLE, L.; PETERSON, C.O.; SKOOG, L. "Content of Low-Density Lipoprotein Receptors in Breast Cancer Tissue Related to Survival of Patients." *British Medical Journal (Clinical Research Ed.)*. Londres: 1986; 292(6520): p. 580-2.
78. DANILO, C.; FRANK, P.G. "Cholesterol and Breast Cancer Development." *Current Opinion in Pharmacology*. Oxford: 2012; 12(6): p. 677-82.
79. ANTALIS, C.J.; ARNOLD, T.; RASOOL, T.; LEE, B.; BUHMAN, K.K.; SIDDIQUI, R.A. "High ACAT1 Expression in Estrogen Receptor Negative Basal-Like Breast Cancer Cells is Associated with LDL-Induced Proliferation." *Breast Cancer Research and Treatment*. [S.l.]: 2010; 122(3): p. 661-70.
80. FIRESTONE, R.A. "Low-Density Lipoprotein as a Vehicle for Targeting Antitumor Compounds to Cancer Cells." *Bioconjugate Chemistry*. Washington, D.C.: 1994; 5(2): p. 105-13.
81. KITAHARA, C.M.; BERRINGTON DE GONZÁLEZ, A.; FREEDMAN, N.D. et al. "Total Cholesterol and Cancer Risk in a Large Prospective Study in Korea." *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 2011; 29(12): p. 1.592-8.
82. UNDELA, K.; SRIKANTH, V.; BANSAL, D. "Statin Use and Risk of Breast Cancer: A Meta-Analysis of Observational Studies." *Breast Cancer Research and Treatment*. [S.l.]: 2012; 135(1): p. 261-9.
83. MCDUGALL, J.A.; MALONE, K.E.; DALING, J.R.; CUSHING-HAUGEN, K.L.; PORTER, P.L.; LI, C.I. "Long-Term Statin Use and Risk of Ductal and Lobular Breast Cancer Among Women 55 to 74 Years of Age." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2013; 22(9): p. 1.529-37.
84. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. "Data Table for Figure 17. Statin Drug Use in the Past 30 Days Among Adults 45 Years of Age and Over, By Sex and Age: United States, 1988-1994, 1999-2002, and 2005-2008." National Health and Nutrition Examination Survey. Chartbook: Centros para Controle e Prevenção de Doenças, 2010. Disponível em: <<http://www.cdc.gov/nchs/data/hus/2010/fig17.pdf>>. Acesso em 25 de março de 2015.
85. MAUNSELL, E.; DROLET, M.; BRISSON, J.; ROBERT, J.; DESCHELL, L. "Dietary Change After Breast Cancer: Extent, Predictors, and Relation with Psychological Distress." *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 2002; 20(4): p. 1.017-25.
86. PIERCE, J.P.; STEFANICK, M.L.; FLATT, S.W. et al. "Greater Survival After Breast Cancer in Physically Active Women with High Vegetable-Fruit Intake Regardless of Obesity." *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 2007; 25(17): p. 2.345-51.

NOTAS

87. LI, Q.; HOLFORD, T.R.; ZHANG, Y. et al. "Dietary Fiber Intake and Risk of Breast Cancer by Menopausal and Estrogen Receptor Status." *European Journal of Nutrition*. Darmstadt, Alemanha: 2013; 52(1): p. 217-23.
88. LI, Q.; HOLFORD, T.R.; ZHANG, Y. et al. "Dietary Fiber Intake and Risk of Breast Cancer by Menopausal and Estrogen Receptor Status." *European Journal of Nutrition*. Darmstadt, Alemanha: 2013; 52(1): p. 217-23.
89. HOWE, G.R.; HIROHATA, T.; HISLOP, T.G. et al. "Dietary Factors and Risk of Breast Cancer: Combined Analysis of 12 Case-Control Studies." *Journal of the National Cancer Institute*. [S.l.]: 1990; 82(7): p. 561-9.
90. DONG, J.-Y.; HE, K.; WANG, P.; QIN, L.Q. "Dietary Fiber Intake and Risk of Breast Cancer: A Meta-Analysis of Prospective Cohort Studies." *The American Journal of Clinical Nutrition*. Bethesda: 2011; 94(3): p. 900-5.
91. AUNE, D.; CHAN, D.S.; GREENWOOD, D.C. et al. "Dietary Fiber and Breast Cancer Risk: A Systematic Review and Meta-Analysis of Prospective Studies." *Annals of Oncology: Official Journal of the European Society for Medical Oncology*. Londres: 2012; 23(6): p. 1.394-402.
92. CLEMENS, R.; KRANZ, S.; MOBLEY, A.R. et al. "Filling America's Fiber Intake Gap: Summary of a Roundtable to Probe Realistic Solutions with a Focus on Grain-Based Foods." *The Journal of Nutrition*. [S.l.]: 2012; 142(7): 1390S-401S.
93. FARMER, B.; LARSON, B.T.; FULGONI, V.L.III; RAINVILLE, A.J.; LIEPA, G.U. "A Vegetarian Dietary Pattern As a Nutrient-Dense Approach to Weight Management: An Analysis of the National Health and Nutrition Examination Survey 1999-2004." *Journal of the American Dietetic Association*. [S.l.]: 2011; 111(6): p. 819-27.
94. RIZZO, N.S.; JACELDO-SIEGL, K.; SABATE, J.; FRASER, G.E. "Nutrient Profiles of Vegetarian and Nonvegetarian Dietary Patterns." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2013; 113(12): p. 1.610-9.
95. DEWELL, A.; WEIDNER, G.; SUMNER, M.D.; CHI, C.S.; ORNISH, D. "A Very-Low-Fat Vegan Diet Increases Intake of Protective Dietary Factors and Decreases Intake of Pathogenic Dietary Factors." *Journal of the American Dietetic Association*. [S.l.]: 2008; 108(2): p. 347-56.
96. GALLUS, S.; TALAMINI, R.; GIACOSA, A. et al. "Does an Apple a Day Keep the Oncologist Away?" *Annals of Oncology: Official Journal of the European Society for Medical Oncology*. Londres: 2005; 16(11): p. 1.841-4.
97. WOLFE, K.; WU, X.; LIU, R.H. "Antioxidant Activity of Apple Peels." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2003; 51(3): p. 609-14.
98. SUN, J.; LIU, R.H. "Apple Phytochemical Extracts Inhibit Proliferation of Estrogen-Dependent and Estrogen-Independent Human Breast Cancer Cells Through

COMO NÃO MORRER

- Cell Cycle Modulation.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2008; 56(24): p. 1.1661-7.
99. WOLFE, K.; WU, X.; LIU, R.H. “Antioxidant Activity of Apple Peels.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2003; 51(3): p. 609-14.
 100. REAGAN-SHAW, S.; EGGERT, D.; MUKHTAR, H.; AHMAD, N. “Antiproliferative Effects of Apple Peel Extract Against Cancer Cells.” *Nutrition and Cancer*. Filadélfia: 2010; 62(4): p. 517-24.
 101. STECK, S.E.; GAUDET, M.M.; ENG, S.M. et al. “Cooked Meat and Risk of Breast Cancer — Lifetime Versus Recent Dietary Intake.” *Epidemiology*. [S.l.]: 2007; 18(3): p. 373-82.
 102. MURRAY, S.; LAKE, B.G.; GRAY, S. et al. “Effect of Cruciferous Vegetable Consumption on Heterocyclic Aromatic Amine Metabolism in Man.” *Carcinogenesis*. Oxford: 2001; 22(9): p. 1.413-20.
 103. MURRAY, S.; LAKE, B.G.; GRAY, S. et al. “Effect of Cruciferous Vegetable Consumption on Heterocyclic Aromatic Amine Metabolism in Man.” *Carcinogenesis*. Oxford: 2001; 22(9): p. 1.413-20.
 104. MURRAY, S.; LAKE, B.G.; GRAY, S. et al. “Effect of Cruciferous Vegetable Consumption on Heterocyclic Aromatic Amine Metabolism in Man.” *Carcinogenesis*. Oxford: 2001; 22(9): p. 1.413-20.
 105. THIÉBAUD, H.P.; KNIZE, M.G.; KUZMICKY, P.A.; HSIEH, D.P.; FELTON, J.S. “Airborne Mutagens Produced by Frying Beef, Pork and a Soy-Based Food.” *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 1995; 33(10): p. 821-8.
 106. BOGGS, D.A.; PALMER, J.R.; WISE, L.A. et al. “Fruit and Vegetable Intake in Relation to Risk of Breast Cancer in the Black Women’s Health Study.” *American Journal of Epidemiology*. [S.l.]: 2010; 172(11): p. 1.268-79.
 107. BOGGS, D.A.; PALMER, J.R.; WISE, L.A. et al. “Fruit and Vegetable Intake in Relation to Risk of Breast Cancer in the Black Women’s Health Study.” *American Journal of Epidemiology*. [S.l.]: 2010; 172(11): p. 1.268-79.
 108. TIEDE, B.; KANG, Y. “From Milk to Malignancy: The Role of Mammary Stem Cells in Development, Pregnancy and Breast Cancer.” *Cell Research*. [S.l.]: 2011; 21(2): p. 245-57.
 109. CLEVERS, H. The “Cancer Stem Cell: Premises, Promises and Challenges.” *Nature Medicine*. Nova York: 2011; 17(3): p. 313-9.
 110. KARRISON, T.G.; FERGUSON, D.J.; MEIER, P. “Dormancy of Mammary Carcinoma After Mastectomy.” *Journal of the National Cancer Institute*. [S.l.]: 1999; 91(1): p. 80-5.
 111. AGUIRRE-GHISO, J.A. “Models, Mechanisms and Clinical Evidence for Cancer Dormancy.” *Nature Reviews. Cancer*. Londres: 2007; 7(11): p. 834-46.

NOTAS

112. CLEVERS, H. "The Cancer Stem Cell: Premises, Promises and Challenges." *Nature Medicine*. Nova York: 2011; 17(3): p. 313-9.
113. LI, Y.; ZHANG, T.; KORKAYA, H. et al. "Sulforaphane, a Dietary Component of Broccoli/Broccoli Sprouts, Inhibits Breast Cancer Stem Cells." *Clinical Cancer Research: An Official Journal of the American Association for Cancer Research*. Denville: 2010; 16(9): p. 2.580-90.
114. CORNBLATT, B.S.; YE, L.; DINKOVA-KOSTOVA, A.T. et al. "Preclinical and Clinical Evaluation of Sulforaphane for Chemoprevention in the Breast." *Carcinogenesis*. Oxford: 2007; 28(7): p. 1.485-90.
115. FAHEY, J.W.; ZHANG, Y.; TALALAY, P. "Broccoli Sprouts: An Exceptionally Rich Source of Inducers of Enzymes that Protect Against Chemical Carcinogens." *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*. [S.l.]: 1997; 94(19): p. 1.0367-72.
116. GOYAL, A.; SHARMA, V.; UPADHYAY, N.; GILL, S.; SIHAG, M. "Flax and Flaxseed Oil: An Ancient Medicine & Modern Functional Food." *Journal of Food Science and Technology*. [S.l.]: 2014; 51(9): p. 1.633-53.
117. SMEDS, A.I.; EKLUND, P.C.; SJÖHOLM, R.E. et al. "Quantification of a Broad Spectrum of Lignans in Cereals, Oilseeds, and Nuts." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2007; 55(4): p. 1.337-46.
118. ROSOLOWICH, V.; SAETTLER, E.; SZUCK, B. et al. "Mastalgia." *Journal of Obstetrics and Gynaecology Canada: JOGC: Journal d'obstétrique et gynécologie du Canada: JOGC*. [S.l.]: 2006; 170: 49-57.
119. PHIPPS, W.R.; MARTINI, M.C.; LAMPE, J.W.; SLAVIN, J.L.; KURZER, M.S. "Effect of Flax Seed Ingestion on the Menstrual Cycle." *The Journal of Clinical Endocrinology and Metabolism*. [S.l.]: 1993; 77(5): p. 1.215-9.
120. KELSEY, J.L.; GAMMON, M.D.; JOHN, E.M. "Reproductive Factors and Breast Cancer." *Epidemiologic Reviews*. Toronto: 1993; 15(1): p. 36-47.
121. KNEKT, P.; ADLERCREUTZ, H.; RISSANEN, H.; AROMAA, A.; TEPPONEN, L.; HELIÖVAARA, M. "Does Antibacterial Treatment for Urinary Tract Infection Contribute to the Risk of Breast Cancer?" *British Journal of Cancer*. Londres: 2000; 82(5): p. 1.107-10.
122. BUCK, K.; ZAINEDDIN, A.K.; VRIELING, A.; LINSEISEN, J.; CHANG-CLAUDE, J. "Meta-Analyses of Lignans and Enterolignans in Relation to Breast Cancer Risk." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 92(1): p. 141-53.
123. ABARZUA, S.; SERIKAWA, T.; SZEWCZYK, M.; RICHTER, D.U.; PIECHULLA, B.; BRIESE, V. "Antiproliferative Activity of Lignans Against the Breast Carcinoma Cell Lines MCF 7 and BT 20." *Archives of Gynecology and Obstetrics*. [S.l.]: 2012; 285(4): p. 1.145-51.

COMO NÃO MORRER

124. FABIAN, C.J.; KIMLER, B.F.; ZALLES, C.M. et al. "Reduction in Ki-67 in Benign Breast Tissue of High-Risk Women with the Lignan Secoisolariciresinol Diglycoside." *Cancer Prevention Research (Philadelphia, Pa.)*. Filadélfia: 2010; 3(10): p. 1.342-50.
125. BUCK, K.; VRIELING, A.; ZAINEDDIN, A.K. et al. "Serum Enterolactone and Prognosis of Postmenopausal Breast Cancer." *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 2011; 29(28): p. 3.730-8.
126. GUGLIELMINI, P.; RUBAGOTTI, A.; BOCCARDO, F. "Serum Enterolactone Levels and Mortality Outcome in Women with Early Breast Cancer: A Retrospective Cohort Study." *Breast Cancer Research and Treatment*. [S.l.]: 2012; 132(2): p. 661-8.
127. MCCANN, S.E.; THOMPSON, L.U.; NIE, J. et al. "Dietary Lignan Intakes in Relation to Survival Among Women with Breast Cancer: The Western New York Exposures and Breast Cancer (WEB) Study." *Breast Cancer Research and Treatment*. [S.l.]: 2010; 122(1): p. 229-35.
128. ÅBERG, U.W.; SAARINEN, N.; ABRAHAMSSON, A.; NURMI, T.; ENGBLOM, S.; DABROSIN, C. "Tamoxifen and Flaxseed Alter Angiogenesis Regulators in Normal Human Breast Tissue in Vivo." *PLoS ONE* [versão eletrônica]. São Francisco: 2011; 6(9): e25720.
129. THOMPSON, L.U.; CHEN, J.M.; LI, T.; STRASSER-WEIPPL, K.; GOSS, P.E. "Dietary Flaxseed Alters Tumor Biological Markers in Postmenopausal Breast Cancer." *Clinical Cancer Research: An Official Journal of The American Association for Cancer Research*. Denville: 2005; 11(10): p. 3.828-35.
130. MUELLER, S.O.; SIMON, S.; CHAE, K.; METZLER, M.; KORACH K.S. "Phytoestrogens and Their Human Metabolites Show Distinct Agonistic and Antagonistic Properties on Estrogen Receptor Alpha (ERalpha) and ERbeta in Human Cells." *Toxicological Sciences: An Official Journal of the Society of Toxicology*. Cary, Carolina do Norte: 2004; 80(1): p. 14-25.
131. OSENI, T.; PATEL, R.; PYLE, J.; JORDAN, V.C. "Selective Estrogen Receptor Modulators and Phytoestrogens." *Planta Medica*. Stuttgart, Alemanha: 2008; 74(13): p. 1.656-65.
132. OSENI, T.; PATEL, R.; PYLE, J.; JORDAN, V.C. "Selective Estrogen Receptor Modulators and Phytoestrogens." *Planta Medica*. Stuttgart, Alemanha: 2008; 74(13): p. 1.656-65.
133. NAGATA, C.; MIZOUE, T.; TANAKA, K. et al. "Soy Intake and Breast Cancer Risk: An Evaluation Based on a Systematic Review of Epidemiologic Evidence Among the Japanese Population." *Japanese Journal of Clinical Oncology*. [S.l.]: 2014; 44(3): p. 282-95.
134. CHEN, M.N.; LIN, C.C.; LIU, C.F. "Efficacy of Phytoestrogens for Menopausal Symptoms: A Meta-Analysis and Systematic Review." *Climacteric: The Journal of the International Menopause Society*. [S.l.]: 2015; 18(2): p. 260-9.

NOTAS

135. CHI, F.; WU, R.; ZENG, Y.C.; XING, R.; LIU, Y.; XU, Z.G. "Post-Diagnosis Soy Food Intake and Breast Cancer Survival: A Meta-Analysis of Cohort Studies." *Asian Pacific Journal of Cancer Prevention: APJCP*. Bangcoc: 2013; 14(4): p. 2.407-12.
136. BHAGWAT, S.; HAYTOWITZ, D.B.; HOLDEN, J.M. "USDA Database for the Isoflavone Content of Selected Foods, Release 2.0." Disponível em: <http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Data/isoflav/Isoflav_R2.pdf>. Setembro de 2008. Acesso em 26 de março de 2015.
137. NECHUTA, S.J.; CAAN, B.J.; CHEN, W.Y. et al. "Soy Food Intake After Diagnosis of Breast Cancer and Survival: An In-Depth Analysis of Combined Evidence from Cohort Studies of US and Chinese Women." *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(1): p. 123-32.
138. CHI, F.; WU, R.; ZENG, Y.C.; XING, R.; LIU, Y.; XU, Z.G. "Post-Diagnosis Soy Food Intake and Breast Cancer Survival: A Meta-Analysis of Cohort Studies." *Asian Pacific Journal of Cancer Prevention: APJCP*. Bangcoc: 2013; 14(4): p. 2.407-12.
139. KANG, H.B.; ZHANG, Y.F.; YANG, J.D.; LU, K.L. "Study on Soy Isoflavone Consumption and Risk of Breast Cancer and Survival." *Asian Pacific Journal of Cancer Prevention: APJCP*. Bangcoc: 2012; 13(3): p. 995-8.
140. BOSVIEL, R.; DUMOLLARD, E.; DÉCHELOTTE, P.; BIGNON, Y.J.; BERNARD-GALLON, D. "Can Soy Phytoestrogens Decrease DNA Methylation in BRCA1 and BRCA2 Oncosuppressor Genes in Breast Cancer?" *Omic: A Journal of Integrative Biology*. Larchmont, Nova York: 2012; 16(5): p. 235-44.
141. COALIZÃO NACIONAL DO CÂNCER DE MAMA. *National Breast Cancer Coalition Survey Reveals that Heightened Breast Cancer Awareness Has Insufficient Impact on Knowledge*. Disponível em: <<http://www.prnewswire.com/news-releases/national-breast-cancer-coalition-survey-reveals-that-heightened-breast-cancer-awareness-has-insufficient-impact-on-knowledge-58248962.html>>. 1º de outubro de 2007. Acesso em 23 de março de 2015.
142. COLDITZ, G.A.; WILLET, W.C.; HUNTER, D.J. et al. "Family History, Age, and Risk of Breast Cancer. Prospective Data from the Nurses' Health Study." *Journal of the American Medical Association*. Chicago: 1993; 270(3): p. 338-43.
143. BAL, A.; VERMA, S.; JOSHI, K. et al. "BRCA-Methylated Sporadic Breast Cancers Are BRCA-Like in Showing a Basal Phenotype and Absence of ER Expression." *Virchows Archiv: An International Journal of Pathology*. Berlin: 2012; 461(3): p. 305-12.
144. BOSVIEL, R.; DUMOLLARD, E.; DÉCHELOTTE, P.; BIGNON, Y.J.; BERNARD-GALLON, D. "Can Soy Phytoestrogens Decrease DNA Methylation in BRCA1 and BRCA2 Oncosuppressor Genes in Breast Cancer?" *Omic: A Journal of Integrative Biology*. Larchmont, Nova York: 2012; 16(5): p. 235-44.

COMO NÃO MORRER

145. MAGEE, P.J.; ROWLAND, I. "Soy Products in the Management of Breast Cancer." *Current Opinion in Clinical Nutrition and Metabolic Care*. Londres: 2012; 15(6): p. 586-91.
146. PARKIN, D.M.; FERNÁNDEZ, L.M. "Use of Statistics to Assess the Global Burden of Breast Cancer." *The Breast Journal*. [S.l.]: 2006; 12 (supl. 1): S70-80.
147. WU, A.H.; BUTLER, L.M. "Green Tea and Breast Cancer." *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2011; 55(6): p. 921-30.
148. KORDE, L.A.; WU, A.H.; FEARS, T. et al. "Childhood Soy Intake and Breast Cancer Risk in Asian American Women." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2009; 18(4): p. 1.050-9.
149. WAKCHAURE, G.C. "Chapter 3: Production and Marketing of Mushrooms: Global and National Scenario." In: SINGH, N.; CIJAY, B.; KAMAL, S.; WAKCHAURE, G.C. (orgs.) *Mushrooms. Cultivation, Marketing and Consumption*. Himachal Pradesh-173213, Índia: Diretório de Pesquisa em Cogumelos, 2014: p. 15-22.
150. ZHANG, M.; HUANG, J.; XIE, X.; HOLMAN, C.D. "Dietary Intakes of Mushrooms and Green Tea Combine to Reduce the Risk of Breast Cancer in Chinese Women." *International Journal of Cancer*. [S.l.]: 2009; 124(6): p. 1.404-8.
151. GANZ, P.A. "A Teachable Moment for Oncologists: Cancer Survivors, 10 Million Strong and Growing!" *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 2005; 23(24): p. 5.458-60.
152. GANZ, P.A. "A Teachable Moment for Oncologists: Cancer Survivors, 10 Million Strong and Growing!" *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 2005; 23(24): p. 5.458-60.

12. Como não morrer de depressão suicida

1. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. CENTRO NACIONAL DE ESTATÍSTICAS EM SAÚDE. "Deaths: Final Data for 2013, Table 18." Disponível em: <http://www.cdc.gov/nchs/data/nvsr/nvsr64/nvsr64_02.pdf>. Acesso em 20 de março de 2015.
2. SARTORIUS, N. "The Economic and Social Burden of Depression." *The Journal of Clinical Psychiatry*. Memphis, Tennessee: 2001; 62 (supl. 15): p. 8-11.
3. Preâmbulo da Constituição da Organização Mundial da Saúde conforme adotada pela Conferência Internacional da Saúde, Nova York, 19-22 de junho de 1946; assinada em 22 de julho de 1946 por representantes de 61 Estados (Official Records of the World Health Organization, nº 2, p. 100) e com entrada em vigor em 7 de abril de 1948.
4. KESSLER, R.C.; CHIU, W.T.; DEMLER, O.; MERIKANGAS, K.R.; WALTERS, E.E. "Prevalence, Severity, and Comorbidity of 12-Month DSM-IV Disorders in

NOTAS

- the National Comorbidity Survey Replication.” *Archives of General Psychiatry*. Chicago: 2005; 62(6): p. 617–27.
5. CHIDA, Y.; STEPTOE, A. “Positive Psychological Well-Being and Mortality: a Quantitative Review of Prospective Observational Studies.” *Psychosomatic Medicine*. [S.l.]: 2008; 70(7): p. 741–56.
 6. CHIDA, Y.; STEPTOE, A. “Positive Psychological Well-Being and Mortality: a Quantitative Review of Prospective Observational Studies.” *Psychosomatic Medicine*. [S.l.]: 2008; 70(7): p. 741–56.
 7. GRANT, N.; WARDLE, J.; STEPTOE, A. “The Relationship Between Life Satisfaction and Health Behavior: A Cross-Cultural Analysis of Young Adults. *International Journal of Behavioral Medicine*. [S.l.]: 2009; 16(3): 259–68.
 8. COHEN, S.; DOYLE, W.J.; TURNER, R.B.; ALPER, C.M.; SKONER, D.P. Emotional Style and Susceptibility to the Common Cold.” *Psychosomatic Medicine*. [S.l.]: 2003; 65(4): p. 652–7.
 9. COHEN, S.; ALPER, C.M.; DOYLE, W.J.; TREANOR, J.J.; TURNER, R.B. “Positive Emotional Style Predicts Resistance to Illness After Experimental Exposure to Rhinovirus or Influenza A Virus.” *Psychosomatic Medicine*. [S.l.]: 2006; 68(6): p. 809–15.
 10. BEEZHOLD, B.L.; JOHNSTON, C.S.; DAIGLE, D.R. “Vegetarian Diets Are Associated with Healthy Mood States: A Cross-Sectional Study in Seventh Day Adventist Adults.” *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 26.
 11. BEEZHOLD, B.L.; JOHNSTON, C.S.; DAIGLE, D.R. “Vegetarian Diets Are Associated with Healthy Mood States: A Cross-Sectional Study in Seventh Day Adventist Adults.” *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 26.
 12. KNUTSEN, S.F. “Lifestyle and the Use of Health Services.” *The American Journal of Clinical Nutrition*. Bethesda: 1994; 59 (supl. 5): 1171S–1175S.
 13. BEEZHOLD, B.L.; JOHNSTON, C.S.; DAIGLE, D.R. “Vegetarian Diets are Associated with Healthy Mood States: A Cross-Sectional Study in Seventh Day Adventist Adults.” *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 26.
 14. FISHER, M.; LEVINE, P.H.; WEINER, B. et al. “The Effect of Vegetarian Diets on Plasma Lipid and Platelet Levels.” *Archives of Internal Medicine*. Chicago: 1986; 146(6): p. 1.193–7.
 15. INSTITUTO DE MEDICINA. *Dietary Reference Intakes: The Essential Guide to Nutrient Requirements*. Washington, D.C.: National Academies Press, 2006.
 16. VAZ, J.S.; KAC, G.; NARDI, A.E.; HIBBELN, J.R. “Omega-6 Fatty Acids and Greater Likelihood of Suicide Risk and Major Depression in Early Pregnancy.” *Journal of Affective Disorders*. Amsterdã: 2014; 152–154: p. 76–82.
 17. INSTITUTO NACIONAL DO CÂNCER. “Table 4: Food Sources of Arachidonic Acid.” Disponível em: <<http://appliedresearch.cancer.gov/diet/foodsources/>

COMO NÃO MORRER

fatty_acids/table4.html>. Modificado em 20 de abril de 2015. Acesso em 11 de março de 2015.

18. HIROTA, S.; ADACHI, N.; GOMYO, T.; KAWASHIMA, H.; KISO, Y.; KAWABATA, T. "Low-Dose Arachidonic Acid Intake Increases Erythrocytes and Plasma Arachidonic Acid in Young Women." *Prostaglandins, Leukotrienes, and Essential Fatty Acids*. Edimburgo: 2010; 83(2): p. 83-8.
19. BEEZHOLD, B.L.; JOHNSTON, C.S.; DAIGLE, D.R. "Vegetarian Diets Are Associated with Healthy Mood States: A Cross-Sectional Study in Seventh Day Adventist Adults." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 26.
20. BEEZHOLD, B.L.; JOHNSTON, C.S. "Restriction of Meat, Fish, and Poultry in Omnivores Improves Mood: A Pilot Randomized Controlled Trial." *Nutrition Journal* [versão eletrônica]. Londres: 2012; 11: p. 9.
21. BEEZHOLD, B.L.; JOHNSTON, C.S.; DAIGLE, D.R. "Restriction of Flesh Foods in Omnivores Improves Mood: A Pilot Randomized Controlled Trial." Conferência Anual da Associação Americana de Saúde Pública, 7 a 11 de novembro de 2009. Filadélfia, Pensilvânia.
22. KATCHER, H.I.; FERDOWSIAN, H.R.; HOOVER, V.J.; COHEN, J.L.; BARNARD, N.D. "A Worksite Vegan Nutrition Program Is Well-Accepted and Improves Health-Related Quality of Life and Work Productivity." *Annals of Nutrition & Metabolism*. [S.l.]: 2010; 56(4): p. 245-52.
23. KATCHER, H.I.; FERDOWSIAN, H.R.; HOOVER, V.J.; COHEN, J.L.; BARNARD, N.D. "A Worksite Vegan Nutrition Program Is Well-Accepted and Improves Health-Related Quality of Life and Work Productivity." *Annals of Nutrition & Metabolism*. [S.l.]: 2010; 56(4): p. 245-52.
24. MISHRA, S.; XU, J.; AGARWAL, U.; GONZALES, J.; LEVIN, S.; BARNARD, N.D. "A Multicenter Randomized Controlled Trial of a Plant-Based Nutrition Program to Reduce Body Weight and Cardiovascular Risk in the Corporate Setting: The GEICO Study." *European Journal of Clinical Nutrition*. Londres: 2013; 67(7): p. 718-24.
25. AGARWAL, U.; MISHRA, S.; XU, J.; LEVIN, S.; GONZALES, J.; BARNARD, N.D. "A Multicenter Randomized Controlled Trial of a Nutrition Intervention Program in a Multiethnic Adult Population in the Corporate Setting Reduces Depression and Anxiety and Improves Quality of Life: The GEICO Study." *American Journal of Health Promotion: AJHP*. [S.l.]: 2015; 29(4): p. 245-54.
26. TSAI, A.C.; CHANG, T.-L.; CHI, S.-H. "Frequent Consumption of Vegetables Predicts Lower Risk of Depression in Older Taiwanese — Results of a Prospective Population-Based Study." *Public Health Nutrition*. [S.l.]: 2012; 15(6): p. 1.087-92.

NOTAS

27. GOMEZ-PINILLA, F.; NGUYEN, T.T.J. "Natural Mood Foods: The Actions of Polyphenols Against Psychiatric and Cognitive Disorders." *Nutritional Neuroscience*. [S.l.]: 2012; 15(3): p. 127-33.
28. MEYER, J.H.; GINOVART, N.; BOOVARIWALA, A. et al. "Elevated Monoamine Oxidase A Levels in the Brain: An Explanation for the Monoamine Imbalance of Major Depression." *Archives of General Psychiatry*. Chicago: 2006; 63(11): p. 1.209-16.
29. DEVILLIERS, J.C. "Intracranial Haemorrhage in Patients Treated with Monoamine oxidase Inhibitors." *The British Journal of Psychiatry: The Journal of Mental Science*. Londres: 1966; 112(483): p. 109-18.
30. DIXON CLARKE, S.E.; RAMSAY, R.R. "Dietary Inhibitors of Monoamine Oxidase A." *Journal of Neural Transmission*. [S.l.]: 2011; 118(7): p. 1.031-41.
31. LAI, J.S.; HILES, S.; BISQUERA, A.; HURE, A.J.; MCEVOY, M.; ATTIA, J. "A Systematic Review and Meta-Analysis of Dietary Patterns and Depression in Community-Dwelling Adults." *The American Journal of Clinical Nutrition*. Bethesda: 2014; 99(1): p. 181-97.
32. WHITE, B.A.; HORWATH, C.C.; CONNER, T.S. "Many Apples a Day Keep the Blues Away — Daily Experiences of Negative and Positive Affect and Food Consumption in Young Adults." *British Journal of Health Psychology*. Chichester: 2013; 18(4): p. 782-98.
33. ODJAKOVA, M.; HADJIIVANOVA, C. "Animal Neurotransmitter Substances in Plants." *Bulgarian Journal of Plant Physiology*. Sofia: 1997; 23: p. 94-102.
34. GHIRRI, A.; CANNELLA, C.; BIGNETTI, E. "The Psychoactive Effects of Aromatic Amino Acids." *Current Nutrition & Food Science*. [S.l.]: 2011; 7(1): p. 21-32.
35. ALLEN, J.A.; PETERSON, A.; SUFIT, R. et al. "Post-Epidemic Eosinophilia-Myalgia Syndrome Associated with L-Tryptophan." *Arthritis and Rheumatism*. Hoboken, Nova Jersey: 2011; 63(11): p. 3.633-9.
36. FERNSTROM, J.D.; FALLER, D.V. "Neutral Amino Acids in the Brain: Changes in Response to Food Ingestion." *Journal of Neurochemistry*. [S.l.]: 1978; 30(6): p. 1.531-8.
37. WURTMAN, R.J.; WURTMAN, J.J.; REGAN, M.M.; MCDERMOTT, J.M.; TSAY, R.H.; BREU, J.J. "Effects of Normal Meals Rich in Carbohydrates or Proteins on Plasma Tryptophan and Tyrosine Ratios." *The American Journal of Clinical Nutrition*. Bethesda: 2003; 77(1): p. 128-32.
38. WURTMAN, J.J.; BRZEZINSKI, A.; WURTMAN, R.J.; LAFERRERE, B. [S.l.]: "Effect of Nutrient Intake on Premenstrual Depression." *American Journal of Obstetrics and Gynecology*. 1989; 161(5): p. 1.228-34.
39. BRINKWORTH, G.D.; BUCKLEY, J.D.; NOAKES, M.; CLIFTON, P.M.; WILSON, C.J. "Long-Term Effects of a Very Low-Carbohydrate Diet and a Low-Fat

COMO NÃO MORRER

- Diet on Mood and Cognitive Function.” *Archives of Internal Medicine*. Chicago: 2009; 169(20): p. 1.873–80.
40. FERNSTROM, J.D.; WURTMAN, R.J. “Brain Serotonin Content: Physiological Regulation by Plasma Neutral Amino Acids.” *Science*. [S.l.]: 1972; 178(4059): p. 414–6.
 41. HUDSON, C.; HUDSON, S.; MACKENZIE, J. “Protein–Source Tryptophan as an Efficacious Treatment for Social Anxiety Disorder: A Pilot Study.” *Canadian Journal of Physiology and Pharmacology*. Ottawa: 2007; 85(9): p. 928–32.
 42. SCHWEIGER, U.; LAESSLE, R.; KITTL, S.; DICKHAUT, B.; SCHWEIGER, M.; PIRKE, K.M. “Macronutrient Intake, Plasma Large Neutral Amino Acids and Mood During Weight–Reducing Diets.” *Journal of Neural Transmission*. [S.l.]: 1986; 67(1–2): p. 77–86.
 43. FERRENCE, S.C.; BENDERSKY, G. “Therapy with Saffron and the Goddess at Thera.” *Perspectives in Biology and Medicine*. Baltimore: 2004; 47(2): p. 199–226.
 44. NOORBALA, A.A.; AKHONDZADEH, S.; TAHMACEBI–POUR, N.; JAMSHIDI, A.H. “Hydro–Alcoholic Extract of Crocus Sativus L. Versus Fluoxetine in the Treatment of Mild to Moderate Depression: A Double–Blind, Randomized Pilot Trial.” *Journal of Ethnopharmacology*. [S.l.]: 2005; 97(2): p. 281–4.
 45. GOHARI, A.R.; SAEIDNIA, S.; MAHMOODABADI, M.K. “An Overview on Saffron, Phytochemicals, and Medicinal Properties.” *Pharmacognosy Reviews*. [S.l.]: 2013; 7(13): p. 61–6.
 46. FUKUI, H.; TOYOSHIMA, K.; KOMAKI, R. “Psychological and Neuroendocrinological Effects of Odor of Saffron (*Crocus Sativus*).” *Phytomedicine: International Journal of Phytotherapy and Phytopharmacology*. Stuttgart, Alemanha: 2011; 18(8–9): p. 726–30.
 47. LUCAS, M.; O’REILLY, E.J.; PAN, A. et al. “Coffee, Caffeine, and Risk of Completed Suicide: Results from Three Prospective Cohorts of American Adults.” *The World Journal of Biological Psychiatry: The Official Journal of the World Federation of Societies of Biological Psychiatry*. [S.l.]: 2014; 15(5): p. 377–86.
 48. KLATSKY, A.L.; AMSTRONG, M.A.; FRIEDMAN, G.D. “Coffee, Tea, and Mortality.” *Annals of Epidemiology*. Nova York: 1993; 3(4): p. 375–81.
 49. TANSKANEN, A.; TUOMILEHTO, J.; VIINAMNEN, H.; VARTIAINEN, E.; LEHTONEN, J.; PUSKA, P. “Heavy Coffee Drinking and the Risk of Suicide.” *European Journal of Epidemiology*. Dordrecht: 2000; 16(9): p. 789–91.
 50. GUO, X.; PARK, Y.; FREEDMAN, N.D. et al. “Sweetened Beverages, Coffee, and Tea and Depression Risk Among Older US Adults.” *PLoS One* [versão eletrônica]. San Francisco: 2014; 9(4): e94715.
 51. MAHER, T.J.; WURTMAN, R.J. “Possible Neurologic Effects of Aspartame, a Widely Used Food Additive.” *Environmental Health Perspectives*. [S.l.]: 1987; 75: p. 53–7.

NOTAS

52. WALTON, R.G.; HUDAK, R.; GREEN-WAITE, R.J. "Adverse Reactions to Aspartame: Double-Blind Challenge in Patients from a Vulnerable Population." *Biological Psychiatry*. Nova York: 1993; 34(1-2): p. 13-7.
53. LINDSETH, G.N.; COOLAHAN, S.E.; PETROS, T.V.; LINDSETH, P.D. "Neuro-behavioral Effects of Aspartame Consumption." *Research in Nursing & Health*. Nova York: 2014; 37(3): p. 185-93.
54. FOOD AND DRUG ADMINISTRATION. "Aspartame: Commissioner's Final Decision." *Registro* 1981; 46: 38285-308.
55. LINDSETH, G.N.; COOLAHAN, S.E.; PETROS, T.V.; LINDSETH, P.D. "Neuro-behavioral Effects of Aspartame Consumption." *Research in Nursing & Health*. Nova York: 2014; 37(3): p. 185-93.
56. WHITEHOUSE, C.R.; BOULLATA, J.; MCCAULEY, L.A. "The Potential Toxicity of Artificial Sweeteners." *AAOHN Journal: Official Journal of the American Association of Occupational Health Nurses*. [S.l.]: 2008; 56(6): p. 251-9.
57. "Aspartame Information Center: Consumer Products." Aspartame Products. Disponível em: <http://www.aspartame.org/about/consumer-products/#.VF_cyr74t-SU>. Atualizado em 2015. Acesso em 11 de março de 2015.
58. WHITEHOUSE, C.R.; BOULLATA, J.; MCCAULEY, L.A. "The Potential Toxicity of Artificial Sweeteners." *AAOHN Journal: Official Journal of the American Association of Occupational Health Nurses*. [S.l.]: 2008; 56(6): p. 251-9.
59. YEUNG, R.R. "The Acute Effects of Exercise on Mood State." *Journal of Psychosomatic Research*. [S.l.]: 1996; 40(2): p. 123-41.
60. GOODWIN, R.D. "Association Between Physical Activity and Mental Disorders Among Adults in the United States." *Preventive Medicine*. Nova York: 2003; 36(6): p. 698-703.
61. BLUMENTHAL, J.A.; BABYAK, M.A.; MOORE, K.A. et al. "Effects of Exercise Training on Older Patients with Major Depression." *Archives of Internal Medicine*. Chicago: 1999; 159(19): p. 2.349-56.
62. BLUMENTHAL, J.A.; BABYAK, M.A.; DORAISWAMY, P.M. et al. "Exercise and Pharmacotherapy in the Treatment of Major Depressive Disorder." *Psychosomatic Medicine*. [S.l.]: 2007; 69(7): p. 587-96.
63. PANDYA, C.D.; HOWELL, K.R.; PILLAI, A. "Antioxidants as Potential Therapeutics for Neuropsychiatric Disorders." *Progress in Neuro-Psychopharmacology & Biological Psychiatry*. Oxford: 2013; 46: p. 214-23.
64. MICHEL, T.M.; PÜLSCHEN, D.; THOME, J. "The Role of Oxidative Stress in Depressive Disorders." *Current Pharmaceutical Design*. Schiphol, Países Baixos: 2012; 18(36): p. 5.890-9.
65. MCMARTIN, S.E.; JACKA, F.N.; COLMAN, I. "The Association Between Fruit and Vegetable Consumption and Mental Health Disorders: Evidence from Five Waves

COMO NÃO MORRER

- of a National Survey of Canadians.” *Preventive Medicine*. Nova York: 2013; 56 (3-4): p. 225-30.
66. BEYDOUN, M.A.; BEYDOUN, H.A.; BOUEIZ, A.; SHROFF, M.R., ZONDERMAN, A.B. “Antioxidant Status and Its Association with Elevated Depressive Symptoms Among US Adults: National Health and Nutrition Examination Surveys 2005-6.” *The British Journal of Nutrition*. [S.l.]: 2013; 109(9): p. 1.714-29.
 67. NIU, K.; GUO, H.; KAKIZAKI, M. et al. “A Tomato-Rich Diet is Related to Depressive Symptoms Among an Elderly Population Aged 70 Years and Over: a Population-Based, Cross-Sectional Analysis.” *Journal of Affective Disorders*. Amsterdã: 2013; 144(1-2): p. 165-70.
 68. PAYNE, M.E.; STECK, S.E.; GEORGE, R.R.; STEFFENS, D.C. “Fruit, Vegetable, and Antioxidant Intakes Are Lower in Older Adults with Depression.” *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(12): p. 2.022-7.
 69. GILBODY, S.; LIGHTFOOT, T.; SHELDON, T. “Is Low Folate a Risk Factor for Depression? A Meta-Analysis and Exploration of Heterogeneity.” *Journal of Epidemiology and Community Health*. Londres: 2007; 61(7): p. 631-7.
 70. TOLMUNEN, T.; HINTIKKA, J.; RUUSUNEN, A. et al. “Dietary Folate and the Risk of Depression in Finnish Middle-Aged Men. A Prospective Follow-Up Study.” *Psychotherapy and Psychosomatics*. Basel: 2004; 73(6): p. 334-9.
 71. SHARPLEY, A.L.; HOCKNEY, R.; MCPEAKE, L.; GEDDES, J.R.; COWEN, P.J. “Folic Acid Supplementation for Prevention of Mood Disorders in Young People at Familial Risk: A Randomised, Double Blind, Placebo Controlled Trial.” *Journal of Affective Disorders*. Amsterdã: 2014; 167: p. 306-11.
 72. PENN, E.; TRACY, D.K.. “The Drugs Don’t Work? Antidepressants and the Current and Future Pharmacological Management of Depression.” *Therapeutic Advances in Psychopharmacology*. Londres: 2012; 2(5): p. 179-88.
 73. TURNER, E.H.; MATTHEWS, A.M.; LINARDATOS, E.; TELL, R.A.; ROSENTHAL, R. “Selective Publication of Antidepressant Trials and Its Influence on Apparent Efficacy.” *The New England Journal of Medicine*. Boston: 2008; 358(3): p. 252-60.
 74. KIRSCH, I. “Antidepressants and the Placebo Effect.” *Zeitschrift für Psychologie*. Göttingen, Alemanha: 2014; 222(3): p. 128-34.
 75. KIRSCH, I. “Antidepressants and the Placebo Response.” *Epidemiologia e psichiatria sociale*. Roma: 2009; 18(4): p. 318-22.
 76. SPENCE, D. “Are Antidepressants Overprescribed? Yes.” *BMJ: British Medical Journal / British Medical Association*. Londres: 2013; 346: f. 191.
 77. SUGARMAN, M.A.; LOREE, A.M.; BALTES, B.B.; GREKIN, E.R.; KIRSCH, I. “The Efficacy of Paroxetine and Placebo in Treating Anxiety and Depression: A Meta-Analysis of Change on the Hamilton Rating Scales.” *PLoS ONE* [versão eletrônica]. San Francisco: 2014; 9(8): e106337.

NOTAS

78. KIRSCH, I. "Antidepressants and the Placebo Effect." *Zeitschrift für Psychologie*. Göttingen, Alemanha: 2014; 222(3): p. 128-34.
79. BLEASE, C. "Deception as Treatment: The Case of Depression." *Journal of Medical Ethics*. Londres: 2011; 37(1): p. 13-6.
80. KIRSCH, I. "Antidepressants and the Placebo Effect." *Zeitschrift für Psychologie*. Göttingen, Alemanha: 2014; 222(3): p. 128-34.
81. KIRSCH, I. "Antidepressants and the Placebo Effect." *Zeitschrift für Psychologie*. Göttingen, Alemanha: 2014; 222(3): p. 128-34.

13. Como não morrer de câncer de próstata

1. JAHN, J.L.; GIOVANNUCCI, E.L.; STAMPFER, M.J. "The High Prevalence of Undiagnosed Prostate Cancer at Autopsy: Implications for Epidemiology and Treatment of Prostate Cancer in the Prostate-Specific Antigen-Era." *International Journal of Cancer*. [S.l.]: 2014; 29 de dezembro.
2. DRAISMA, G.; ETZIONI, R.; TSODIKOV, A. et al. "Lead Time and Overdiagnosis in Prostate-Specific Antigen Screening: Importance of Methods and Context." *Journal of the National Cancer Institute*. [S.l.]: 2009; 101(6): p. 374-83.
3. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. *Prostate Cancer Statistics*. Disponível em: <<http://www.cdc.gov/cancer/prostate/statistics/index.htm>>. Atualizado em 20 de agosto de 2015. Acesso em 11 de março de 2015.
4. MARUYAMA, K.; OSHIMA, T.; OHYAMA, K. "Exposure to Exogenous Estrogen Through Intake of Commercial Milk Produced from Pregnant Cows." *Pediatrics International: Official Journal of the Japan Pediatric Society*. Carlton, Victoria, Austrália: 2010; 52(1): p. 33-8.
5. DANBY, F.W. "Acne and Milk, the Diet Myth, and Beyond." *Journal of the American Academy of Dermatology*. St. Louis, Missouri: 2005; 52(2): p. 360-2.
6. AFEICHE, M.; WILLIAMS, P.L.; MENDIOLA, J. et al. "Dairy Food Intake in Relation to Semen Quality and Reproductive Hormone Levels Among Physically Active Young Men." *Human Reproduction*. Oxford: 2013; 28(8): p. 2.265-75.
7. MARUYAMA, K.; OSHIMA, T.; OHYAMA, K. "Exposure to Exogenous Estrogen Through Intake of Commercial Milk Produced from Pregnant Cows." *Pediatrics International: Official Journal of the Japan Pediatric Society*. Carlton, Victoria, Australia: 2010; 52(1): p. 33-8.
8. STEINMAN, G. "Mechanisms of Twinning: VII. Effect of Diet and Heredity on the Human Twinning Rate." *The Journal of Reproductive Medicine*. St. Louis, Missouri: 2006; 51(5): p. 405-10.

COMO NÃO MORRER

9. MELNICK, B.C.; JOHN, S.M.; SCHMITZ, G. "Milk is Not Just Food But Most Likely a Genetic Transfection System Activating mTORC1 Signaling for Postnatal Growth." *Nutrition Journal* [versão eletrônica]. Londres: 2013; 12: p. 103.
10. LUDWIG, D.S.; WILLET, W.C. "Three Daily Servings of Reduced-Fat Milk: An Evidence-Based Recommendation?" *Journal of the American Medical Association Pediatrics*. Chicago: 2013; 167(9): p. 788-9.
11. LUDWIG, D.S.; WILLET, W.C. "Three Daily Servings of Reduced-Fat Milk: An Evidence-Based Recommendation?" *Journal of the American Medical Association Pediatrics*. Chicago: 2013; 167(9): p. 788-9.
12. TATE, P.L.; BIBB, R.; LARCOM, L.L. "Milk Stimulates Growth of Prostate Cancer Cells in Culture." *Nutrition and Cancer*. Filadélfia: 2011; 63(8): p. 1.361-6.
13. GANMAA, D.; LI, X.M.; QIN L.Q.; WANG, P.Y.; TAKEDA, M.; SATO, A. "The Experience of Japan as a Clue to the Etiology of Testicular and Prostatic Cancers." *Medical Hypotheses*. [S.l.]: 2003; 60(5): p. 724-30.
14. GANMAA, D.; LI, X.M.; WANG, J.; QIN, L.Q.; WANG, P.Y.; SATO, A. "Incidence and Mortality of Testicular and Prostatic Cancers in Relation to World Dietary Practices." *International Journal of Cancer*. [S.l.]: 2002; 98(2): p. 262-7.
15. EPSTEIN, S.S. "Unlabeled Milk from Cows Treated with Biosynthetic Growth Hormones: A Case of Regulatory Abdication." *International Journal of Health Services: Planning, Administration, Evaluation*. [S.l.]: 1996; 26(1): p. 173-85.
16. TATE, P.L.; BIBB, R.; LARCOM, L.L. "Milk Stimulates Growth of Prostate Cancer Cells in Culture." *Nutrition and Cancer*. Filadélfia: 2011; 63(8): p. 1.361-6.
17. QIN, L.Q.; XU, J.Y.; WANG, P.Y.; KANEKO, T.; HOSHI, K.; SATO, A. "Milk Consumption Is a Risk Factor for Prostate Cancer: Meta-Analysis of Case-Control Studies." *Nutrition and Cancer*. Filadélfia: 2004; 48(1): p. 22-7.
18. QIN, L.Q.; XU, J.Y.; WANG, P.Y.; TONG, J.; HOSHI, K. "Milk Consumption is a Risk Factor for Prostate Cancer in Western Countries: Evidence from Cohort Studies." *Asia Pacific Journal of Clinical Nutrition*. [S.l.]: 2007; 16(3): p. 467-76.
19. AUNE, D.; NAVARRO ROSENBLATT, D.A.; CHAN, D.S. et al. "Dairy Products, Calcium, and Prostate Cancer Risk: a Systematic Review and Meta-Analysis of Cohort Studies." *The American Journal of Clinical Nutrition*. Bethesda: 2015; 101(1): p. 87-117.
20. BISCHOFF-FERRARI, H.A.; DAWSON-HUGHES, B.; BARON, J.A. et al. "Milk Intake and Risk of Hip Fracture in Men and Women: A Meta-Analysis of Prospective Cohort Studies." *Journal of Bone and Mineral Research: The Official Journal of the American Society for Bone and Mineral Research*. [S.l.]: 2011; 26(4): p. 833-9.
21. FESKANICH, D.; BISCHOFF-FERRARI, H.A.; FRAZIER, A.L.; WILLET, W.C. "Milk Consumption During Teenage Years and Risk of Hip Fractures in Older Adults." *Journal of the American Medical Association Pediatrics*. Chicago: 2014; 168(1): p. 54-60.

NOTAS

22. MICHAËLSSON, K.; WOLK, A.; LANGENSKIÖLD, S. et al. "Milk Intake and Risk of Mortality and Fractures in Women and Men: Cohort Studies." *BMJ: British Medical Journal / British Medical Association*. Londres: 2014; 349: g6015.
23. BATEY, L.A.; WELT, C.K.; ROHR, F. et al. "Skeletal Health in Adult Patients with Classic Galactosemia." *Osteoporosis International: A Journal Established as Result of Cooperation Between the European Foundation for Osteoporosis and the National Osteoporosis Foundation of the USA*. Londres: 2013; 24(2): p. 501-9.
24. MICHAËLSSON, K.; WOLK, A.; LANGENSKIÖLD, S. et al. "Milk Intake and Risk of Mortality and Fractures in Women and Men: Cohort Studies." *BMJ: British Medical Journal / British Medical Association*. Londres: 2014; 349: g6015.
25. CUI, X.; WANG, L.; ZUO, P. et al. "D-Galactose-Caused Life Shortening in *Drosophila Melanogaster* and *Musca Domestica* is Associated with Oxidative Stress." *Biogerontology*. Dordrecht: 2004; 5(5): p. 317-25.
26. CUI, X.; ZUO, P.; ZHANG, Q. et al. "Chronic Systemic D-Galactose Exposure Induces Memory Loss, Neurodegeneration, and Oxidative Damage in Mice: Protective Effects of R-Alpha-Lipoic acid." *Journal of Neuroscience Research*. Nova York: 2006; 84(3): p. 647-54.
27. MICHAËLSSON, K.; WOLK, A.; LANGENSKIÖLD, S. et al. "Milk Intake and Risk of Mortality and Fractures in Women and Men: Cohort Studies." *BMJ: British Medical Journal / British Medical Association*. Londres: 2014; 349: g6015.
28. MICHAËLSSON, K.; WOLK, A.; LANGENSKIÖLD, S. et al. "Milk Intake and Risk of Mortality and Fractures in Women and Men: Cohort Studies." *BMJ: British Medical Journal / British Medical Association*. Londres: 2014; 349: g6015.
29. MICHAËLSSON, K.; WOLK, A.; LANGENSKIÖLD, S. et al. "Milk Intake and Risk of Mortality and Fractures in Women and Men: Cohort Studies." *BMJ: British Medical Journal / British Medical Association*. Londres: 2014; 349: g6015.
30. MICHAËLSSON, K.; WOLK, A.; LANGENSKIÖLD, S. S et al. "Milk Intake and Risk of Mortality and Fractures in Women and Men: Cohort Studies." *BMJ: British Medical Journal / British Medical Association*. Londres: 2014; 349: g6015.
31. SCHOOLING, C.M. "Milk and Mortality." *BMJ: British Medical Journal / British Medical Association*. Londres: 2014; 349: g6205.
32. RICHMAN, E.L.; STAMPFER, M.J.; PACIOREK, A.; BROERING, J.M.; CARROLL, P.R.; CHAN, J.M. "Intakes of Meat, Fish, Poultry, and Eggs and Risk of Prostate Cancer Progression." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 91(3): p. 712-21.
33. RICHMAN, E.L.; STAMPFER, M.J.; PACIOREK, A.; BROERING, J.M.; CARROLL, P.R.; CHAN, J.M. "Intakes of Meat, Fish, Poultry, and Eggs and Risk of Prostate Cancer Progression." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 91(3): p. 712-21.

COMO NÃO MORRER

34. RICHMAN, E.L.; STAMPFER, M.J.; PACIOREK, A.; BROERING, J.M.; CARROLL, P.R.; CHAN, J.M. "Intakes of Meat, Fish, Poultry, and Eggs and Risk of Prostate Cancer Progression." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 91(3): p. 712-21.
35. RICHMAN, E.L.; STAMPFER, M.J.; PACIOREK, A.; BROERING, J.M.; CARROLL, P.R.; CHAN, J.M. "Intakes of Meat, Fish, Poultry, and Eggs and Risk of Prostate Cancer Progression." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 91(3): p. 712-21.
36. JOHANSSON, M.; VAN GUELPEN, B.; VOLLSET, S.E. et al. "One-Carbon Metabolism and Prostate Cancer Risk: Prospective Investigation of Seven Circulating B Vitamins and Metabolites." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2009; 18(5): p. 1.538-43.
37. RICHMAN, E.L.; STAMPFER, M.J.; PACIOREK, A.; BROERING, J.M.; CARROLL, P.R.; CHAN, J.M. "Intakes of Meat, Fish, Poultry, and Eggs and Risk of Prostate Cancer Progression." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 91(3): p. 712-21.
38. RICHMAN, E.L.; KENFIELD, S.A.; STAMPFER, M.J. et al. "Choline Intake and Risk of Lethal Prostate Cancer: Incidence and Survival." *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(4): p. 855-63.
39. RICHMAN, E.L.; KENFIELD, S.A.; STAMPFER, M.J.; GIOVANNUCCI, E.L.; CHAN, J.M. "Egg, Red Meat, and Poultry Intake and Risk of Lethal Prostate Cancer in the Prostate-Specific Antigen-Era: Incidence and Survival." *Cancer prevention research (Philadelphia, Pa.)*. Filadélfia: 2011; 4(12): p. 2.110-21.
40. TANG, W.H.; WANG, Z.; LEVISON, B.S. et al. "Intestinal Microbial Metabolism of Phosphatidylcholine and Cardiovascular Risk." *The New England Journal of Medicine*. Boston: 2013; 368(17): p. 1.575-84.
41. KOETH, R.A.; WANG, Z.; LEVISON, B.S. et al. "Intestinal Microbiota Metabolism of L-Carnitine, a Nutrient in Red Meat, Promotes Atherosclerosis." *Nature Medicine*. Nova York: 2013; 19: p. 576-85.
42. TANG, W.H.; WANG, Z.; LEVISON, B.S. et al. "Intestinal Microbial Metabolism of Phosphatidylcholine and Cardiovascular Risk." *The New England Journal of Medicine*. Boston: 2013; 368(17): p. 1.575-84.
43. "Choline: There's Something Fishy About this Vitamin." *Harvard Health Letter/Harvard Medical School*. Boston: 2004; 30(1): p. 3.
44. Mitch Kanter, Ph.D., conversa por e-mail, 6 de janeiro de 2010.
45. HUBBARD, J.D.; INKELES, S.; BARNARD, R.J. "Nathan Pritikin's Heart." *The New England Journal of Medicine*. Boston: 1985; 313(1): p. 52.

NOTAS

46. ORNISH, D.; WEIDNER, G.; FAIR, W.R. et al. "Intensive Lifestyle Changes May Affect the Progression of Prostate Cancer." *The Journal of Urology*. [S.l.]: 2005; 174(3): p. 1.065-9.
47. ORNISH, D.; WEIDNER, G.; FAIR, W.R. et al. "Intensive Lifestyle Changes May Affect the Progression of Prostate Cancer." *The Journal of Urology*. [S.l.]: 2005; 174(3): p. 1.065-9.
48. BARNARD, R.J.; GONZALEZ, J.H.; LIVA, M.E.; NGO, T.H. "Effects of a Low-Fat, High-Fiber Diet and Exercise Program on Breast Cancer Risk Factors in Vivo and Tumor Cell Growth and Apoptosis in Vitro." *Nutrition and Cancer*. Filadélfia: 2006; 55(1): p. 28-34.
49. BARNARD, R.J.; NGO, T.H.; LEUNG, P.S.; ARONSON, W.J.; GOLDING, L.A. "A Low-Fat Diet and/or Strenuous Exercise Alters the IGF Axis in Vivo and Reduces Prostate Tumor Cell Growth in Vitro." *Prostate*. [S.l.]: 2003; 56(3): p. 201-6.
50. BARNARD, R.J.; NGO, T.H.; LEUNG, P.S.; ARONSON, W.J.; GOLDING, L.A. "A Low-Fat Diet and/or Strenuous Exercise Alters the IGF Axis in Vivo and Reduces Prostate Tumor Cell Growth in Vitro." *Prostate*. [S.l.]: 2003; 56(3): p. 201-6.
51. BARNARD, R.J.; NGO, T.H.; LEUNG, P.S.; ARONSON, W.J.; GOLDING, L.A. "A Low-Fat Diet and/or Strenuous Exercise Alters the IGF Axis in Vivo and Reduces Prostate Tumor Cell Growth in Vitro." *Prostate*. [S.l.]: 2003; 56(3): p. 201-6.
52. ORNISH, D.; WEIDNER, G.; FAIR, W.R. et al. "Intensive Lifestyle Changes May Affect the Progression of Prostate Cancer." *The Journal of Urology*. [S.l.]: 2005; 174(3): p. 1.065-9.
53. ORNISH, D.; WEIDNER, G.; FAIR, W.R. et al. "Intensive Lifestyle Changes May Affect the Progression of Prostate Cancer." *The Journal of Urology*. [S.l.]: 2005; 174(3): p. 1.065-9.
54. ORNISH, D.; MAGBANUA, M.J.; WEIDNER, G. et al. "Changes in Prostate Gene Expression in Men Undergoing an Intensive Nutrition and Lifestyle Intervention." *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*. [S.l.]: 2008; 105(24): p. 8.369-74.
55. FRATTAROLI, J.; WEIDNER, G.; DNISTRIAN, A.M. et al. "Clinical Events in Prostate Cancer Lifestyle Trial: Results from Two Years of Follow-up." *Urology*. [S.l.]: 2008; 72(6): 1.319-23.
56. FREY, A.U.; SØNKSEN, J.; FODE, M. "Neglected Side Effects After Radical Prostatectomy: A Systematic Review." *The Journal of Sexual Medicine*. [S.l.]: 2014; 11(2): p. 374-85.
57. CARMODY, J.F.; OLENDZKI, B.C.; MERRIAM, P.A.; LIU, Q.; QIAO, Y.; MA, Y. "A Novel Measure of Dietary Change in a Prostate Cancer Dietary Program Incorporating Mindfulness Training." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(11): p. 1.822-7.

COMO NÃO MORRER

58. BLANCHARD, C.M.; COURNEYA, K.S.; STEIN K. "Cancer Survivors' Adherence to Lifestyle Behavior Recommendations and Associations with Health-Related Quality of Life: Results from the American Cancer Society's SCS-II." *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 2008; 26(13): p. 2.198-204.
59. CARMODY, J.F.; OLENDZKI, B.C.; MERRIAM, P.A.; LIU, Q.; QIAO, Y.; MA, Y. "A Novel Measure of Dietary Change in a Prostate Cancer Dietary Program Incorporating Mindfulness Training." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(11): p. 1.822-7.
60. CARMODY, J.F.; OLENDZKI, B.C.; MERRIAM, P.A.; LIU, Q.; QIAO, Y.; MA, Y. "A Novel Measure of Dietary Change in a Prostate Cancer Dietary Program Incorporating Mindfulness Training." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(11): p. 1.822-7.
61. CARMODY, J.F.; OLENDZKI, B.C.; MERRIAM, P.A.; LIU, Q.; QIAO, Y.; MA, Y. "A Novel Measure of Dietary Change in a Prostate Cancer Dietary Program Incorporating Mindfulness Training." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(11): p. 1.822-7.
62. RICHMAN, E.L.; STAMPFER, M.J.; PACIOREK, A.; BROERING, J.M.; CARROLL, P.R.; CHAN, J.M. "Intakes of Meat, Fish, Poultry, and Eggs and Risk of Prostate Cancer Progression." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 91(3): p. 712-21.
63. RICHMAN, E.L.; CARROLL, P.R.; CHAN, J.M. "Vegetable and Fruit Intake After Diagnosis and Risk of Prostate Cancer Progression." *International Journal of Cancer*. [S.l.]: 2012; 131(1): p. 201-10.
64. ALLEN, N.E.; APPLEBY, P.N.; KEY, T.J. et al. "Macronutrient Intake and Risk of Urothelial Cell Carcinoma in the European Prospective Investigation into Cancer and Nutrition." *International Journal of Cancer*. [S.l.]: 2013; 132(3): p. 635-44.
65. MORTON, M.S.; CHAN, P.S.; CHENG, C. et al. "Lignans and Isoflavonoids in Plasma and Prostatic Fluid in Men: Samples from Portugal, Hong Kong, and the United Kingdom." *Prostate*. [S.l.]: 1997; 32(2): p. 122-8.
66. VAN DIE, M.D.; BONE, K.M.; WILLIAMS, S.G.; PIROTTA, M.V. "Soy and Soy Isoflavones in Prostate Cancer: A Systematic Review and Meta-Analysis of Randomized Controlled Trials." *BJU International*. Oxford: 2014; 113(5b): E119-30.
67. MORTON, M.S.; CHAN, P.S.; CHENG, C. et al. "Lignans and Isoflavonoids in Plasma and Prostatic Fluid in Men: Samples from Portugal, Hong Kong, and the United Kingdom." *Prostate*. [S.l.]: 1997; 32(2): p. 122-8.
68. LIN, X.; SWITZER, B.R.; DEMARK-WAHNEFRIED, W. "Effect of Mammalian Lignans on the Growth of Prostate Cancer Cell Lines." *Anticancer Research*. Atenas, Grécia: 2001; 21(6A): p. 3.995-9.

NOTAS

69. DEMARK-WAHNEFRIED, W.; PRICE, D.T.; POLASCIK, T.J. et al. "Pilot Study of Dietary Fat Restriction and Flaxseed Supplementation in Men with Prostate Cancer Before Surgery: Exploring the Effects on Hormonal Levels, Prostate-Specific Antigen, and Histopathologic Features." *Urology*. [S.l.]: 2001; 58(1): p. 47-52.
70. LEITE, K.R.; CAMARA-LOPES, L.H.; CURY, J.; DALL'OGGIO, M.F.; SAÑUDO, A.; SROUGI, M. "Prostate Cancer Detection at Rebiopsy After an Initial Benign Diagnosis: Results Using Sextant Extended Prostate Biopsy." *Clinics* (São Paulo). São Paulo: 2008; 63(3): p. 339-42.
71. DEMARK-WAHNEFRIED, W.; ROBERTSON, C.N.; WALTHER, P.J.; POLASCIK, T.J.; PAULSON, D.F.; VOLLMER, R.T. "Pilot Study to Explore Effects of Low-Fat, Flaxseed-Supplemented Diet on Proliferation of Benign Prostatic Epithelium and Prostate-Specific Antigen." *Urology*. [S.l.]: 2004; 63(5): p. 900-4.
72. DEMARK-WAHNEFRIED, W.; POLASCIK, T.J.; GEORGE, S.L. et al. "Flaxseed Supplementation (Not Dietary Fat Restriction) Reduces Prostate Cancer Proliferation Rates in Men Presurgery." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2008; 17(12): p. 3.577-87.
73. WEI, J.T.; CALHOUN, E.; JACOBSEN, S.J. "Urologic Diseases in America Project: Benign Prostatic Hyperplasia." *The Journal of Urology*. [S.l.]: 2008; 179 (supl. 5): S75-80.
74. BURNETT, A.L.; WEIN, A.J. "Benign Prostatic Hyperplasia in Primary Care: What You Need to Know." *The Journal of Urology*. [S.l.]: 2006; 175 (3 part. 2): S19-24.
75. TAUB, D.A.; WEI, J.T. "The Economics of Benign Prostatic Hyperplasia and Lower Urinary Tract Symptoms in the United States." *Current Urology Reports*. Filadélfia: 2006; 7(4): p. 272-81.
76. METCALFE, C.; POON, K.S. "Long-Term Results of Surgical Techniques and Procedures in Men with Benign Prostatic Hyperplasia." *Current Urology Reports*. Filadélfia: 2011; 12(4): p. 265-73.
77. BURNETT, A.L.; WEIN, A.J. "Benign Prostatic Hyperplasia in Primary Care: What You Need to Know." *The Journal of Urology*. [S.l.]: 2006; 175 (3 part. 2): S19-24.
78. BURNETT, A.L.; WEIN, A.J. "Benign Prostatic Hyperplasia in Primary Care: What You Need to Know." *The Journal of Urology*. [S.l.]: 2006; 175(3 part. 2): S19-24.
79. GU, F. "Epidemiological Survey of Benign Prostatic Hyperplasia and Prostatic Cancer in China." *Chinese Medical Journal*. [S.l.]: 2000; 113(4): p. 299-302.
80. BARNARD, R.J.; KOBAYASHI, N.; ARONSON, W.J. "Effect of Diet and Exercise Intervention on the Growth of Prostate Epithelial Cells." *Prostate Cancer and Prostatic Diseases*. Londres: 2008; 11(4): p. 362-6.

COMO NÃO MORRER

81. ZHANG, W.; WANG, X.; LIU, Y. et al. "Effects of Dietary Flaxseed Lignan Extract on Symptoms of Benign Prostatic Hyperplasia." *Journal of Medicinal Food*. Larchmont, Nova York: 2008; 11(2): p. 207-14.
82. GALEONE, C.; PELUCCHI, C.; TALAMINI, R. et al. "Onion and Garlic Intake and the Odds of Benign Prostatic Hyperplasia." *Urology*. [S.l.]: 2007; 70(4): p. 672-6.
83. BRAVI, F.; BOSETTI, C.; DAL MASO, L. et al. "Food Groups and Risk of Benign Prostatic Hyperplasia." *Urology*. [S.l.]: 2006; 67(1): p. 73-9.
84. ZHOU, Z.; WANG, Z.; CHEN, C. et al. "Transurethral Prostate Vaporization Using an Oval Electrode in 82 Cases of Benign Prostatic Hyperplasia." *Chinese Medical Journal*. [S.l.]: 1998; 111(1): p. 52-5.
85. PIANTANELLI, L. "Cancer and Aging: From the Kinetics of Biological Parameters to the Kinetics of Cancer Incidence and Mortality." *Annals of the New York Academy of Sciences*. [S.l.]: 1988; 521: p. 99-109.
86. SALVIOLI, S.; CAPRI, M.; BUCCI, L. et al. "Why do Centenarians Escape or Postpone Cancer? The Role of IGF-1, Inflammation and p53." *Cancer Immunology, Immunotherapy: CII*. Berlin: 2009; 58(12): p. 1.909-17.
87. REED, J.C. "Dysregulation of Apoptosis in Cancer." *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 1999; 17(9): p. 2.941-53.
88. ROWLANDS, M.A.; GUNNELL, D.; HARRIS, R.; VATTEN, L.J.; HOLLY, J.M.; MARTIN, R.M. "Circulating Insulin-Like Growth Factor Peptides and Prostate Cancer Risk: A Systematic Review and Meta-Analysis." *International Journal of Cancer*. [S.l.]: 2009; 124(10): p. 2.416-29.
89. GUEVARA-AGUIRRE, J.; BALASUBRAMANIAN, P.; GUEVARA-AGUIRRE, M. et al. "Growth Hormone Receptor Deficiency Is Associated with a Major Reduction in Pro-Aging Signaling, Cancer, and Diabetes in Humans." *Science Translational Medicine*. Washington, D.C.: 2011; 3(70): 70ra13.
90. ALLEN, N.E.; APPLEBY, P.N.; DAVEY, G.K.; KAAKS, R.; RINALDI, S.; KEY, T.J. "The Associations of Diet with Serum Insulin-Like Growth Factor I and Its Main Binding Proteins in 292 Women Meat-Eaters, Vegetarians, and Vegans." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2002; 11(11): p. 1.441-8.
91. SOLIMAN, S.; ARONSON, W.J.; BARNARD, R.J. "Analyzing Serum-stimulated Prostate Cancer Cell Lines After Low-Fat, High-Fiber Diet and Exercise Intervention." *Evidence-based Complementary and Alternative Medicine: eCAM*. [S.l.]: 2011; 2011: 529053.
92. NGO, T.H.; BARNARD, R.J.; TYMCHUK, C.N.; COHEN, P.; ARONSON, W.J. "Effect of Diet and Exercise on Serum Insulin, IGF-I, and IGF-BP-1 Levels and

NOTAS

- Growth of LNCaP Cells in Vitro (United States).” *Cancer Causes & Control: CCC*. [S.l.]: 2002; 13(10): P. 929-35.
93. ALLEN, N.E.; APPLEBY, P.N.; DAVEY, G.K.; KEY, T.J. “Hormones and Diet: Low Insulin-Like Growth Factor-I But Normal Bioavailable Androgens in Vegan Men.” *British Journal of Cancer*. Londres: 2000; 83(1): p. 95-7.
 94. ALLEN, N.E.; APPLEBY, P.N.; DAVEY, G.K.; KAAKS, R.; RINALDI, S.; KEY, T.J. “The Associations of Diet with Serum Insulin-Like Growth Factor I and Its Main Binding Proteins in 292 Women Meat-Eaters, Vegetarians, and Vegans.” *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2002; 11(11): p. 1.441-8.

14. Como não morrer de mal de Parkinson

1. JAFARI, S.; ETMINAN, M.; AMINZADEH, F.; SAMII, A. “Head Injury and Risk of Parkinson Disease: A Systematic Review and Meta-Analysis.” *Movement Disorders: Official Journal of the Movement Disorder Society*. Nova York: 2013; 28(9): p. 1.222-9.
2. INSTITUTO NACIONAL DO CÂNCER. Painel Presidencial sobre o Câncer. *Reducing Environmental Cancer Risk: What We Can Do Now*. Disponível em: <http://deainfo.nci.nih.gov/advisory/pcp/annualReports/pcp08-09rpt/PCP_Report_08-09_508.pdf>. Abril de 2010. Acesso em 12 de março de 2015.
3. ZELIGER, H.I. “Exposure to Lipophilic Chemicals As a Cause of Neurological Impairments, Neurodevelopmental Disorders and Neurodegenerative Diseases.” *Interdisciplinary Toxicology*. Bratislava: 2013; 6(3): p. 103-10.
4. WOODRUFF, T.J.; ZOTA, A.R.; SCHWARTZ, J.M. “Environmental Chemicals in Pregnant Women in the United States: NHANES 2003-2004.” *Environmental Health Perspectives*. [S.l.]: 2011; 119(6): p. 878-85.
5. WOODRUFF, T.J.; ZOTA, A.R.; SCHWARTZ, J.M. “Environmental Chemicals in Pregnant Women in the United States: NHANES 2003-2004.” *Environmental Health Perspectives*. [S.l.]: 2011; 119(6): p. 878-85.
6. MARISCAL-ARCAS, M.; LOPEZ-MARTINEZ, C.; GRANADA, A.; OLEA, N.; LORENZO-TOVAR, M.L.; OLEA-SERRANO, F. “Organochlorine Pesticides in Umbilical Cord Blood Serum of Women from Southern Spain and Adherence to the Mediterranean Diet.” *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2010; 48(5): p. 1.311-5.
7. BJERMO, H.; DARNERUD, P.O.; LIGNELL, S. et al. “Fish Intake and Breast-Feeding Time are Associated with Serum Concentrations of Organochlorines in a Swedish Population.” *Environment International*. Amsterdã: 2013; 51: p. 88-96.

COMO NÃO MORRER

8. GLYNN, A.; LARSDOTTER, M.; AUNE, M.; DARNERUD, P.O.; BJERSELIUS, R.; BERGMAN, A. "Changes in Serum Concentrations of Polychlorinated Biphenyls (PCBs), Hydroxylated PCB Metabolites and Pentachlorophenol During Pregnancy." *Chemosphere*. Oxford: 2011; 83(2): p. 144-51.
9. SOECHITRAM, S.D.; ATHANASIADOU, M.; HOVANDER, L.; BERGMAN, A.; SAUER, P.J. "Fetal Exposure to PCBs and Their Hydroxylated Metabolites in a Dutch Cohort." *Environmental Health Perspectives*. [S.l.]: 2004; 112(11): p. 1.208-12.
10. ULASZEWSKA, M.M.; ZUCCATO, E.; DAVOLI, E. "PCDD/Fs and Dioxin-Like PCBs in Human Milk and Estimation of Infants' Daily Intake: A Review." *Chemosphere*. Oxford: 2011; 83(6): p. 774-82.
11. GALLO, M.V.; SCHELL, L.M.; DECAPRIO, A.P.; JACOBS, A. "Levels of Persistent Organic Pollutant and Their Predictors Among Young Adults." *Chemosphere*. Oxford: 2011; 83(10): p. 1.374-82.
12. ULASZEWSKA, M.M.; ZUCCATO, E.; DAVOLI, E. "PCDD/Fs and Dioxin-Like PCBs in Human Milk and Estimation of Infants' Daily Intake: A Review." *Chemosphere*. Oxford: 2011; 83(6): p. 774-82.
13. ALIYU, M.H.; ALIO, A.P.; SALIHU, H.M. "To Breast-Feed or Not to Breast-Feed: a Review of the Impact of Lactational Exposure to Polychlorinated Biphenyls (PCBs) on Infants." *Journal of Environmental Health*. Denver: 2010; 73(3): p. 8-14.
14. VOGT, R.; BENNETT, D.; CASSADY, D.; FROST, J.; RITZ, B.; HERTZ-PICCIOTTO, I. "Cancer and Non-Cancer Health Effects from Food Contaminant Exposures for Children and Adults in California: a Risk Assessment." *Environmental Health: A Global Access Science Source* [versão eletrônica]. Londres: 2012; 11: p. 83.
15. VOGT, R.; BENNETT, D.; CASSADY, D.; FROST, J.; RITZ, B.; HERTZ-PICCIOTTO, I. "Cancer and Non-Cancer Health Effects from Food Contaminant Exposures for Children and Adults in California: a Risk Assessment." *Environmental Health: A Global Access Science Source* [versão eletrônica]. Londres: 2012; 11: tabela S3. Disponível em: <<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3551655/bin/1476-069X-11-83-S3.doc>>. Acesso em 28 de março de 2015.
16. VOGT, R.; BENNETT, D.; CASSADY, D.; FROST, J.; RITZ, B.; HERTZ-PICCIOTTO, I. "Cancer and Non-Cancer Health Effects from Food Contaminant Exposures for Children and Adults in California: A Risk Assessment." *Environmental Health: A Global Access Science Source* [versão eletrônica]. Londres: 2012; 11: p. 83.
17. DÓREA, J.G.; BEZERRA, V.L.; FAJON, V.; HORVAT, M. "Speciation of Methyl- and Ethyl-Mercury in Hair of Breast-Fed Infants Acutely Exposed to Thimerosal-Containing Vaccines." *Clinica Chimica Acta; International Journal of Clinical Chemistry*. Amsterdã: 2011; 412(17-18): p. 1.563-6.

NOTAS

18. ZEILMAKER, M.J.; HOEKSTRA, J.; VAN EIJKEREN, J.C. et al. "Fish Consumption During Child Bearing Age: A Quantitative Risk-Benefit Analysis on Neurodevelopment." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2013; 54: p. 30-4.
19. FROMBERG, A.; GRANBY, K.; HØJGÅRD, A.; FAGT, S.; LARSEN, J.C. "Estimation of Dietary Intake of PCB and Organochlorine Pesticides for Children and Adults." *Food Chemistry*. Barking, Inglaterra: 2011; 125: p. 1.179-87.
20. EUROPEAN FOOD SAFETY AUTHORITY. "Results of the Monitoring of Non Dioxin-Like PCBs in Food and Feed." *EFSA Journal*. [S.l.]: 2010; 8(7): p. 1.701.
21. FROMBERG, A.; GRANBY, K.; HØJGÅRD, A.; FAGT, S.; LARSEN, J.C. "Estimation of Dietary Intake of PCB and Organochlorine Pesticides for Children and Adults." *Food Chemistry*. Barking, Inglaterra: 2011; 125: p. 1.179-87.
22. ZHANG, T.; SUN, H.W.; WU, Q.; ZHANG, X.Z.; YUN, S.H.; KANNAN, K. "Perfluorochemicals in Meat, Eggs and Indoor Dust in China: Assessment of Sources and Pathways of Human Exposure to Perfluorochemicals." *Environmental Science & Technology*. [S.l.]: 2010; 44(9): p. 3.572-9.
23. SCHECTER, A.; CRAMER, P.; BOGGESS, K. et al. "Intake of Dioxins and Related Compounds from Food in the U.S. Population." *Journal of Toxicology and Environmental Health. Part A*. [S.l.]: 2001; 63(1): p. 1-18.
24. AUNE, D.; DE STEFANI, E.; RONCO, A.L. et al. "Egg Consumption and the Risk of Cancer: A Multisite Case-Control Study in Uruguay." *Asian Pacific Journal of Cancer Prevention: APJCP*. Bangcoc: 2009; 10(5): p. 869-76.
25. YAGINUMA-SAKURAI, K.; MURATA, K.; IWAI-SHIMADA, M. et al. "Hair-to-Blood Ratio and Biological Half-Life of Mercury: Experimental Study of Methylmercury Exposure Through Fish Consumption in Humans." *The Journal of Toxicological Sciences*. Sapporo, Japão: 2012; 37(1): p. 123-30.
26. WIMMEROVÁ, S.; LANCZ, K.; TIHÁNYI, J. et al. "Half-Lives of Serum PCB Congener Concentrations in Environmentally Exposed Early Adolescents." *Chemosphere*. Oxford: 2011; 82(5): p. 687-91.
27. HAGEMAN, K.J.; HAFNER, W.D.; CAMPBELL, D.H.; JAFFE, D.A.; LANDERS, D.H.; SIMONICH, S.L. "Variability in Pesticide Deposition and Source Contributions to Snowpack in Western U.S. National Parks." *Environmental Science & Technology*. [S.l.]: 2010; 44(12): p. 4.452-8.
28. SCHECTER, A.; STARTIN, J.; WRIGHT, C. et al. "Congener-Specific Levels of Dioxins and Dibenzofurans in U.S. Food and Estimated Daily Dioxin Toxic Equivalent Intake." *Environmental Health Perspectives*. [S.l.]: 1994; 102(11): p. 962-6.
29. FIEDLER, H.; COOPER, K.R.; BERGEK, S.; HJELT, M.; RAPPE, C. "Polychlorinated Dibenzo-p-Dioxins and Polychlorinated Dibenzofurans (PCDD/PCDF) in

COMO NÃO MORRER

- Food Samples Collected in Southern Mississippi, USA.” *Chemosphere*. Oxford: 1997; 34(5-7): p. 1.411-9.
30. RAPPE, C.; BERGEK, S.; FIEDLER, H.; COOPER, K.R. “PCDD and PCDF Contamination in Catfish Feed from Arkansas, USA.” *Chemosphere*. Oxford: 1998; 36(13): p. 2.705-20.
 31. FERRARIO, J.B.; BYRNE, C.J.; CLEVERLY, D.H. “2,3,7,8-Dibenzo-p-Dioxins in Mined Clay Products from the United States: Evidence for Possible Natural Origin.” *Environmental Science & Technology*. [S.l.]: 2000; 34(21): p. 4.524-32.
 32. US DEPARTMENT OF COMMERCE. “Broiler, Turkey, and Egg Production: 1980 to 1999, n° 1143, p. 684.” In: *Statistical Abstract of the United States, 2000*. Washington, D.C.: Imprensa Oficial do Governo dos Estados Unidos, 2000.
 33. HAYWARD, D.G.; NORTRUP, D.; GARDNER, A.; CLOWER, M. “Elevated TCDD in Chicken Eggs and Farm-Raised Catfish Fed a Diet with Ball Clay from a Southern United States Mine.” *Environmental Research*. [S.l.]: 1999; 81(3): p. 248-56.
 34. HAYWARD, D.G.; NORTRUP, D.; GARDNER, A.; CLOWER, M. “Elevated TCDD in Chicken Eggs and Farm-Raised Catfish Fed a Diet with Ball Clay from a Southern United States Mine.” *Environmental Research*. [S.l.]: 1999; 81(3): p. 248-56.
 35. FOOD AND DRUG ADMINISTRATION. *Letter from Linda Tollefson to Producers or Users of Clay Products in Animal Feeds*. Disponível em: <<https://web.archive.org/web/20081107120600/http://www.fda.gov/cvm/Documents/ballclay.pdf>>. 7 de outubro de 1997. Acesso em 12 de março de 2015.
 36. HANSON, T., SITES, D. “2012 US Catfish Database. Fisheries and Allied Aquacultures Department Series No. 6.” Disponível em: <<http://aurora.auburn.edu/repo/bitstream/handle/11200/44174/2012%20Catfish%20Database.pdf?sequence=1>>. Março de 2013. Acesso em 26 de março de 2015.
 37. HUWE, J.K.; ARCHER, J.C. “Dioxin Congener Patterns in Commercial Catfish from the United States and the Indication of Mineral Clays as the Potential Source.” *Food Additives & Contaminants. Part A, Chemistry, Analysis, Control, Exposure & Risk Assessment*. [S.l.]: 2013; 30(2): p. 331-8.
 38. RAPPE, C.; BERGEK, S.; FIEDLER, H.; COOPER, K.R. “PCDD and PCDF Contamination in Catfish Feed from Arkansas, USA.” *Chemosphere*. Oxford: 1998; 36(13): p. 2.705-20.
 39. YAKTINE, A.L.; HARRISON, G.G.; LAWRENCE, R.S. “Reducing Exposure to Dioxins and Related Compounds Through Foods in the Next Generation.” *Nutrition Reviews*. Washington, D.C.: 2006; 64(9): p. 403-9.
 40. SCHECTER, A.; STARTIN, J.; WRIGHT, C. et al. “Congener-Specific Levels of Dioxins and Dibenzofurans in U.S. Food and Estimated Daily Dioxin Toxic Equivalent Intake.” *Environmental Health Perspectives*. [S.l.]: 1994; 102(11): p. 962-6.

NOTAS

41. DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS DOS ESTADOS UNIDOS. *The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General*. Atlanta, GA: Departamento de Saúde e Serviços Humanos dos Estados Unidos, Centros para Controle e Prevenção de Doenças, Centro Nacional de Prevenção de Doenças Crônicas e Promoção da Saúde, Escritório do Fumo e Saúde, 2014.
42. LEE, P.N. 1979 *Surgeon General's Report*. Disponível em: <<http://legacy.library.ucsf.edu/tid/zkl36b00/pdf?search=%221979%20surgeon%20general%20s%20report%20lee%22>>. 2 de setembro de 1979. Acesso em 12 de março de 2015.
43. LEE, P.N. 1979 *Surgeon General's Report*. Disponível em: <<http://legacy.library.ucsf.edu/tid/zkl36b00/pdf?search=%221979%20surgeon%20general%20s%20report%20lee%22>>. 2 de setembro de 1979. Acesso em 12 de março de 2015.
44. *HEARINGS Before the Subcommittee on Public Buildings and Grounds of the Committee on Public Works and Transportation to Prohibit Smoking in Federal Buildings*. Disponível em: <<http://legacy.library.ucsf.edu/tid/fzt08h00/pdf?search=%22to%20prohibit%20smoking%20in%20federal%20buildings%20hearings%20jd%20047710%22>>. 11 de março; 22 de abril de 1993. Acesso em 12 de março de 2015.
45. NOYCE, A.J.; BESTWICK, J.P.; SILVEIRA-MORIYAMA, L. et al. "Meta-Analysis of Early Nonmotor Features and Risk Factors for Parkinson Disease." *Annals of Neurology*. [S.l.]: 2012; 72(6): p. 893-901.
46. MORENS, D.M.; GRANDINETTI, A.; DAVIS, J.W.; ROSS, G.W.; WHITE, L.R.; REED, D. "Evidence Against the Operation of Selective Mortality in Explaining the Association Between Cigarette Smoking and Reduced Occurrence of Idiopathic Parkinson Disease." *American Journal of Epidemiology*. [S.l.]: 1996; 144(4): p. 400-4.
47. NOYCE, A.J.; BESTWICK, J.P.; SILVEIRA-MORIYAMA, L. et al. "Meta-Analysis of Early Nonmotor Features and Risk Factors for Parkinson Disease." *Annals of Neurology*. [S.l.]: 2012; 72(6): p. 893-901.
48. ALLAM, M.F.; CAMPBELL, M.J.; DEL CASTILLO, A.S.; FERNÁNDEZ-CREHUET NAVAJAS, R. "Parkinson's Disease Protects Against Smoking?" *Behavioural Neurology*. [S.l.]: 2004; 15(3-4): p. 65-71.
49. TANNER, C.M.; GOLDMAN, S.M.; ASTON, D.A. et al. "Smoking and Parkinson's Disease in Twins." *Neurology*. [S.l.]: 2002; 58(4): p. 581-8.
50. O'REILLY, E.J.; CHEN H.; GARDENER, H.; GAO, X.; SCHWARZSCHILD, M.A.; ASCHERIO, A. "Smoking and Parkinson's Disease: Using Parental Smoking as a Proxy to Explore Causality." *American Journal of Epidemiology*. [S.l.]: 2009; 169(6): p. 678-82.
51. DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS DOS ESTADOS UNIDOS. *The Health Consequences of Smoking: 50 Years of Progress. A Report of the Surgeon General*. Atlanta, GA: Departamento de Saúde e Serviços Humanos dos Estados

COMO NÃO MORRER

- Unidos, Centros para Controle e Prevenção de Doenças, Centro Nacional de Prevenção de Doenças Crônicas e Promoção da Saúde, Escritório do Fumo e Saúde, 2014.
52. WOLF, P.A.; D'AGOSTINO, R.B.; KANNEL, W.B.; BONITA, R.; BELANGER, A.J. "Cigarette Smoking as a Risk Factor for Stroke. The Framingham Study." *Journal of the American Medical Association*. Chicago: 1988; 259(7): p. 1.025-9.
 53. QUIK, M.; PEREZ, X.A.; BORDIA, T. "Nicotine as a Potential Neuroprotective Agent for Parkinson's Disease." *Movement Disorders: Official Journal of the Movement Disorder Society*. Nova York: 2012; 27(8): p. 947-57.
 54. SIEGMUND, B.; LEITNER, E.; PFANNHAUSER, W. "Determination of the Nicotine Content of Various Edible Nightshades (Solanaceae) and Their Products and Estimation of the Associated Dietary Nicotine Intake." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 1999; 47(8): p. 3.113-20.
 55. BRODY, A.L.; MANDELKERN, M.A.; LONDON, E.D. et al. "Cigarette Smoking Saturates Brain Alpha 4 Beta 2 Nicotinic Acetylcholine Receptors." *Archives of General Psychiatry*. Chicago: 2006; 63(8): p. 907-15.
 56. SEARLES NIELSEN, S.; GALLAGHER, L.G.; LUNDIN, J.I. et al. "Environmental Tobacco Smoke and Parkinson's Disease." *Movement Disorders: Official Journal of the Movement Disorder Society*. Nova York: 2012; 27(2): 293-6.
 57. SIEGMUND, B.; LEITNER, E.; PFANNHAUSER, W. "Determination of the Nicotine Content of Various Edible Nightshades (Solanaceae) and Their Products and Estimation of the Associated Dietary Nicotine Intake." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 1999; 47(8): p. 3.113-20.
 58. NIELSEN, S.S.; FRANKLIN, G.M.; LONGSTRETH, W.T.; SWANSON, P.D.; CHECKOWAY, H. "Nicotine from Edible Solanaceae and Risk of Parkinson Disease." *Annals of Neurology*. [S.l.]: 2013; 74(3): p. 472-7.
 59. NIELSEN, S.S.; FRANKLIN, G.M.; LONGSTRETH, W.T.; SWANSON, P.D.; CHECKOWAY, H. "Nicotine from Edible Solanaceae and Risk of Parkinson Disease." *Annals of Neurology*. [S.l.]: 2013; 74(3): p. 472-7.
 60. RICHARDSON, J.R.; SHALAT, S.L.; BUCKLEY, B. et al. "Elevated Serum Pesticide Levels and Risk of Parkinson Disease." *Archives of Neurology*. Chicago: 2009; 66(7): p. 870-5.
 61. CORRIGAN, F.M.; WIENBURG, C.L.; SHORE, R.F.; DANIEL, S.E.; MANN, D. "Organochlorine Insecticides in Substantia Nigra in Parkinson's Disease." *Journal of Toxicology and Environmental Health. Part A*. [S.l.]: 2000; 59(4): p. 229-34.
 62. HATCHER-MARTIN, J.M.; GEARING, M.; STEENLAND, K.; LEVEY, A.I.; MILLER, G.W.; PENNEL, K.D. "Association Between Polychlorinated Biphenyls and Parkinson's Disease Neuropathology." *Neurotoxicology*. Amsterdã: 2012; 33(5): p. 1.298-304.

NOTAS

63. KANTHASAMY, A.G.; KITAZAWA, M.; KANTHASAMY, A.; ANANTHARAM, V. "Diethrin-Induced Neurotoxicity: Relevance to Parkinson's Disease Pathogenesis." *Neurotoxicology*. Amsterdã: 2005; 26(4): p. 701-19.
64. ARGUIN H.; SÁNCHEZ, M.; BRAY, G.A. et al. "Impact of Adopting a Vegan Diet or an Olestra Supplementation on Plasma Organochlorine Concentrations: Results from Two Pilot Studies." *The British Journal of Nutrition*. [S.l.]: 2010; 103(10): p. 1.433-41.
65. JIANG, W.; JU, C.; JIANG, H.; ZHANG, D. "Dairy Foods Intake and Risk of Parkinson's Disease: A Dose-Response Meta-Analysis of Prospective Cohort Studies." *European Journal of Epidemiology*. Dordrecht: 2014; 29(9): p. 613-9.
66. PARK, M.; ROSS, G.W.; PETROVITCH, H. et al. "Consumption of Milk and Calcium in Midlife and the Future Risk of Parkinson Disease." *Neurology*. [S.l.]: 2005; 64(6): p. 1.047-51.
67. KOTAKE, Y.; YOSHIDA, M.; OGAWA, M.; TASAKI, Y.; HIROBE, M.; OHTA, S. "Chronic Administration of 1-Benzyl-1,2,3,4-Tetrahydroisoquinoline, an Endogenous Amine in the Brain, Induces Parkinsonism in a Primate." *Neuroscience Letters*. [S.l.]: 1996; 217(1): p. 69-71.
68. NIWA, T.; YOSHIKUNI, H.; TAKEDA, N.; TATEMATSU, A.; MATSUURA, S.; NAGATSU, T. "Detection of Tetrahydroisoquinoline, a Parkinsonism-Related Compound, in Parkinsonian Brains and Foods by Gas Chromatography-Mass Spectrometry." *Advances in Behavioral Biology*. [S.l.]: 1990; 38A: p. 313-6.
69. NIWA, T.; YOSHIKUNI, H.; TATEMATSU, A.; MATSUURA, S.; NAGATSU, T. "Presence of Tetrahydroisoquinoline, a Parkinsonism-Related Compound, in Foods." *Journal of Chromatography*. Amsterdã: 1989; 493(2): p. 347-52.
70. NIWA, T.; TAKEDA, N.; KANEDA, N.; HASHIZUME, Y.; NAGATSU, T. "Presence of Tetrahydroisoquinoline and 2-Methyl-Tetrahydroquinoline in Parkinsonian and Normal Human Brains." *Biochemical and Biophysical Research Communications*. [S.l.]: 1987; 144(2): p. 1.084-9.
71. UŁAMEK-KOZIOŁ, M.; BOGUĆKA-KOCKA, A.; KOCKI, J.; PLUTA, R. "Good and Bad Sides of Diet in Parkinson's Disease." *Nutrition*. [S.l.]: 2013; 29(2): p. 474-5.
72. UŁAMEK-KOZIOŁ, M.; BOGUĆKA-KOCKA, A.; KOCKI, J.; PLUTA, R. "Good and Bad Sides of Diet in Parkinson's Disease." *Nutrition*. [S.l.]: 2013; 29(2): p. 474-5.
73. KISTNER, A.; KRACK, P. "Parkinson's Disease: No Milk Today?" *Frontiers in Neurology*. Lausanne: 2014; 5: p. 172.
74. CHEN, H.; ZHANG, S.M.; HERNN, M.A.; WILLETT, W.C.; ASCHERIO, A. "Diet and Parkinson's Disease: A Potential Role of Dairy Products in Men." *Annals of Neurology*. [S.l.]: 2002; 52(6): p. 793-801.

COMO NÃO MORRER

75. JIANG, W.; JU, C.; JIANG, H.; ZHANG, D. "Dairy Foods Intake and Risk of Parkinson's Disease: A Dose-Response Meta-Analysis of Prospective Cohort Studies." *European Journal of Epidemiology*. Dordrecht: 2014; 29(9): p. 613-9.
76. MICHAËLSSON, K.; WOLK, A.; LANGENSKIÖLD, S. et al. "Milk Intake and Risk of Mortality and Fractures in Women and Men: Cohort Studies." *BMJ: British Medical Journal/British Medical Association*. Londres: 2014; 349: g6015.
77. RIDEL, K.R.; LESLIE, N.D.; GILBERT, D.L. "An Updated Review of the Long-Term Neurological Effects of Galactosemia." *Pediatric Neurology*. [S.l.]: 2005; 33(3): p. 153-61.
78. MARDER, K.; GU, Y.; EBERLY, S. et al. "Relationship of Mediterranean Diet and Caloric Intake to Phenoconversion in Huntington Disease." *Journal of the American Medical Association Neurology*. Chicago: 2013; 70(11): p. 1.382-8.
79. AMES, B.N.; CATHCART, R.; SCHWIERS, E.; HOCHSTEIN, P. "Uric Acid Provides an Antioxidant Defense in Humans Against Oxidant- and Radical-caused Aging and Cancer: a Hypothesis." *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*. [S.l.]: 1981; 78(11): p. 6.858-62.
80. DUAN, W.; LADENHEIM, B.; CUTLER, R.G.; KRUMAN, I.I.; CADET, J.L.; MATTSON, M.P. "Dietary Folate Deficiency and Elevated Homocysteine Levels Endanger Dopaminergic Neurons in Models of Parkinson's Disease." *Journal of Neurochemistry*. [S.l.]: 2002; 80(1): p. 101-10.
81. AUINGER, P.; KIEBURTZ, K.; MCDERMOTT, M.P. "The Relationship Between Uric Acid Levels and Huntington's Disease Progression." *Movement Disorders: Official Journal of the Movement Disorder Society*. Nova York: 2010; 25(2): 224-8.
82. SCHWARZSCHILD, M.A.; SCHWID, S.R.; MAREK, K. et al. Serum Urate as a Predictor of Clinical and Radiographic Progression in Parkinson Disease. *Archives of Neurology*. Chicago: 2008; 65(6): 716-23.
83. SHEN, C.; GUO, Y.; LUO, W.; LIN, C.; DING, M. Serum Urate and the Risk of Parkinson's Disease: Results from a Meta-Analysis. *The Canadian Journal of Neurological Sciences. Le journal canadien des sciences neurologiques*. Cambridge, Inglaterra: 2013; 40(1): 73-9.
84. FANG, P.; LI, X.; LUO, J.J.; WANG, H.; YANG, X. A Double-Edged Sword: Uric Acid and Neurological Disorders." *Brain Disorders & Therapy*. Los Angeles: 2013; 2(2): p. 109.
85. KUTZING, M.K.; FIRESTEIN, B.L. "Altered Uric Acid Levels and Disease States." *The Journal of Pharmacology and Experimental Therapeutics*. [S.l.]: 2008; 324(1): p. 1-7.
86. SCHMIDT, J.A.; CROWE, F.L.; APPLEBY, P.N.; KEY, T.J.; TRAVIS, R.C. "Serum Uric Acid Concentrations in Meat Eaters, Fish Eaters, Vegetarians and Vegans: A

NOTAS

- Cross-Sectional Analysis in the EPIC-Oxford Cohort.” *PLoS ONE* [versão eletrônica]. São Francisco: 2013; 8(2): e56339.
87. KUO, C.F.; SEE, L.C.; YU, K.H.; CHOU, I.J.; CHIOU, M.J.; LUO, S.F. “Significance of Serum Uric Acid Levels on the Risk of All-Cause and Cardiovascular Mortality.” *Rheumatology (Oxford, England)*. Oxford: 2013; 52(1): p. 127-34.
 88. ARGUIN, H.; SÁNCHEZ, M.; BRAY, G.A. et al. “Impact of Adopting a Vegan Diet or an Olestra Supplementation on Plasma Organochlorine Concentrations: Results from Two Pilot Studies.” *The British Journal of Nutrition*. [S.l.]: 2010; 103(10): p. 1.433-41.
 89. SIDDIQUI, M.K.; SAXENA, M.C.; KRISHNA MURTI, C.R. “Storage of DDT and BHC in Adipose Tissue of Indian Males.” *International Journal of Environmental Analytical Chemistry*. [S.l.]: 1981; 10(3-4): p. 197-204.
 90. NÓREN, K. “Levels of Organochlorine Contaminants in Human Milk in Relation to the Dietary Habits of the Mothers.” *Acta Paediatrica Scandinavica*. Stockholm: 1983; 72(6): p. 811-6.
 91. SCHECTER, A.; PAPKE, O. “Comparison of Blood Dioxin, Dibenzofuran and Coplanar PCB Levels in Strict Vegetarians (Vegans) and the General United States Population.” *Organohalogen Compounds*. [S.l.]: 1998; 38: p. 179-82.
 92. SCHECTER, A.; HARRIS, T.R.; PÄPKE, O.; TUNGA, K.C.; MUSUMBA, A. “Polybrominated Diphenyl Ether (PBDE) Levels in the Blood of Pure Vegetarians (Vegans).” *Toxicological & Environmental Chemistry*. [S.l.]: 2006; 88(1): p. 107-12.
 93. ESKENAZI, B.; CHEVRIER, J.; RAUCH, S.A. et al. “In Utero and Childhood Polybrominated Diphenyl Ether (PBDE) Exposures and Neurodevelopment in the CHAMACOS Study.” *Environmental Health Perspectives*. [S.l.]: 2013; 121(2): p. 257-62.
 94. SCHECTER, A.; PÄPKE, O.; HARRIS, T.R. et al. “Polybrominated Diphenyl Ether (PBDE) Levels in an Expanded Market Basket Survey of U.S. Food and Estimated PBDE Dietary Intake by Age and Sex.” *Environmental Health Perspectives*. [S.l.]: 2006; 114(10): p. 1.515-20.
 95. FRASER, A.J.; WEBSTER, T.F.; MCCLEAN, M.D. “Diet Contributes Significantly to the Body Burden of PBDEs in the General U.S. Population.” *Environmental Health Perspectives*. [S.l.]: 2009; 117(10): p. 1.520-5.
 96. SCHECTER, A.; HARRIS, T.R.; PÄPKE, O.; TUNGA, K.C.; MUSUMBA, A. “Polybrominated Diphenyl Ether (PBDE) Levels in the Blood of Pure Vegetarians (Vegans).” *Toxicological & Environmental Chemistry*. [S.l.]: 2006; 88(1): p. 107-12.
 97. HUWE, J.K.; WEST, M. “Polybrominated Diphenyl Ethers in U.S. Meat and Poultry from Two Statistically Designed Surveys Showing Trends and Levels from 2002

COMO NÃO MORRER

- to 2008.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2011; 59(10): p. 5.428-34.
98. DICKMAN, M.D.; LEUNG, C.K.; LEONG, M.K. “Hong Kong Male Subfertility Links to Mercury in Human Hair and Fish.” *The Science of the Total Environment*. Amsterdã: 1998; 214: p. 165-74.
99. SRIKUMAR, T.S.; JOHANSSON, G.K.; OCKERMAN, P.A.; GUSTAFSSON, J.A.; AKESSON, B. “Trace Element Status in Healthy Subjects Switching from a Mixed to a Lactovegetarian Diet for 12 Mo.” *The American Journal of Clinical Nutrition*. Bethesda: 1992; 55(4): p. 885-90.
100. WIMMEROVÁ, S.; LANCZ, K.; TIHÁNYI, J. et al. “Half-Lives of Serum PCB Congener Concentrations in Environmentally Exposed Early Adolescents.” *Chemosphere*. Oxford: 2011; 82(5): p. 687-91.
101. PARKINSON, J. *An Essay on the Shaking Palsy*. Londres: Whittingham and Rowland for Sherwood, Neely and Jones, 1817: p. 7.
102. ABBOTT, R.D.; PETROVITCH, H.; WHITE, L.R. et al. “Frequency of Bowel Movements and the Future Risk of Parkinson’s Disease.” *Neurology*. [S.l.]: 2001; 57(3): p. 456-62.
103. UEKI, A.; OTSUKA, M. “Life Style Risks of Parkinson’s Disease: Association Between Decreased Water Intake and Constipation.” *Journal of Neurology*. Berlin: 2004; 251 (supl. 7): v. II, p. 18-23.
104. GAO, X.; CHEN, H.; SCHWARZSCHILD, M.A.; ASCHERIO, A. “A Prospective Study of Bowel Movement Frequency and Risk of Parkinson’s Disease.” *American Journal of Epidemiology*. [S.l.]: 2011; 174(5): p. 546-51.
105. KAMEL, F. “Epidemiology. Paths from Pesticides to Parkinson’s.” *Science*. [S.l.]: 2013; 341 (6147): p. 722-3.
106. BARNHILL, L.M.; BRONSTEIN, J.M. “Pesticides and Parkinson’s Disease: Is It in Your Genes?” *Neurodegenerative Disease Management*. Londres: 2014; 4(3): p. 197-200.
107. WANG, A.; COCKBURN, M.; LY, T.T.; BRONSTEIN, J.M.; RITZ, B. “The Association Between Ambient Exposure to Organophosphates and Parkinson’s Disease Risk.” *Occupational and Environmental Medicine*. Londres: 2014; 71(4): p. 275-81.
108. NARAYAN, S.; LIEW, Z.; PAUL, K. et al. “Household Organophosphorus Pesticide Use and Parkinson’s Disease.” *International Journal of Epidemiology*. Londres: 2013; 42(5): p. 1.476-85.
109. LIU, X.; MAT, T.; QU, B.; JI, Y.; LIU, Z. “Pesticide-induced Gene Mutations and Parkinson Disease Risk: A Meta-Analysis.” *Genetic Testing and Molecular Biomarkers*. New Rochelle, Nova York: 2013; 17(11): p. 826-32.

NOTAS

110. LEE, S.J.; LIM, H.S.; MASLIAH, E.; LEE, H.J. "Protein Aggregate Spreading in Neurodegenerative Diseases: Problems and Perspectives." *Neuroscience Research*. [S.l.]: 2011; 70(4): p. 339-48.
111. CHORFA, A.; LAZIZZERA, C.; BÉTEMPS, D. et al. "A Variety of Pesticides Trigger in Vitro α -Synuclein Accumulation, a Key Event in Parkinson's Disease." *Archives of Toxicology*. Berlim: 2014.
112. DUNNETT, S.B.; BJÖRKLUND, S.B.A. "Prospects for New Restorative and Neuroprotective Treatments in Parkinson's Disease." *Nature*. [S.l.]: 1999; 399(supl. 6738): A32-9.
113. CAMPDELACREU, J. "Parkinson Disease and Alzheimer Disease: Environmental Risk Factors." *Neurología: Publicación oficial de la Sociedad Española de Neurología*. Barcelona: 2014; 29(9): p. 541-9.
114. MENG, X.; MUNISHKINA, L.A.; FINK, AL.; UVERSKY, V.N. "Effects of Various Flavonoids on the α -Synuclein Fibrillation Process." *Parkinson's Disease* [versão eletrônica]. [S.l.]: 2010; 2010: 650794.
115. STRATHEARN, K.E.; YOUSEF, G.G.; GRACE, M.H.; ROY, S.A. et al. "Neuroprotective Effects of Anthocyanin- and Proanthocyanidin-rich Extracts in Cellular Models of Parkinson's Disease." *Brain Research*. Amsterdã: 2014; 1555: p. 60-77.
116. GOLBE, L.I.; FARRELL, T.M.; DAVIS, P.H. "Case-Control Study of Early Life Dietary Factors in Parkinson's Disease." *Archives of Neurology*. Chicago: 1988; 45(12): p. 1.350-3.
117. GAO, X.; CASSIDY, A.; SCHWARZSCHILD, M.A.; RIMM, E.B.; ASCHERIO, A. "Habitual Intake of Dietary Flavonoids and Risk of Parkinson Disease." *Neurology*. [S.l.]: 2012; 78(15): p. 1.138-45.
118. KUKULL, W.A. "An Apple a Day to Prevent Parkinson Disease: Reduction of Risk by Flavonoids." *Neurology*. [S.l.]: 2012; 78(15): p. 1.112-3.
119. GAO, X.; CASSIDY, A.; SCHWARZSCHILD, M.A.; RIMM, E.B.; ASCHERIO, A. "Habitual Intake of Dietary Flavonoids and Risk of Parkinson Disease." *Neurology*. [S.l.]: 2012; 78(15): p. 1.138-45.
120. SERAFINI, M.; TESTA, M.F.; VILLAIN, D. et al. "Antioxidant Activity of Blueberry Fruit is Impaired by Association with Milk." *Free Radical Biology & Medicine*. [S.l.]: 2009; 46(6): p. 769-74.
121. JEKANOWSKI, M. "Survey Says: A Snapshot of Rendering." *Render Magazine*. [S.l.]: 2011; abril: p. 58-61.
122. SCHEPENS, P.J.; COVACI, A.; JORENS, P.G.; HENS, L.; SCHARPÉ, S.; VAN LA-REBEKE, N. "Surprising Findings Following a Belgian Food Contamination with Polychlorobiphenyls and Dioxins." *Environmental Health Perspectives*. [S.l.]: 2001; 109(2): p. 101-3.

COMO NÃO MORRER

123. DÓREA, J.G. “Vegetarian Diets and Exposure to Organochlorine Pollutants, Lead, and Mercury.” *The American Journal of Clinical Nutrition*. Bethesda: 2004; 80(1): p. 237-8.
124. DÓREA, J.G. “Fish Meal in Animal Feed and Human Exposure to Persistent Bioaccumulative and Toxic Substances.” *Journal of Food Protection*. [S.l.]: 2006; 69(11): p. 2.777-85.
125. MOSER, G.A.; MCLACHLAN, M.S. “The Influence of Dietary Concentration on the Absorption and Excretion of Persistent Lipophilic Organic Pollutants in the Human Intestinal Tract.” *Chemosphere*. Oxford: 2001; 45(2): p. 201-11.
126. DÓREA, J.G. “Vegetarian Diets and Exposure to Organochlorine Pollutants, Lead, and Mercury.” *The American Journal of Clinical Nutrition*. Bethesda: 2004; 80(1): p. 237-8.
127. NOYCE, A.J.; BESTWICK, J.P.; SILVEIRA-MORIYAMA, L. et al. “Meta-Analysis of Early Nonmotor Features and Risk Factors for Parkinson Disease.” *Annals of Neurology*. [S.l.]: 2012; 72(6): p. 893-901.
128. BARRANCO QUINTANA, J.L.; ALLAM, M.F.; DEL CASTILLO, A.S.; NAVAJAS, R.F. “Parkinson’s Disease and Tea: A Quantitative Review.” *Journal of the American College of Nutrition*. Nova York: 2009; 28(1): p. 1-6.
129. PALACIOS, N.; GAO, X.; MCCULLOUGH, M.L. et al. “Caffeine and Risk of Parkinson’s Disease in a Large Cohort of Men and Women.” *Movement Disorders: Official Journal of the Movement Disorder Society*. Nova York: 2012; 27(10): p. 1.276-82.
130. NAKASO, K.; ITO, S.; NAKASHIMA, K. “Caffeine Activates the PI3K/Akt Pathway and Prevents Apoptotic Cell Death in a Parkinson’s Disease Model of SH-SY5Y Cells.” *Neuroscience Letters*. [S.l.]: 2008; 432(2): p. 146-50.
131. POSTUMA, R.B.; LANG, A.E.; MUNHOZ, R.P. et al. “Caffeine for Treatment of Parkinson Disease: A Randomized Controlled Trial.” *Neurology*. [S.l.]: 2012; 79(7): p. 651-8.
132. POSTUMA, R.B.; LANG, A.E.; MUNHOZ, R.P. et al. “Caffeine for Treatment of Parkinson Disease: A Randomized Controlled Trial.” *Neurology*. [S.l.]: 2012; 79(7): p. 651-8.
133. GRAZINA, R.; MASSANO, J. “Physical Exercise and Parkinson’s Disease: Influence on Symptoms, Disease Course and Prevention.” *Reviews in the Neurosciences*. Berlin: 2013; 24(2): p. 139-52.
134. CHEN, J.; GUAN, Z.; WANG, L.; SONG, G.; MA, B.; WANG, Y. “Meta-Analysis: Overweight, Obesity, and Parkinson’s Disease.” *International Journal of Endocrinology [versão eletrônica]*. Cairo: 2014; 2014: 203930.

15. Como não morrer de causas iatrogênicas

1. PEREIRA, T.V.; HORWITZ, R.I.; IOANNIDIS, J.P.A. “Empirical Evaluation of Very Large Treatment Effects of Medical Interventions.” *Journal of the American Medical Association*. Chicago: 2012; 308(16): p. 1.676-84.

NOTAS

2. LAZAROU, J.; POMERANZ, B.H.; COREY, P.N. "Incidence of Adverse Drug Reactions in Hospitalized Patients: A Meta-Analysis of Prospective Studies." *Journal of the American Medical Association*. Chicago: 1998; 279(15): p. 1.200-5.
3. STARFIELD, B. "Is US Health Really the Best in the World?" *Journal of the American Medical Association*. Chicago: 2000; 284(4): p. 483-5.
4. KLEVENS, R.M.; EDWARDS, J.R.; RICHARDS, C.L. et al. "Estimating Health Care-Associated Infections and Deaths in U.S. Hospitals, 2002." *Public Health Reports*. [S.l.]: 2007; 122(2): p. 160-6.
5. GILBERT, K.; STAFFORD, C.; CROSBY, K.; FLEMING, E.; GAYNES, R. "Does Hand Hygiene Compliance Among Health Care Workers Change When Patients Are in Contact Precaution Rooms in ICUs?" *American Journal of Infection Control*. St. Louis, Missouri: 2010; 38(7): p. 515-7.
6. GILBERT, K.; STAFFORD, C.; CROSBY, K.; FLEMING, E.; GAYNES, R. "Does Hand Hygiene Compliance Among Health Care Workers Change When Patients Are in Contact Precaution Rooms in ICUs?" *American Journal of Infection Control*. St. Louis, Missouri: 2010; 38(7): p. 515-7.
7. LEAPE, L.L.; BERWICK, D.M. "Five Years After To Err Is Human: What Have We Learned?" *Journal of the American Medical Association*. Chicago: 2005; 293(19): p. 2.384-90.
8. STARFIELD, B. "Is US Health Really the Best in the World?" *Journal of the American Medical Association*. Chicago: 2000; 284(4): p. 483-5.
9. INSTITUTO DE MEDICINA. "To Err Is Human: Building a Safer Health System". Novembro de 1999.
10. WEINGART, S.N.; WILSON, R.M.; GIBBERD, R.W.; HARRISON, B. "Epidemiology of Medical Error." *BMJ: British Medical Journal/British Medical Association*. Londres: 2000; 320(7237): 774-7.
11. MILLENSON, M.L. "The silence." *Health Aff* (Millwood). [S.l.]: 2003; 22(2): p. 103-12.
12. MILLS, D.H. "Medical Insurance Feasibility Study. A Technical Summary." *The Western Journal of Medicine*. [S.l.]: 1978; 128(4): p. 360-5.
13. LEAPE, L.L. "Error in Medicine." *Journal of the American Medical Association*. Chicago: 21 de dezembro de 1994; 272(23): p. 1.851-7.
14. MILLENSON, M.L. "The silence." *Health Aff* (Millwood). [S.l.]: 2003; 22(2): p. 103-12.
15. INSTITUTO DE MEDICINA. "To Err Is Human: Building a Safer Health System." Novembro de 1999.
16. MILLENSON, M.L. "The Silence." *Health Aff* (Millwood). [S.l.]: 2003; 22(2): p. 103-12.
17. LOCKLEY, S.W.; BARGER, L.K.; AYAS, N.T.; ROTHSCHILD, J.M.; CZEISLER, C.A.; LANDRIGAN, C.P. "Effects of Health Care Provider Work Hours and Sleep

COMO NÃO MORRER

- Deprivation on Safety and Performance.” *Joint Commission Journal on Quality and Patient Safety*. [S.l.]: 2007; 33(supl. 11): p. 7-18.
18. BARGER, L.K.; AYAS, N.T.; CADE, B.E. et al. “Impact of Extended-Duration Shifts on Medical Errors, Adverse Events, and Attentional Failures.” *Public Library of Science Medicine*. San Francisco: 2006; 3(12): e487.
 19. MILLENSON, M.L. “The Silence.” *Health Aff (Millwood)*. [S.l.]: 2003; 22(2): p. 103-12.
 20. EGGER, G.J.; BINNS, A.F.; ROSSNER, S.R. “The Emergence of ‘Lifestyle Medicine’ as a Structured Approach for Management of Chronic Disease.” *The Medical Journal of Australia*. Sidney: 2009; 190(3): p. 143-5.
 21. MALONE, J.; GULERIA, R.; CRAVEN, C. et al. “Justification of Diagnostic Medical Exposures: Some Practical Issues. Report of an International Atomic Energy Agency Consultation.” *The British Journal of Radiology*. Londres: 2012; 85(1013): p. 523-38.
 22. PIERCE, D.A.; SHIMIZU, Y.; PRESTON, D.L.; VAETH, M.; MABUCHI, K. “Studies of the Mortality of Atomic Bomb Survivors. Report 12, part I. Cancer: 1950-1990. 1996.” *Radiation Research*. [S.l.]: 2012; 178(2): AV61-87.
 23. BRENNER, D.; ELLISTON, C.; HALL, E.; BERDON, W.E. “Estimated Risks of Radiation-Induced Fatal Cancer from Pediatric CT.” *AJR. American Journal of Roentgenology*. [S.l.]: 2001; 176(2): p. 289-96.
 24. ROGERS, L.F. “Taking Care of Children: Check Out the Parameters Used for Helical CT.” *AJR. American Journal of Roentgenology*. [S.l.]: 2001; 176(2): p. 287.
 25. BERRINGTON DE GONZINGT, A.; MAHESH, M.; KIM, K.P. et al. “Projected Cancer Risks from Computed Tomographic Scans Performed in the United States in 2007.” *Archives of Internal Medicine*. Chicago: 2009; 169(22): p. 2.071-7.
 26. INSTITUTO DE MEDICINA. *Breast Cancer and the Environment: a Life Course Approach*. Washington, D.C.: The National Academies Press, 2012.
 27. PICANO, E. “Informed Consent and Communication of Risk from Radiological and Nuclear Medicine Examinations: How to Escape from a Communication Inferno.” *BMJ: British Medical Journal/British Medical Association*. Londres: 2004; 329(7470): p. 849-51.
 28. SCHMIDT, C.W. “CT Scans: Balancing Health Risks and Medical Benefits.” *Environmental Health Perspectives*. [S.l.]: 2012; 120(3): A118-21.
 29. PEARCE, M.S.; SALOTTI, J.A.; LITTLE, M.P. et al. “Radiation Exposure from CT Scans in Childhood and Subsequent Risk of Leukaemia and Brain Tumours: A Retrospective Cohort Study.” *The Lancet*. Londres: 2012; 380(9840): p. 499-505.
 30. LIMAYE, M.R.; SEVERANCE, H. “Pandora’s Boxes: Questions Unleashed in Airport Scanner Debate.” *The Journal of the American Osteopathic Association*. [S.l.]: 2011; 111(2): 87-8, p. 119.

NOTAS

31. FRIEDBERG, W.; COPELAND, K.; DUKE, F.E.; O'BRIEN, K.; DARDEN, E.B. "Radiation Exposure During Air Travel: Guidance Provided by the Federal Aviation Administration for Air Carrier Crews." *Health Physics*. [S.l.]: 2000; 79(5): p. 591-5.
32. YONG, L.C.; PETERSEN, M.R.; SIGURDSON, A.J.; SAMPSON, L.A.; WARD, E.M. "High Dietary Antioxidant Intakes Are Associated with Decreased Chromosome Translocation Frequency in Airline Pilots." *The American Journal of Clinical Nutrition*. Bethesda: 2009; 90(5): p. 1.402-10.
33. PODMORE, I.D.; GRIFFITHS, H.R.; HERBERT, K.E.; MISTRY, N.; MISTRY, P.; LUNEC, J. "Vitamin C Exhibits Pro-Oxidant Properties." *Nature*. [S.l.]: 1998; 392(6676): p. 559.
34. YONG, L.C.; PETERSEN, M.R.; SIGURDSON, A.J.; SAMPSON, L.A.; WARD, E.M. "High Dietary Antioxidant Intakes Are Associated With Decreased Chromosome Translocation Frequency in Airline Pilots." *The American Journal of Clinical Nutrition*. Bethesda: 2009; 90(5): p. 1.402-10.
35. YONG, L.C.; PETERSEN, M.R.; SIGURDSON, A.J.; SAMPSON, L.A.; WARD, E.M. "High Dietary Antioxidant Intakes Are Associated With Decreased Chromosome Translocation Frequency in Airline Pilots." *The American Journal of Clinical Nutrition*. Bethesda: 2009; 90(5): p. 1.402-10.
36. SAUVAGET, C.; KASAGI, F.; WALDREN, C.A. "Dietary Factors and Cancer Mortality Among Atomic-Bomb Survivors." *Mutation Research*. Amsterdã: 2004; 551(1-2): p. 145-52.
37. KORDYSH, E.A.; EMERIT, I.; GOLDSMITH, J.R. et al. "Dietary and Clastogenic Factors in Children Who Immigrated to Israel from Regions Contaminated by the Chernobyl Accident." *Archives of Environmental Health*. [S.l.]: 2001; 56(4): p. 320-6.
38. LANGHAM, W.H.; BASSETT, H.; HARRIS, P.S.; CARTER, R.E. "Distribution and Excretion of Plutonium Administered Intravenously to Man. Los Alamos: Los Alamos Scientific Laboratory, LAB1151." *Health Physics*. [S.l.]: 1980; 38: 1,031B1,060.
39. LOSCIALPO, M.J. "Nontherapeutic Human Research Experiments on Institutionalized Mentally Retarded Children: Civil Rights and Remedies." *23 New Eng J on Crim & Civ Confinement*. [S.l.]: 1997; 139: p. 143-5.
40. ASSISTENTE DO SECRETÁRIO DE DEFESA PARA PROGRAMAS DE DEFESA NUCLEAR, QUÍMICA E BIOLÓGICA, DEPARTAMENTO DE DEFESA. Relatório Sobre a Busca por Registros de Experimentos com radiação humana 1944-1994. Disponível em: <<http://www.defense.gov/pubs/dodhre/>>. Junho de 1997. Acesso em 12 de março de 2015.
41. KOUVARIS, J.R.; KOULOULIAS, V.E.; VLAHOS, L.J. "Amifostine: the First Selective-Target and Broad-spectrum Radioprotector." *The Oncologist*. Dayton, Ohio: 2007; 12(6): p. 738-47.

COMO NÃO MORRER

42. RAO, B.N.; ARCHANA, P.R.; AITHAL, B.K.; RAO, B.S.S. "Protective Effect of Zingerone, a Dietary Compound Against Radiation Induced Genetic Damage and Apoptosis in Human Lymphocytes." *European Journal of Pharmacology*. Amsterdã: 2011; 657(1-3): p. 59-66.
43. ARORA, R.; GUPTA, D.; CHAWLA, R. et al. "Radioprotection by Plant Products: Present Status and Future Prospects." *Phytotherapy Research: PTR*. [S.l.]: 2005; 19(1): p. 1-22.
44. MALEKIRAD, A.A.; RANJBAR, A.; RAHZANI, K. et al. "Oxidative Stress in Radiology Staff." *Environmental Toxicology and Pharmacology*. Amsterdã: 2005; 20(1): p. 215-8.
45. ZERAATPISHE, A.; ORYAN, S.; BAGHERI, M.H. et al. "Effects of Melissa Officinalis L. on Oxidative Status and DNA Damage in Subjects Exposed to Long-Term Low-Dose Ionizing Radiation." *Toxicology and Industrial Health*. [S.l.]: 2011; 27(3): p. 205-12.
46. ZHONG, W.; MARADIT-KREMERS, H.; ST. SAUVER, J.L. et al. "Age and Sex Patterns of Drug Prescribing in a Defined American Population." *Mayo Clinic Proceedings*. [S.l.]: 2013; 88(7): p. 697-707.
47. LINDSLEY, C.W. "The Top Prescription Drugs of 2011 in the United States: Antipsychotics and Antidepressants Once Again Lead CNS Therapeutics." *ACS Chemical Neuroscience* [versão eletrônica]. Washington, D.C.: 2012; 3(8): p. 630-1.
48. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. CENTRO NACIONAL DE ESTATÍSTICAS EM SAÚDE. *National Ambulatory Medical Care Survey: 2010 Summary Tables*. Disponível em: <http://www.cdc.gov/nchs/data/ahcd/namcs_summary/2010_namcs_web_tables.pdf>. 2010. Acesso em 12 de março de 2015.
49. HUDSON, B.; ZARIFEH, A.; YOUNG, L.; WELLS, J.E. "Patients' Expectations of Screening and Preventive Treatments." *Annals of Family Medicine*. Leawood, Kansas: 2012; 10(6): p. 495-502.
50. LYTSY, P.; WESTERLING, R. "Patient Expectations on Lipid-Lowering Drugs." *Patient Education and Counseling*. [S.l.]: 2007; 67(1-2): p. 143-50.
51. TREWBY, P.C.; REDDY, A.V.; TREWBY, C.S.; ASHTON, V.J.; BRENNAN, G.; INGLIS, J. "Are Preventive Drugs Preventive Enough? A Study of Patients' Expectation of Benefit from Preventive Drugs." *Clinical Medicine: Journal of the Royal College of Physicians of London*. Londres: 2002; 2(6): p. 527-33.
52. TREWBY, P.C.; REDDY, A.V.; TREWBY, C.S.; ASHTON, V.J.; BRENNAN, G.; INGLIS, J. "Are Preventive Drugs Preventive Enough? A Study of Patients' Expectation of Benefit from Preventive Drugs." *Clinical Medicine: Journal of the Royal College of Physicians of London*. Londres: 2002; 2(6): p. 527-33.
53. TREWBY, P.C.; REDDY, A.V.; TREWBY, C.S.; ASHTON, V.J.; BRENNAN, G.; INGLIS, J. "Are Preventive Drugs Preventive Enough? A Study of Patients' Expecta-

NOTAS

- tion of Benefit from Preventive Drugs.” *Clinical Medicine: Journal of the Royal College of Physicians of London*. Londres: 2002; 2(6): p. 527-33.
54. TREWBY, P.C.; REDDY, A.V.; TREWBY, C.S.; ASHTON, V.J.; BRENNAN, G.; INGLIS, J. “Are Preventive Drugs Preventive Enough? A Study of Patients’ Expectation of Benefit from Preventive Drugs.” *Clinical Medicine: Journal of the Royal College of Physicians of London*. Londres: 2002; 2(6): p. 527-33.
 55. ESSELSTYN C.B. JR.; GENDY, G.; DOYLE, J.; GOLUBIC, M.; ROIZEN, M.F. “A Way to Reverse CAD?” *The Journal of Family Practice*. [S.l.]: 2014; 63(7): 356-364b.
 56. ESSELSTYN C.B. JR.; GENDY, G.; DOYLE, J.; GOLUBIC, M.; ROIZEN, M.F. “A Way to Reverse CAD?” *The Journal of Family Practice*. [S.l.]: 2014; 63(7): 356-364b.
 57. DUTHIE, G.G.; WOOD, A.D. “Natural Salicylates: Foods, Functions and Disease Prevention.” *Food & Function*. Cambridge, Inglaterra: 2011; 2(9): p. 515-20.
 58. FUSTER, V.; SWEENEY, J.M. “Aspirin: A Historical and Contemporary Therapeutic Overview.” *Circulation*. [S.l.]: 2011; 123(7): p. 768-78.
 59. PASCHE, B.; WANG, M.; PENNISON, M.; JIMENEZ, H. “Prevention and Treatment of Cancer With Aspirin: Where Do We Stand?” *Seminars in Oncology*. [S.l.]: 2014; 41(3): p. 397-401.
 60. KARNEZIS, T.; SHAYAN, R.; FOX, S.; ACHEN, M.G.; STACKER, S.A. “The Connection Between Lymphangiogenic Signalling and Prostaglandin Biology: A Missing Link in the Metastatic Pathway.” *Oncotarget* [versão eletrônica]. Albany, Nova York: 2012; 3(8): p. 893-906.
 61. MACDONALD, S. “Aspirin Use to Be Banned in Under 16 Year Olds.” *BMJ: British Medical Journal/British Medical Association*. Londres: 2002; 325(7371): p. 988.
 62. SILLER-MATULA, J.M. “Hemorrhagic Complications Associated With Aspirin: An Underestimated Hazard in Clinical Practice?” *Journal of the American Medical Association*. Chicago: 2012; 307(21): p. 2.318-20.
 63. SUTCLIFFE, P.; CONNOCK, M.; GURUNG, T. et al. “Aspirin in Primary Prevention of Cardiovascular Disease and Cancer: A Systematic Review of the Balance of Evidence from Reviews of Randomized Trials.” *PLoS ONE*. São Francisco: 2013; 8(12): e81970.
 64. THUN, M.J.; JACOBS, E.J.; PATRONO, C. “The Role of Aspirin in Cancer Prevention.” *Nature Reviews. Clinical Oncology*. Londres: 2012; 9(5): p. 259-67.
 65. MCCARTHY, M.F. “Minimizing the Cancer-Promotional Activity of Cox-2 as a Central Strategy in Cancer Prevention.” *Medical Hypotheses*. [S.l.]: 2012; 78(1): p. 45-57.
 66. DUTHIE, G.G.; WOOD, A.D. “Natural Salicylates: Foods, Functions and Disease Prevention.” *Food & Function*. Cambridge, Inglaterra: 2011; 2(9): p. 515-20.

COMO NÃO MORRER

67. PATERSON, J.R.; BLACKLOCK, C.; CAMPBELL, G.; WILES, D.; LAWRENCE, J.R. "The Identification of Salicylates as Normal Constituents of Serum: a Link Between Diet and Health?" *Journal of Clinical Pathology*. Londres: 1998; 51(7): p. 502-5.
68. RINELLI, S.; SPADAFRANCA, A.; FIORILLO, G.; COCUCCI, M.; BERTOLI, S.; BATTEZZATI, A. "Circulating Salicylic Acid and Metabolic and Inflammatory Responses After Fruit Ingestion." *Plant Foods for Human Nutrition*. Dordrecht: 2012; 67(1): p. 100-4.
69. BLACKLOCK, C.J.; LAWRENCE, J.R.; WILES, D. et al. "Salicylic Acid in the Serum of Subjects Not Taking Aspirin. Comparison of Salicylic Acid Concentrations in the Serum of Vegetarians, Non-Vegetarians, and Patients Taking Low Dose Aspirin." *Journal of Clinical Pathology*. Londres: 2001; 54(7): p. 553-5.
70. KNUTSEN, S.F. "Lifestyle and the Use of Health Services." *The American Journal of Clinical Nutrition*. Bethesda: 1994; 59 (supl. 5): 1171S-1175S.
71. MCCARTHY, M.F. "Dietary Nitrate and Reductive Polyphenols May Potentiate the Vascular Benefit and Alleviate the Ulcerative Risk of Low-Dose Aspirin." *Medical Hypotheses*. [S.l.]: 2013; 80(2): p. 186-90.
72. WILLCOX, B.J.; WILLCOX, D.C.; TODORIKI, H. et al. "Caloric Restriction, the Traditional Okinawan Diet, and Healthy Aging: The Diet of the World's Longest-lived People and Its Potential Impact on Morbidity and Life Span." *Annals of the New York Academy of Sciences*. [S.l.]: 2007; 1114: p. 434-55.
73. MCCARTHY, M.F. "Minimizing the Cancer-Promotional Activity of Cox-2 as a Central Strategy in Cancer Prevention." *Medical Hypotheses*. [S.l.]: 2012; 78(1): p. 45-57.
74. PATERSON, J.R.; SRIVASTAVA, R.; BAXTER, G.J.; GRAHAM, A.B.; LAWRENCE, J.R. "Salicylic Acid Content of Spices and Its Implications." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(8): p. 2.891-6.
75. PATERSON, J.R.; SRIVASTAVA, R.; BAXTER, G.J.; GRAHAM, A.B.; LAWRENCE, J.R. "Salicylic Acid Content of Spices and Its Implications." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(8): p. 2.891-6.
76. PASCHE, B.; WANG, M.; PENNISON, M.; JIMEZES, H. "Prevention and Treatment of Cancer With Aspirin: Where Do We Stand?" *Seminars in Oncology*. [S.l.]: 2014; 41(3): p. 397-401.
77. PATERSON, J.R.; SRIVASTAVA, R.; BAXTER, G.J.; GRAHAM, A.B.; LAWRENCE, J.R. "Salicylic Acid Content of Spices and Its Implications." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(8): p. 2.891-6.
78. BAXTER, G.J.; GRAHAM, A.B.; LAWRENCE, J.R.; WILES, D.; PATERSON, J.R. "Salicylic Acid in Soups Prepared from Organically and Non-organically Grown Vegetables." *European Journal of Nutrition*. Darmstadt, Alemanha: 2001; 40(6): p. 289-92.

NOTAS

79. SCHEIER, L. "Salicylic Acid: One More Reason to Eat Your Fruits and Vegetables." *Journal of the American Dietetic Association*. [S.l.]: 2001; 101(12): p. 1.406-8.
80. DUTHIE, G.G.; WOOD, A.D. Natural Salicylates: Foods, Functions and Disease Prevention." *Food & Function*. Cambridge, Inglaterra: 2011; 2(9): p. 515-20.
81. SEEFF, L.C.; RICHARDS, T.B.; SHAPIRO, J.A. et al. "How Many Endoscopies Are Performed for Colorectal Cancer Screening? Results from CDC's Survey of Endoscopic Capacity." *Gastroenterology*. [S.l.]: 2004; 127(6): p. 1.670-7.
82. MCLACHLAN, S.A.; CLEMENTS, A.; AUSTOKER, J. "Patients' Experiences and Reported Barriers to Colonoscopy in the Screening Context — A Systematic Review of the Literature." *Patient Education and Counseling*. [S.l.]: 2012; 86(2): p. 137-46.
83. LOBEL, E.Z.; KORELITZ, B.I. "Postendoscopy Syndrome: 'The Doctor Never Talked to Me.'" *Journal of Clinical Gastroenterology*. [S.l.]: 2001; 33(5): p. 353-4.
84. MCLACHLAN, S.A.; CLEMENTS, A.; AUSTOKER, J. "Patients' Experiences and Reported Barriers to Colonoscopy in the Screening Context — A Systematic Review of the Literature." *Patient Education and Counseling*. [S.l.]: 2012; 86(2): p. 137-46.
85. WHITLOCK, E.P.; LIN, J.S.; LILES, E.; BEIL, T.L.; FU, R. "Screening for Colorectal Cancer: A Targeted, Updated Systematic Review for the U.S. Preventive Services Task Force." *Annals of Internal Medicine*. Filadélfia: 2008; 149(9): p. 638-58.
86. MANNER, H.; PLUM, N.; PECH, O.; ELL, C.; ENDERLE, M.D. "Colon Explosion During Argon Plasma Coagulation." *Gastrointestinal Endoscopy*. [S.l.]: 2008; 67(7): 1123-7.
87. KO, C.W.; DOMINITZ, J.A. "Complications of Colonoscopy: Magnitude and Management." *Gastrointestinal Endoscopy Clinics of North America*. Filadélfia: 2010; 20(4): p. 659-71.
88. WHITLOCK, E.P.; LIN, J.S.; LILES, E.; BEIL, T.L.; FU, R. "Screening for Colorectal Cancer: A Targeted, Updated Systematic Review for the U.S. Preventive Services Task Force." *Annals of Internal Medicine*. Filadélfia: 2008; 149(9): p. 638-58.
89. VAN HEES, E.; HABBEMA, J.D.; MEESTER, R.G.; LANSDORP-VOGELAAR, I.; VAN BALLEGOIJEN, M.; ZAUBER, A.G. "Should Colorectal Cancer Screening be Considered in Elderly Persons Without Previous Screening? A Cost-Effectiveness Analysis." *Annals of Internal Medicine*. Filadélfia: 2014; 160(11): p. 750-9.
90. WHITLOCK, E.P.; LIN, J.S.; LILES, E.; BEIL, T.L.; FU, R. "Screening for Colorectal Cancer: A Targeted, Updated Systematic Review for the U.S. Preventive Services Task Force." *Annals of Internal Medicine*. Filadélfia: 2008; 149(9): p. 638-58.
91. BRENNER, H.; STOCK, C.; HOFFMEISTER, M. "Effect of Screening Sigmoidoscopy and Screening Colonoscopy on Colorectal Cancer Incidence and Mortality: Systematic Review and Meta-Analysis of Randomised Controlled Trials and Observational Studies." *BMJ: British Medical Journal/British Medical Association*. Londres: 2014; 348: g2467.

COMO NÃO MORRER

92. SWAN, H.; SIDDIQUI, A.A.; MYERS, R.E. “International Colorectal Cancer Screening Programs: Population Contact Strategies, Testing Methods and Screening Rates.” *Practical Gastroenterology*. [S.l.]: 2012; 36(8): p. 20-9.
93. LING, B.S.; TRAUTH, J.M.; FINE, M.J. et al. “Informed Decision-Making and Colorectal Cancer Screening: Is It Occurring in Primary Care?” *Medical Care*. [S.l.]: 2008; 46 (9 supl. 1): S23-9.
94. LING, B.S.; TRAUTH, J.M.; FINE, M.J. et al. “Informed Decision-Making and Colorectal Cancer Screening: Is It Occurring in Primary Care?” *Medical Care*. [S.l.]: 2008; 46 (9 supl. 1): S23-9.
95. BRETT, A.S. “Flexible Sigmoidoscopy for Colorectal Cancer Screening: More Evidence, Persistent Ironies.” *Journal of the American Medical Association*. Chicago: 2014; 312(6): p. 601-2.
96. YABROFF, K.R.; KLABUNDE, C.N.; YUAN, G. et al. “Are Physicians’ Recommendations for Colorectal Cancer Screening Guideline-Consistent?” *Journal of General Internal Medicine*. [S.l.]: 2011; 26(2): p. 177-84.
97. SWAN, H.; SIDDIQUI, A.A.; MYERS, R.E. “International Colorectal Cancer Screening Programs: Population Contact Strategies, Testing Methods and Screening Rates.” *Practical Gastroenterology*. [S.l.]: 2012; 36(8): p. 20-9.
98. SWAN, H.; SIDDIQUI, A.A.; MYERS, R.E. “International Colorectal Cancer Screening Programs: Population Contact Strategies, Testing Methods and Screening Rates.” *Practical Gastroenterology*. [S.l.]: 2012; 36(8): p. 20-9.
99. BUTTERFIELD, S. “Changes Coming for Colon Cancer Screening.” *ACP Internist*. [S.l.]: 2014; 34(7): p. 10-11.
100. ROSENTHAL, E. “The \$2.7 Trillion Medical Bill: Colonoscopies Explain Why U.S. Leads the World in Health Expenditures.” *The New York Times*, 1º de junho de 2013.
101. WHORISKEY, P.; KEATING, D. “How a Secretive Panel Uses Data That Distorts Doctors’ Pay.” *The Washington Post*. Disponível em: <http://www.washingtonpost.com/business/economy/how-a-secretive-panel-uses-data-that-distorts-doctors-pay/2013/07/20/ee134e3a-eda8-11e2-9008-61e94a7ea20d_story.html>. 20 de julho de 2013. Acesso em 12 de março de 2015.
102. GOVERNMENT ACCOUNTABILITY OFFICE. *Medicare: Action Needed to Address Higher Use of Anatomic Pathology Services by Providers Who Self-refer*. GAO-13-445. Disponível em: <<http://www.gao.gov/products/GAO-13-445>>. 24 de junho de 2013. Acesso em 12 de março de 2015.
103. SPIRLING, L.I.; DANIELS, I.R.. “Botanical Perspectives on Health Peppermint: More Than Just an Afterdinner Mint.” *The Journal of the Royal Society for the Promotion of Health*. Londres: 2001; 121(1): p. 62-3.

NOTAS

104. AMATO, A.; LIOTTA, R.; MULÈ, F. “Effects of Menthol on Circular Smooth Muscle of Human Colon: Analysis of the Mechanism of Action.” *European Journal of Pharmacology*. Amsterdã: 2014; 740: p. 295-301.
105. LEICESTER, R.J.; HUNT, R.H. “Peppermint Oil to Reduce Colonic Spasm During Endoscopy.” *The Lancet*. Londres: 1982; 2(8305): p. 989.
106. ASAO, T.; MOCHIKI, E.; SUZUKI, H. et al. “An Easy Method for the Intraluminal Administration of Peppermint Oil Before Colonoscopy and Its Effectiveness in Reducing Colonic Spasm.” *Gastrointestinal Endoscopy*. [S.l.]: 2001; 53(2): p. 172-7.
107. SHAVAKHI, A.; ARDENSTANI, S.K.; TAKI, M.; GOLI, M.; KESHTALI, A.H. “Premedication With Peppermint Oil Capsules in Colonoscopy: A Double Blind Placebo-Controlled Randomized Trial Study.” *Acta Gastro-Enterologica Belgica*. Bruxelas, Bélgica: 2012; 75(3): p. 349-53.
108. STANGE, K.C. “Barbara Starfield: Passage of the Pathfinder of Primary Care.” *Annals of Family Medicine*. Leawood, Kansas: 2011; 9(4): p. 292-6.
109. STARFIELD, B. “Is US Health Really the Best in the World?” *Journal of the American Medical Association*. Chicago: 2000; 284(4): p. 483-5.
110. RAPPOPORT, J. *An Exclusive Interview with Dr. Barbara Starfield: Medically Caused Death in America*. Blog de Jon Rappoport. Disponível em: <<https://jonrappoport.wordpress.com/2009/12/09/an-exclusive-interview-with-dr-barbara-starfield-medically-caused-death-in-america/>>. 9 de dezembro de 2009. Acesso em 12 de março de 2015.
111. MILLENSON, M.L. “The Silence.” *Health Aff* (Millwood). [S.l.]: 2003; 22(2): p. 103-12.
112. HOLTZMAN, N.A. “Chronicle of an Unforetold Death.” *Archives of Internal Medicine*. Chicago: 2012; 172(15): p. 1.174-7.
113. ANAND, S.S.; ISLAM, S.; ROSENGREN, A. et al. “Risk Factors for Myocardial Infarction in Women and Men: Insights from the INTERHEART Study.” *European Heart Journal*. Oxford: 2008; 29(7): p. 932-40.

PARTE 2

Introdução

1. MOZAFFARIAN, D.; WILLETT, W.C., HU, F.B. “The Authors Reply.” *The New England Journal of Medicine*. Boston: 2011; 365(11): p. 1.059.
2. BERNSTEIN, A.M.; BLOOM, D.E.; ROSNER, B.A.; FRANZ, M.; WILLETT, W.C. “Relation of Food Cost to Healthfulness of Diet Among US Women.” *The American Journal of Clinical Nutrition*. Bethesda: 2010; 92(5): p. 1.197-203.

COMO NÃO MORRER

3. ATWATER, W.O. "Foods: Nutritive Value and Cost." *U.S. Department of Agriculture Farmers' Bulletin*. Washington, D.C.: 1894; 23: p. 1-30.
4. CONNELL, C.L.; ZOELLNER, J.M.; YADRICK, M.K.; CHEKURI, S.C.; CROOK, L.B.; BOGLE, M.L. "Energy Density, Nutrient Adequacy, and Cost Per Serving Can Provide Insight Into Food Choices in the Lower Mississippi Delta." *Journal of Nutrition Education and Behavior*. [S.l.]: 2012; 44(2): p. 148-53.
5. LO, Y.T.; CHANG, Y.H.; WAHLQVIST, M.L.; HUANG, H.B.; LEE, M.S. "Spending on Vegetable and Fruit Consumption Could Reduce All-Cause Mortality Among Older Adults." *Nutrition Journal* [versão eletrônica]. Londres: 2012; 11: p. 113.
6. DEPARTAMENTO DE AGRICULTURA, DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS DOS ESTADOS UNIDOS. *Dietary Guidelines for Americans, 2010*. Washington, D.C.: Imprensa Oficial do Governo dos Estados Unidos, 2010.
7. COMITÊ CONSULTIVO PARA GUIAS ALIMENTARES. *The Report of the Dietary Guidelines Advisory Committee on Dietary Guidelines for Americans, 2010*. Washington, D.C.: Imprensa Oficial do Governo dos Estados Unidos, 2010.
8. DEPARTAMENTO DE AGRICULTURA, DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS DOS ESTADOS UNIDOS. *Dietary Guidelines for Americans, 2005*. Washington, D.C.: Imprensa Oficial do Governo dos Estados Unidos, 2005.
9. DEPARTAMENTO DE AGRICULTURA, DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS DOS ESTADOS UNIDOS. *Dietary Guidelines for Americans, 2010*. Washington, D.C.: Imprensa Oficial do Governo dos Estados Unidos, 2010.
10. DEPARTAMENTO DE AGRICULTURA, DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS DOS ESTADOS UNIDOS. *Dietary Guidelines for Americans, 2010*. Washington, D.C.: Imprensa Oficial do Governo dos Estados Unidos, 2010.
11. FUNDO MUNDIAL PARA PESQUISA EM CÂNCER/ INSTITUTO AMERICANO DE PESQUISA EM CÂNCER. *Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective*. Washington, D.C.: AICR, 2007.
12. PORK INFORMATION GATEWAY. *Quick Facts — The Pork Industry at a Glance*. Disponível em: <<http://www.porkgateway.org/FileLibrary/PIGLibrary/References/NPB%20Quick%20%20Facts%20book.pdf>>. Acesso em 7 de abril de 2015.
13. GREEN, D. *McDonald's Corporation v. Steel & Morris* [1997] EWHC QB 366.
14. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. Declaração de Missão. Disponível em: <http://www.usda.gov/wps/portal/usda/usdahome?navid=MISSION_STATEMENT>. Acesso em 6 de abril de 2015.
15. DEPARTAMENTO DE AGRICULTURA, DEPARTAMENTO DE SAÚDE E SERVIÇOS HUMANOS DOS ESTADOS UNIDOS. *Dietary Guidelines for Americans, 2010*. Washington, D.C.: Imprensa Oficial do Governo dos Estados Unidos, 2010.

NOTAS

16. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. Declaração de Missão. Disponível em: <http://www.usda.gov/wps/portal/usda/usdahome?navid=MISSION_STATEMENT>. Acesso em 6 de abril de 2015.
17. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. “Greening Headquarters Update.” Disponível em: <http://www.moran.senate.gov/public/index.cfm/files/serve?File_id=668d6dal-314c-4647-9f17-25edb67bb2f2>. Acesso em 23 de julho de 2012.
18. “USDA Retracts Meatless Monday Recommendation.” Disponível em: <<http://www.meatlessmonday.com/articles/usda-misses-mark-on-meatless-monday/>>. 26 de julho de 2012. Acesso em 6 de abril de 2015.
19. HERMAN, J. “Saving U.S. dietary Advice from Conflicts of Interest.” *Food and Drug Law Journal*. Washington, D.C.: 2010, 65(20): p. 285-316.
20. INSTITUTO DE MEDICINA. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, D.C.: National Academies Press, 2003.
21. INSTITUTO DE MEDICINA. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, D.C.: National Academies Press, 2003.
22. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. “Fat and Fatty Acid Content of Selected Foods Containing Trans-Fatty Acids.” ARS Nutrient Data Laboratory. Disponível em: <http://www.ars.usda.gov/SP2UserFiles/Place/12354500/Data/Classics/trans_fa.pdf>. Acesso em 6 de abril de 2015.
23. INSTITUTO DE MEDICINA. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, D.C.: National Academies Press, 2003.
24. FOX, M. “Report Recommends Limiting Trans-Fats in Diet.” Reuters, 10 de julho de 2002.
25. KREBS-SMITH, S.M.; GUENTHER, P.M.; SUBAR, A.F.; KIRKPATRICK, S.I.; DOOD, K.W. “Americans Do Not Meet Federal Dietary Recommendations.” *The Journal of Nutrition*. [S.l.]: 2010; 140(10): p. 1.832-8.
26. KREBS-SMITH, S.M.; GUENTHER, P.M.; SUBAR, A.F.; KIRKPATRICK, S.I.; DOOD, K.W. “Americans Do Not Meet Federal Dietary Recommendations.” *The Journal of Nutrition*. [S.l.]: 2010; 140(10): p. 1.832-8.
27. KREBS-SMITH, S.M.; GUENTHER, P.M.; SUBAR, A.F.; KIRKPATRICK, S.I.; DODD, K.W. “Americans Do Not Meet Federal Dietary Recommendations.” *The Journal of Nutrition*. [S.l.]: 2010; 140(10): p. 1.832-8.
28. STUCKLER, D.; MCKEE, M.; EBRAHIM, S.; BASU, S. “Manufacturing Epidemics: The Role of Global Producers in Increased Consumption of Unhealthy

COMO NÃO MORRER

- Commodities Including Processed Foods, Alcohol, and Tobacco.” *Public Library of Science Medicine*. San Francisco: 2012; 9(6): e1001235.
29. BROWNELL, K.D. “Thinking Forward: The Quicksand of Appeasing the Food Industry.” *Public Library of Science Medicine*. São Francisco: 2012; 9(7): e1001254.
 30. FREEDHOFF, Y.; HÉBERT, P.C. “Partnerships Between Health Organizations and the Food Industry Risk Derailing Public Health Nutrition.” *CMAJ: Canadian Medical Association Journal: Journal de l’Association Médicale Canadienne*. Ottawa: 2011; 183(3): p. 291-2.
 31. NEUMAN, W. “Save the Children Breaks with Soda Tax Effort.” *The New York Times*. 14 de dezembro de 2010. Disponível em: <<http://www.nytimes.com/2010/12/15/business/15soda.html>>. Acesso em 8 de abril de 2015.
 32. MURRAY, C.J.; ATKINSON, C.; BHALLA, K. et al. “The State of US Health, 1990-2010: Burden of Diseases, Injuries, and Risk Factors.” *Journal of the American Medical Association*. Chicago: 2013; 310(6): p. 591-608.
 33. NEAL, B. “Fat Chance for Physical Activity.” *Population Health Metrics*. Londres: 2013; 11(1): p. 9.
 34. GILROY, D.J.; KAUFFMAN, K.W.; HALL, R.A.; HUANG, X.; CHU, F.S. “Assessing Potential Health Risks from Microcystin Toxins in Blue-Green Algae Dietary Supplements.” *Environmental Health Perspectives*. [S.l.]: 2000; 108(5): p. 435-9.
 35. PARKER-POPE, T. “Michael Pollan Offers 64 Ways to Eat Food.” *The New York Times*, 8 de janeiro de 2010.
 36. ARNOLD, D. “British India and the ‘Beriberi Problem,’ 1798-1942.” *Medical History*. [S.l.]: 2010; 54(3): p. 295-314.
 37. FREEMAN, B.B.; REIMERS, K. “Tomato Consumption and Health: Emerging Benefits.” *American Journal of Lifestyle Medicine*. Thousand Oaks, Califórnia: 2010; 5(2): p. 182-91.
 38. DENKE, M.A. “Effects of Cocoa Butter on Serum Lipids in Humans: Historical Highlights.” *The American Journal of Clinical Nutrition*. Bethesda: 1994; 60 (supl. 6): 1014S-1016S.
 39. FEINGOLD ASSOCIATION OF THE UNITED STATES. “Regulations re 36 Colorants Covering 80 Countries”. Disponível em: <<http://www.feingold.org/Research/PDFstudies/List-of-Colorants.pdf>>. Acesso em 30 de junho de 2015.
 40. GALLOWAY, D. “DIY Bacon Fat Candle.” Disponível em: <<http://lifelifehacker.com/5929854/diy-bacon-fat-candle>>. 28 de julho de 2012. Acesso em 10 de abril de 2015.
 41. ORLICH, M.J.; SINGH, P.N.; SABATÉ, J. et al. “Vegetarian Dietary Patterns and Mortality in Adventist Health Study 2.” *Journal of the American Medical Association Internal Medicine*. Chicago: 2013; 173(13): p. 1.230-8.

NOTAS

42. WILLCOX, B.J.; WILLCOX, D.C.; TODORIKI, H. et al. "Caloric Restriction, the Traditional Okinawan Diet, and Healthy Aging: The Diet of the World's Longest-lived People and Its Potential Impact on Morbidity and Life Span." *Annals of the New York Academy of Sciences*. Nova York: 2007; 1114: p. 434-55.
43. KAISER PERMANENTE. "The Plant-Based Diet: A Healthier Way to Eat", 2013.
44. CAMPBELL, T.C.; PARPIA, B.; CHEN, J. "Diet, Lifestyle, and the Etiology of Coronary Artery Disease: The Cornell China Study." *The American Journal of Cardiology*. Nova York: 1998; 82(10B): 18T-21T.
45. SCHANE, R.E.; GLANTZ, S.A.; LING, P.M. "Social Smoking Implications for Public Health, Clinical Practice, and Intervention Research." *American Journal of Preventive Medicine*. [S.l.]: 2009; 37(2): p. 124-31.
46. WILLARD BISHOP. "Supermarket Facts. The Future of Food Retailing, 2014." Disponível em: <<http://www.fmi.org/research-resources/supermarket-facts>>. Acesso em 7 de abril de 2015.
47. VOHS, K.D.; HEATHERTON, T.F. "Self-Regulatory Failure: A Resource-Depletion Approach." *Psychological Science*. [S.l.]: 2000; 11(3): p. 249-54.
48. KAISER PERMANENTE. "The Plant-Based Diet: A Healthier Way to Eat", 2013. Acesso em 10 de abril de 2015.
49. BARNARD, N.; SCIALLI, A.R.; BERTRON, P.; HURLICK, D.; EDMONDSET, K. "Acceptability of a Therapeutic Low-Fat, Vegan Diet in Premenopausal Women." *Journal of Nutrition Education*. [S.l.]: 2000; 32(6): p. 314-9.
50. MILLER, K.B.; HURST, W.J.; PAYNE, M.J. et al. "Impact of Alkalization on the Antioxidant and Flavanol Content of Commercial Cocoa Powders." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2008; 56(18): p. 8.527-33.

Os Doze por Dia do dr. Greger

1. KON, S.K.; KLEIN, A. "The Value of Whole Potato in Human Nutrition." *The Biochemical Journal*. Londres: 1928; 22(1): p. 258-60.
2. CHEAH, I.K.; HALLIWELL, B. "Ergothioneine; Antioxidant Potential, Physiological Function and Role in Disease." *Biochimica et Biophysica acta*. Amsterdã: 2012; 1822(5): p. 784-93.
3. SUPREMA CORTE DOS ESTADOS UNIDOS. *Nix v. Hedden*, 149 U.S. 304 (1893).
4. Código do Arkansas, Título 1, Capítulo 4, seção 1-4-115. Disponível em: <http://archive.org/stream/govlawarcode012008/govlawarcode012008_djvu.txt>. Acesso em 8 de abril de 2015.

COMO NÃO MORRER

Feijões

1. FUNDO MUNDIAL PARA PESQUISA EM CÂNCER/INSTITUTO AMERICANO DE PESQUISA EM CÂNCER. *Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective*. Washington, D.C.: Instituto Americano de Pesquisa em Câncer, 2007.
2. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. “National Nutrient Database for Standard Reference Release 27. Basic Report: 16426, Tofu, Raw, Firm, Prepared with Calcium Sulfate.” Disponível em: <<http://ndb.nal.usda.gov/ndb/foods/show/4995>>. Acesso em 4 de abril de 2015.
3. “Fields of Gold.” *Nature*. [S.l.]: 2013; 497(7447): p. 5-6.
4. BØHN, T.; CUHRA, M.; TRAAVIK, T.; SANDEN, M.; FAGAN, J.; PRIMICERIO, R. “Compositional Differences in Soybeans on the Market: Glyphosate Accumulates in Roundup Ready GM Soybeans.” *Food Chemistry*. Barking, Inglaterra: 2014; 153: p. 207-15.
5. ARIS, A.; LEBLANC, S. “Maternal and Fetal Exposure to Pesticides Associated to Genetically Modified Foods in Eastern Townships of Quebec, Canada.” *Reproductive Toxicology*. Elmsford, Nova York: 2011; 31(4): p. 528-33.
6. BØHN, T.; CUHRA, M.; TRAAVIK, T.; SANDEN, M.; FAGAN, J.; PRIMICERIO, R. “Compositional Differences in Soybeans on the Market: Glyphosate Accumulates in Roundup Ready GM Soybeans.” *Food Chemistry*. Barking, Inglaterra: 2014; 153: p. 207-15.
7. MARC, J.; MULNER-LORILLON, O.; BOULBEN, S.; HUREAU, D.; DURAND, G.; BELLÉ, R. “Pesticide Roundup Provokes Cell Division Dysfunction at the Level of CDK1/Cyclin B Activation.” *Chemical Research in Toxicology*. Washington, D.C.: 2002; 15(3): p. 326-31.
8. WALSH, L.P.; MCCORMICK, C.; MARTIN, C.; STOCCO, D.M. “Roundup Inhibits Steroidogenesis by Disrupting Steroidogenic Acute Regulatory (StAR) Protein Expression.” *Environmental Health Perspectives*. [S.l.]: 2000; 108(8): p. 769-76.
9. VAUGHAN, E. “Men! Save Your Testicles (and Humanity): Avoid Roundup® and GMO/GE Roundup Ready® Foods.” Disponível em: <<http://www.drvaughan.com/2013/07/men-save-your-testicles-and-humanity.html>>. 29 de julho de 2013. Acesso em 9 de abril de 2015.
10. ROMANO, R.M.; ROMANO, M.A.; BERNARDI, M.M.; FURTADO, P.V.; OLIVEIRA, C.A. “Prepubertal Exposure to Commercial Formulation of the Herbicide Glyphosate Alters Testosterone Levels and Testicular Morphology.” *Archives of Toxicology*. Berlin: 2010; 84(4): p. 309-17.

NOTAS

11. RICHARD, S.; MOSLEMI, S.; SIPAHUTAR, H.; BENACHOUR, N.; SERALINI, G.E. "Differential Effects of Glyphosate and Roundup on Human Placental Cells and Aromatase." *Environmental Health Perspectives*. [S.l.]: 2005; 113(6): p. 716-20.
12. DE ROOS, A.J.; BLAIR, A.; RUSIECKI, J.A. et al. "Cancer Incidence Among Glyphosate-Exposed Pesticide Applicators in the Agricultural Health Study." *Environmental Health Perspectives*. [S.l.]: 2005; 113(1): p. 49-54.
13. DE ROOS, A.J.; ZAHM, S.H.; CANTOR, K.P. et al. "Integrative Assessment of Multiple Pesticides as Risk Factors for Non-Hodgkin's Lymphoma Among Men." *Occupational and Environmental Medicine*. Londres: 2003; 60(9): E11.
14. GARRY, V.F.; HARKINS, M.E.; ERICKSON, L.L.; LONG-SIMPSON, L.K.; HOLLAND, S.E.; BURROUGHS, B.L. "Birth Defects, Season of Conception, and Sex of Children Born to Pesticide Applicators Living in the Red River Valley of Minnesota, USA." *Environmental Health Perspectives*. [S.l.]: 2002; 110 (supl. 3): p. 441-9.
15. THONGPRAKAISANG, S.; THANTANAWAT, A.; RANGKADILOK, N.; SURIYO, T.; SATAYAVIVAD, J. "Glyphosate Induces Human Breast Cancer Cells Growth Via Estrogen Receptors." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2013; 59: p. 129-36.
16. BUTLER, D.; REICHHARDT, T. "Long-Term Effect of GM Crops Serves up Food for Thought." *Nature*. [S.l.]: 1999; 398(6729): p. 651-6.
17. SMYTH, S. "International Considerations of Food Biotechnology Regulatory Frameworks." Disponível em: <<http://regulation.upf.edu/exeter-12-papers/Paper%20260%20-%20Smyth%202012%20-%20International%20Considerations%20of%20Food%20Biotechnology%20Regulatory%20Frameworks.pdf>>. 29 de junho de 2012. Acesso em 9 de abril de 2015.
18. KRAMKOWSKA, M.; GRZELAK, T.; CZYŻEWSKA, K. "Benefits and Risks Associated With Genetically Modified Food Products." *Annals of Agricultural and Environmental Medicine: AAEM*. Lublin, Polônia: 2013; 20(3): p. 413-9.
19. MUROOKA, Y.; YAMSHITA, M. "Traditional Healthful Fermented Products of Japan." *Journal of Industrial Microbiology & Biotechnology*. Berlin: 2008; 35(8): p. 791-8.
20. FUNDO MUNDIAL PARA PESQUISA EM CÂNCER/INSTITUTO AMERICANO DE PESQUISA EM CÂNCER. *Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective*. Washington, D.C.: Instituto Americano de Pesquisa em Câncer, 2007.
21. PARKIN, D.M. 7. "Cancers Attributable to Dietary Factors in the UK in 2010. IV. Salt." *British Journal of Cancer*. Londres: 2011; 105 (supl. 2): S31-3.
22. LEE, Y.Y.; DERAKHSHAN, M.H. "Environmental and Lifestyle Risk Factors of Gastric Cancer." *Archives of Iranian Medicine*. Teerã: 2013; 16(6): p. 358-65.

COMO NÃO MORRER

23. GONZÁLEZ, C.A.; JAKSZYN, P.; PERA, G. et al. "Meat Intake and Risk of Stomach and Esophageal Adenocarcinoma Within the European Prospective Investigation into Cancer and Nutrition (EPIC)." *Journal of the National Cancer Institute*. [S.l.]: 2006; 98(5): p. 345-54.
24. KEY, T.J.; APPLEBY, P.N.; CROWE, F.L.; BRADBURY, K.E.; SCHMIDT, J.A.; TRAVIS, R.C. "Cancer in British Vegetarians: Updated Analyses of 4998 Incident Cancers in a Cohort of 32,491 Meat Eaters, 8612 Fish Eaters, 18,298 Vegetarians, and 2246 Vegans." *The American Journal of Clinical Nutrition*. Bethesda: 2014; 100 (supl. 1): 378S-85S.
25. D'ELIA, L.; ROSSI, G.; IPPOLITO, R.; CAPPUCCIO, F.P.; STRAZZULLO, P. "Habitual Salt Intake and Risk of Gastric Cancer: A Meta-Analysis of Prospective Studies." *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2012; 31(4): p. 489-98.
26. JOOSSENS, J.V.; HILL, M.J.; ELLIOTT, P. et al. "Dietary Salt, Nitrate and Stomach Cancer Mortality in 24 Countries. European Cancer Prevention (ECP) and the INTERSALT Cooperative Research Group." *International Journal of Epidemiology*. Londres: 1996; 25(3): 494-504.
27. D'ELIA, L.; ROSSI, G.; IPPOLITO, R.; CAPPUCCIO, F.P.; STRAZZULLO, P. "Habitual Salt Intake and Risk of Gastric Cancer: A Meta-Analysis of Prospective Studies." *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2012; 31(4): p. 489-98.
28. KO, K.P.; PARK, S.K.; YANG, J.J. et al. "Intake of Soy Products and Other Foods and Gastric Cancer Risk: A Prospective Study." *Journal of Epidemiology*. [S.l.]: 2013; 23(5): p. 337-43.
29. D'ELIA, L.; ROSSI, G.; IPPOLITO, R.; CAPPUCCIO, F.P.; STRAZZULLO, P. "Habitual Salt Intake and Risk of Gastric Cancer: a Meta-analysis of Prospective Studies." *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2012; 31(4): p. 489-98.
30. TURATI, F.; PELUCCHI, C.; GUERCIO, V.; LA VECCHIA, C.; GALEONE, C. "Allium Vegetable Intake and Gastric Cancer: A Case-Control Study and Meta-analysis." *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2015; 59(1): p. 171-9.
31. HE, J.; GU, D.; WU, X. et al. "Effect of Soybean Protein on Blood Pressure: a Randomized, Controlled Trial." *Annals of Internal Medicine*. Filadélfia: 2005; 143(1): p. 1-9.
32. RIVAS, M.; GARAY, R.P.; ESCANERO, J.F.; CIA, P.; CIA, P.; ALDA, J.O. "Soy Milk Lowers Blood Pressure in Men and Women With Mild to Moderate Essential Hypertension." *The Journal of Nutrition*. [S.l.]: 2002; 132(7): p. 1.900-2.
33. KANDA, A.; HOSHIYAMA, Y.; KAWAGUCHI, T. "Association of Lifestyle Parameters With the Prevention of Hypertension in Elderly Japanese Men and Wo-

NOTAS

- men: A Four-Year Follow-Up of Normotensive Subjects. *Asia-Pacific Journal of Public Health*. Hong Kong: 1999; 11(2): 77-81.
34. JENKINS, D.J.; WOLEVER, T.M.; TAYLOR, R.H. et al. "Slow Release Dietary Carbohydrate Improves Second Meal Tolerance." *The American Journal of Clinical Nutrition*. Bethesda: 1982; 35(6): p. 1.339-46.
 35. ROPERT, A.; CHERBUT, C.; ROZÉ, C. et al. "Colonic Fermentation and Proximal Gastric Tone in Humans." *Gastroenterology*. [S.l.]: 1996; 111(2): p. 289-96.
 36. MOLLARD, R.C.; WONG, C.L.; LUHOVYY, B.L.; ANDERSON, G.H. "First and Second Meal Effects of Pulses on Blood Glucose, Appetite, and Food Intake at a Later Meal." *Applied Physiology, Nutrition, and Metabolism: Physiologie Appliquée, Nutrition et métabolisme*. Ottawa: 2011; 36(5): p. 634-42.
 37. YASHIN, Y.I.; NEMZER, B.V.; RYZHNEV, V.Y.; YASHIN, A.Y.; CHERNOUSOVA, N.I.; FEDINA, P.A. "Creation of a Databank for Content of Antioxidants in Food Products by an Amperometric Method." *Molecules: A Journal of Synthetic Chemistry and Natural Product Chemistry* [versão eletrônica]. Basel: 2010; 15(10): p. 7.450-66.
 38. ZANOVEC, M.; O'NEIL, C.E.; NICKLAS, T.A. "Comparison of Nutrient Density and Nutrient-to-Cost Between Cooked and Canned Beans." *Food and Nutrition Sciences*. Irvine, Califórnia: 2011; 2(2): p. 66-73.
 39. ZANOVEC, M.; O'NEIL, C.E.; NICKLAS, T.A. "Comparison of Nutrient Density and Nutrient-to-Cost Between Cooked and Canned Beans." *Food and Nutrition Sciences*. Irvine, Califórnia: 2011; 2(2): p. 66-73.
 40. KID TESTED FIREFIGHTER APPROVED. "Buffalo Ranch Roasted Chickpeas." Disponível em: <<http://kidtestedfirefighterapproved.com/2012/08/05/buffalo-ranch-roasted-chickpeas/>>. 5 de agosto de 2012. Acesso em 9 de abril de 2015.
 41. BAZZANO, L.A.; THOMPSON, A.M.; TEES, M.T.; NGUYEN, C.H.; WINHAM, D.M. "Non-Soy Legume Consumption Lowers Cholesterol Levels: a Meta-Analysis of Randomized Controlled Trials." *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2011; 21(2): p. 94-103.
 42. ANDERSON, J.W.; BUSH, H.M. "Soy Protein Effects on Serum Lipoproteins: A Quality Assessment and Meta-Analysis of Randomized, Controlled Studies." *Journal of the American College of Nutrition*. Nova York: 2011; 30(2): p. 79-91.
 43. WINHAM, D.M.; HUTCHINS, A.M.; JOHNSTON, C.S. "Pinto Bean Consumption Reduces Biomarkers for Heart Disease Risk." *Journal of the American College of Nutrition*. Nova York: 2007; 26(3): 243-9.
 44. FUHRMAN, J. "Fudgy Black Bean Brownies." The Dr. Oz Show. Disponível em: <<http://www.doctoroz.com/recipe/fudgy-black-bean-brownies>>. 12 de novembro de 2014. Acesso em 9 de abril de 2015.

COMO NÃO MORRER

45. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. "Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods — 2007." Novembro de 2007.
46. DARMADI-BLACKBERRY, I.; WAHLQVIST, M.L.; KOURIS-BLAZOS, A. et al. "Legumes: The Most Important Dietary Predictor of Survival in Older People of Different Ethnicities." *Asia Pacific Journal of Clinical Nutrition*. [S.l.]: 2004; 13(2): p. 217-20.
47. DARMADI-BLACKBERRY, I.; WAHLQVIST, M.L.; KOURIS-BLAZOS, A. et al. "Legumes: The Most Important Dietary Predictor of Survival in Older People of Different Ethnicities." *Asia Pacific Journal of Clinical Nutrition*. [S.l.]: 2004; 13(2): p. 217-20.
48. DESROCHERS, N.; BRAUER, P.M. "Legume Promotion in Counselling: An E-mail Survey of Dietitians." *Canadian Journal of Dietetic Practice and Research: A Publication of Dietitians of Canada: Revue Canadienne de la Pratique et de la Recherche en Diététique: Une Publication des Diététistes du Canada*. Markham, Ontario: 2001; 62(4): p. 193-8.
49. WINHAM, D.M.; HUTCHINS, A.M. "Perceptions of Flatulence from Bean Consumption Among Adults in 3 Feeding Studies." *Nutrition Journal* [versão eletrônica]. Londres: 2011; 10: p. 128.
50. LEVITT, M.D.; LASSER, R.B.; SCHWARTZ, J.S.; BOND, J.H. "Studies of a Flatulent Patient." *The New England Journal of Medicine*. Boston: 1976; 295(5): p. 260-2.
51. LEVITT, M.D.; FURNE, J.; OLSSON, S. "The Relation of Passage of Gas and Abdominal Bloating to Colonic Gas Production." *Annals of Internal Medicine*. Filadélfia: 1996; 124(4): p. 422-4.
52. PRICE, K.R.; LEWIS, J.; WYATT, G.M.; FENWICK, G.R. "Flatulence — Causes, Relation to Diet and Remedies." *Die Nahrung*. Berlin: 1988; 32(6): p. 609-26.
53. MATTHEWS, S.B.; WAUD, J.P.; ROBERTS, A.G.; CAMPBELL, A.K. "Systemic Lactose Intolerance: A New Perspective on an Old Problem." *Postgraduate Medical Journal*. Londres: 2005; 81(953): p. 167-73.
54. LEVITT, M.D.; LASSER, R.B.; SCHWARTZ, J.S.; BOND, J.H. "Studies of a Flatulent Patient." *The New England Journal of Medicine*. Boston: 1976; 295(5): p. 260-2.
55. MCELIGOT, A.J.; GILPIN, E.A.; ROCK, C.L. et al. "High Dietary Fiber Consumption is Not Associated With Gastrointestinal Discomfort in a Diet Intervention Trial." *Journal of the American Dietetic Association*. [S.l.]: 2002; 102(4): p. 549-51.
56. PRICE, K.R.; LEWIS, J.; WYATT, G.M.; FENWICK, G.R. "Flatulence — Causes, Relation to Diet and Remedies." *Die Nahrung*. Berlin: 1988; 32(6): p. 609-26.
57. JOOD, S.; MEHTA, U.; SINGH, R.; BHAT, C.M. "Effect of Processing on Flatus Producing Factors in Legumes." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 1985; 3: p. 268-71.

NOTAS

58. SAVITRI, A.; BHAVANISHANKAR, T.N.; DESIKACHAR, H.S.R. "Effect of Spices on in Vitro Gas Production by *Clostridium Perfringens*." *Food Microbiology*. Londres: 1986; 3: p. 195-9.
59. DI STEFANO, M.; MICELI, E.; GOTTI, S.; MISSANELLI, A.; MAZZOCCHI, S.; CORAZZA, G.R. "The Effect of Oral Alphagalactosidase on Intestinal Gas Production and Gas-Related Symptoms." *Digestive Diseases and Sciences*. Nova York: 2007; 52(1): p. 78-83.
60. "How You Can Limit Your Gas Production. 12 Tips for Dealing With Flatulence." *Harvard Health Letter*. Boston: 2007; 32(12): p. 3.
61. MAGEE, E.A.; RICHARDSON, C.J.; HUGHES, R.; CUMMINGS, J.H. "Contribution of Dietary Protein to Sulfide Production in the Large Intestine: An in Vitro and a Controlled Feeding Study in Humans." *The American Journal of Clinical Nutrition*. Bethesda: 2000; 72(6): p. 1.488-94.
62. GORBACH, S.L. "Bismuth Therapy in Gastrointestinal Diseases." *Gastroenterology*. [S.l.]: 1990; 99(3): p. 863-75.
63. SUAREZ, FL.; SPRINGFIELD, J.; LEVITT, M.D. "Identification of Gases Responsible for the Odour of Human Flatus and Evaluation of a Device Purported to Reduce this Odour." *Gut*. Londres: 1998; 43(1): p. 100-4.
64. BOUCHIER, I.A. "Flatulence." *The Practitioner*. Londres: 1980; 224(1342): p. 373-7.
65. FARDY, J.; SULLIVAN, S. "Gastrointestinal Gas." *CMAJ: Canadian Medical Association Journal: Journal de l'Association Medicale Canadienne*. Ottawa: 1988; 139(12): p. 1.137-42.

Frutas vermelhas

1. MCCULLOUGH, M.L.; PETERSON, J.J.; PATEL, R.; JACQUES, P.F.; SHAH, R.; DWYER, J.T. "Flavonoid Intake and Cardiovascular Disease Mortality in a Prospective Cohort of US Adults." *The American Journal of Clinical Nutrition*. Bethesda: 2012; 95(2): p. 454-64.
2. HERNANDEZ-MARIN, E.; GALANO, A.; MARTÍNEZ, A. "Cis Carotenoids: Colorful Molecules and Free Radical Quenchers." *The Journal of Physical Chemistry B*. Washington, D.C.: 2013; 117(15): p. 4.050-61.
3. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. "Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods — 2007". Novembro de 2007.
4. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.

COMO NÃO MORRER

5. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
6. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
7. DINSTEL, R.R.; CASCIO, J.; KOUKEL, S. "The Antioxidant Level of Alaska's Wild Berries: High, Higher and Highest." *International Journal of Circumpolar Health*. [S.l.]: 2013; p. 72.
8. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
9. PETTA, S.; MARCHESINI, G.; CARACAUSI, L. et al. "Industrial, Not Fruit Fructose Intake is Associated With the Severity of Liver Fibrosis in Genotype 1 Chronic Hepatitis C Patients." *Journal of Hepatology*. Amsterdã: 2013; 59(6): p. 1.169-76.
10. MADERO, M; ARRIAGA, J.C.; JALAL, D. et al. "The Effect of Two Energy-Restricted Diets, a Low-Fructose Diet Versus a Moderate Natural Fructose Diet, on Weight Loss and Metabolic Syndrome Parameters: a Randomized Controlled Trial." *Metabolism: Clinical and Experimental*. [S.l.]: 2011; 60(11): p. 1.551-9.
11. DEPARTAMENTO DE AGRICULTURA, SERVIÇO DE PESQUISA ECONÔMICA. "U.S. Sugar Production." Disponível em: <<http://www.ers.usda.gov/topics/crops/sugar-sweeteners/background.aspx>>. 14 de novembro de 2014. Acesso em 11 de abril de 2015.
12. PETTA, S.; MARCHESINI, G.; CARACAUSI, L. et al. "Industrial, Not Fruit Fructose Intake is Associated With the Severity of Liver Fibrosis in Genotype 1 Chronic Hepatitis C Patients." *Journal of Hepatology*. Amsterdã: 2013; 59(6): p. 1.169-76.
13. TÖRRÖNEN, R.; KOLEHMAINEN, M.; SARKKINEN, E.; MYKKÄNEN, H.; NISKANEN, L. "Postprandial Glucose, Insulin, and Free Fatty Acid Responses to Sucrose Consumed With Blackcurrants and Lingonberries in Healthy Women." *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(3): p. 527-33.
14. TÖRRÖNEN, R.; KOLEHMAINEN, M.; SARKKINEN, E.; MYKKÄNEN, H.; NISKANEN, L. "Postprandial Glucose, Insulin, and Free Fatty Acid Responses to Sucrose Consumed With Blackcurrants and Lingonberries in Healthy Women." *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(3): p. 527-33.
15. TÖRRÖNEN, R.; KOLEHMAINEN, M.; SARKKINEN, E.; POUTANEN, K.; MYKKÄNEN, H.; NISKANEN, L. "Berries Reduce Postprandial Insulin Responses to Wheat and Rye Breads in Healthy Women." *The Journal of Nutrition*. [S.l.]: 2013; 143(4): p. 430-6.

NOTAS

16. TÖRRÖNEN, R.; KOLEHMAINEN, M.; SARKKINEN, E.; MYKKÄNEN, H.; NISKANEN, L. "Postprandial Glucose, Insulin, and Free Fatty Acid Responses to Sucrose Consumed With Blackcurrants and Lingonberries in Healthy Women." *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(3): p. 527-33.
17. MANZANO, S.; WILLIAMSON, G. "Polyphenols and Phenolic Acids from Strawberry and Apple Decrease Glucose Uptake and Transport by Human Intestinal Caco-2 Cells." *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2010; 54(12): p. 1.773-80.
18. SIEVENPIPER, J.L.; CHIAVAROLI, L.; DE SOUZA, R.J. et al. "Catalytic' Doses of Fructose May Benefit Glycaemic Control Without Harming Cardiometabolic Risk Factors: A Small Meta-Analysis of Randomised Controlled Feeding Trials." *The British Journal of Nutrition*. [S.l.]: 2012; 108(3): p. 418-23.
19. CHRISTENSEN, A.S.; VIGGERS, L.; HASSELSTRÖM, K.; GREGERSEN, S. "Effect of Fruit Restriction on Glycemic Control in Patients with Type 2 Diabetes — A Randomized Trial." *Nutrition Journal* [electronic source]. Londres: 2013; 12: p. 29.
20. MEYER, B.J.; VAN DER MERWE, M.; DU PLESSIS, D.G.; DE BRUIN, E.J.; MEYER, A.C. "Some Physiological Effects of a Mainly Fruit Diet in Man." *South African Medical Journal: Suid-Afrikaanse Tydskrif vir Geneeskunde*. Cidade do Cabo: 1971; 45(8): p. 191-5.
21. MEYER, B.J.; DE BRUIN, E.J.; DU PLESSIS, D.G.; VAN DER MERWE, M.; MEYER, A.C. "Some Biochemical Effects of a Mainly Fruit Diet in Man." *South African Medical Journal: Suid-Afrikaanse Tydskrif vir Geneeskunde*. Cidade do Cabo: 1971; 45(10): p. 253-61.
22. JENKINS, D.J.; KENDALL, C.W.; POPOVICH, D.G. et al. "Effect of a Very-High-Fiber Vegetable, Fruit, and Nut Diet on Serum Lipids and Colonic Function." *Metabolism: Clinical and Experimental*. [S.l.]: 2001; 50(4): p. 494-503.
23. JENKINS, D.J.; KENDALL, C.W.; POPOVICH, D.G. et al. "Effect of a Very-High-Fiber Vegetable, Fruit, and Nut Diet on Serum Lipids and Colonic Function." *Metabolism: Clinical and Experimental*. [S.l.]: 2001; 50(4): p. 494-503.
24. OU, B.; BOSAK, K.N.; BRICKNER, P.R.; IEZZONI, D.G.; SEYMOUR, E.M. "Processed Tart Cherry Products — Comparative Phytochemical Content, in Vitro Antioxidant Capacity and in Vitro Anti-Inflammatory Activity." *Journal of Food Science*. [S.l.]: 2012; 77(5): H105-12.
25. MULLEN, W.; STEWART, A.J.; LEAN, M.E.; GARDNER, P.; DUTHIE, G.G.; CROZIER, A. "Effect of Freezing and Storage on the Phenolics, Ellagitannins, Flavonoids, and Antioxidant Capacity of Red Raspberries." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2002; 50(18): p. 5.197-201.

COMO NÃO MORRER

26. MARQUES, K.K.; RENFROE, M.H.; BREVARD, P.B.; LEE, R.E.; GLOECKNER, J.W. "Differences in Antioxidant Levels of Fresh, Frozen and Freeze-Dried Strawberries and Strawberry Jam." *International Journal of Food Sciences and Nutrition*. [S.l.]: 2010; 61(8): p. 759-69.
27. BLAU, L.W. "Cherry Diet Control for Gout and Arthritis." *Texas Reports on Biology and Medicine*. Galveston, Texas: 1950; 8(3): p. 309-11.
28. OVERMAN, T. "Pegloticase: A New Treatment for Gout." *Cleveland Clinic Pharmacotherapy Update*. [S.l.]: 2011; 14(2): p. 1-3.
29. FINKELSTEIN, Y.; AKS, S.E.; HUTSON, J.R. et al. "Colchicine Poisoning: The Dark Side of an Ancient Drug." *Clinical Toxicology: the Official Journal of the American Academy of Clinical Toxicology and European Association of Poisons Centres and Clinical Toxicologists*. [S.l.]: 2010; 48(5): p. 407-14.
30. FRITSCH, P.O.; SIDOROFF, A. "Drug-Induced Stevens-Johnson Syndrome/Toxic Epidermal Necrolysis." *American Journal of Clinical Dermatology*. Auckland: 2000; 1(6): p. 349-60.
31. ZHANG, Y.; CHEN, C.; CHOI, H. et al. "Purine-Rich Foods Intake and Recurrent Gout Attacks." *Annals of the Rheumatic Diseases*. Londres: 2012; 71(9): p. 1.448-53.
32. KELLEY, D.S.; RASOOLY, R.; JACOB, R.A.; KADER, A.A.; MACKEY, B.E. "Consumption of Bing Sweet Cherries Lowers Circulating Concentrations of Inflammation Markers in Healthy Men and Women." *The Journal of Nutrition*. [S.l.]: 2006; 136(4): p. 981-6.
33. ZIELINSKY, P.; BUSATO, S. "Prenatal Effects of Maternal Consumption of Polyphenol-Rich Foods in Late Pregnancy Upon Fetal Ductus Arteriosus." *Birth Defects Research. Part C, Embryo Today: Reviews*. Hoboken, Nova Jersey: 2013; 99(4): p. 256-74.
34. HOWATSON, G.; BELL, P.G.; TALLENT, J.; MIDDLETON, B.; MCHUGH, M.P.; ELLIS, J. "Effect of Tart Cherry Juice (*Prunus Cerasus*) on Melatonin Levels and Enhanced Sleep Quality." *European Journal of Nutrition*. Darmstadt, Alemanha: 2012; 51(8): p. 909-16.
35. HUANG, X.; MAZZA, G. "Application of LC and LC-MS to the Analysis of Melatonin and Serotonin in Edible Plants." *Critical Reviews in Food Science and Nutrition*. [S.l.]: 2011; 51(4): p. 269-84.
36. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
37. BEATTY, S.; MURRAY, I.J.; HENSON, D.B.; CARDEN, D.; KOH, H.; BOULTON, M.E. "Macular Pigment and Risk for Age-Related Macular Degeneration in Subjects from a Northern European Population." *Investigative Ophthalmology & Visual Science*. [S.l.]: 2001; 42(2): p. 439-46.

NOTAS

38. CHENG, C.Y.; CHUNG, W.Y.; SZETO, Y.T.; BENZIE, I.F. “Fasting Plasma Zeaxanthin Response to Fructus Barbarum L. (Wolfberry; Kei Tze) in a Food-Based Human Supplementation Trial.” *The British Journal of Nutrition*. [S.l.]: 2005; 93(1): p. 123-30.
39. BUCHELI, P.; VIDAL, K.; SHEN, L. et al. “Goji Berry Effects on Macular Characteristics and Plasma Antioxidant Levels.” *Optometry and Vision Science: Official Publication of the American Academy of Optometry*. [S.l.]: 2011; 88(2): p. 257-62.
40. NAKAISHI, H.; MATSUMOTO, H.; TOMINAGA, S.; HIRAYAMA, M. “Effects of Black Currant Anthocyanoside Intake on Dark Adaptation and VDT Work-Induced Transient Refractive Alteration in Healthy Humans.” *Alternative Medicine Review: A Journal of Clinical Therapeutic*. [S.l.]: 2000; 5(6): p. 553-62.
41. WU, X.; BEECHER, G.R.; HOLDEN, J.M.; HAYTOWITZ, D.B.; GEBHARDT, S.E.; PRIOR, R.L. “Concentrations of Anthocyanins in Common Foods in the United States and Estimation of Normal Consumption.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(11): p. 4.069-75.
42. MUTH, E.R.; LAURENT, J.M.; JASPER, P. “The Effect of Bilberry Nutritional Supplementation on Night Visual Acuity and Contrast Sensitivity.” *Alternative Medicine Review: A Journal of Clinical Therapeutic*. [S.l.]: 2000; 5(2): p. 164-73.
43. RABABAH, T.M.; AL-MAHASNEH, M.A.; KILANI, I. et al. “Effect of Jam Processing and Storage on Total Phenolics, Antioxidant Activity, and Anthocyanins of Different Fruits.” *Journal of the Science of Food and Agriculture*. [S.l.]: 2011; 91(6): p. 1.096-102.
44. MARQUES, K.K.; RENFROE, M.H.; BREVARD, P.B.; LEE, R.E.; GLOECKNER, J.W. “Differences in Antioxidant Levels of Fresh, Frozen and Freeze-Dried Strawberries and Strawberry Jam.” *International Journal of Food Sciences and Nutrition*. [S.l.]: 2010; 61(8): p. 759-69.
45. VIVIAN, J. “Foraging for Edible Wild Plants: a Field Guide to Wild Berries.” *Mother Earth News*, outubro/novembro de 1999. Disponível em: <<http://www.motherearthnews.com/organic-gardening/edible-wild-plants.aspx>>. Acesso em 11 de abril de 2015.

Outras frutas

1. HORTON, R. GBD 2010: “Understanding Disease, Injury, and Risk.” *The Lancet*. Londres: 2012; 380(9859): p. 2.053-4.
2. MURRAY, C.J.; ATKINSON, C.; BHALLA, K. et al. “The State of US Health, 1990-2010: Burden of Diseases, Injuries, and Risk Factors.” *Journal of the American Medical Association*. Chicago: 2013; 310(6): p. 591-608.
3. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. “A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters

COMO NÃO MORRER

- in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010.” *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
4. ARRANZ, S.; SILVÁN, J.M.; SAURA-CALIXTO, F. “Nonextractable Polyphenols, Usually Ignored, Are the Major Part of Dietary Polyphenols: A Study on the Spanish Diet.” *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2010; 54(11): p. 1.646-58.
 5. MULLEN, W.; MARKS, S.C.; CROZIER, A. “Evaluation of Phenolic Compounds in Commercial Fruit Juices and Fruit Drinks.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2007; 55(8): p. 3.148-57.
 6. MURAKI, I.; IMAMURA, F.; MANSON, J.E. et al. “Fruit Consumption and Risk of Type 2 Diabetes: Results from Three Prospective Longitudinal Cohort Studies.” *BMJ: British Medical Journal / British Medical Association*. Londres: 2013; 347: f5001.
 7. LI, N.; SHI, J.; WANG, K. “Profile and Antioxidant Activity of Phenolic Extracts from 10 Crabapples (*Malus Wild Species*).” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2014; 62(3): p. 574-81.
 8. VOGEL, R.A. Brachial Artery Ultrasound: A Noninvasive Tool in the Assessment of Triglyceride-Rich Lipoproteins.” *Clinical Cardiology*. [S.l.]: 1999; 22 (supl. 6): II34-9.
 9. RUEDA-CLAUSEN, C.F.; SILVA, F.A.; LINDARTE, M.A. et al. “Olive, Soybean and Palm Oils Intake Have a Similar Acute Detrimental Effect Over the Endothelial Function in Healthy Young Subjects.” *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2007; 17(1): p. 50-7.
 10. CASAS-AGUSTENCH, P.; LÓPEZ-URIARTE, P.; ROS, E.; BULLÓ, M.; SALAS-SALVADÓ, J. “Nuts, Hypertension and Endothelial Function.” *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2011; 21 (supl. 1): S21-33.
 11. VOGEL, R.A.; CORRETTI, M.C.; PLOTNICK, G.D. “The Postprandial Effect of Components of the Mediterranean Diet on Endothelial Function.” *Journal of the American College of Cardiology*. Nova York: 2000; 36(5): p. 1.455-60.
 12. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. “The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide.” *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
 13. CORMIO, L.; DE SIATI, M.; LORUSSO, F. et al. “Oral L-Citrulline Supplementation Improves Erection Hardness in Men With Mild Erectile Dysfunction.” *Urology*. [S.l.]: 2011; 77(1): p. 119-22.
 14. RIMANDO, A.M.; PERKINS-VEAZIE, P.M. “Determination of Citrulline in Watermelon Rind.” *Journal of Chromatography. A*. Amsterdã: 2005; 1078(1-2): p. 196-200.
 15. “Pfizer Annual Meeting of Shareholders 2014 Financial Report.” Disponível em: <http://www.pfizer.com/system/files/presentation/2014_Pfizer_Financial_Report.pdf>. Acesso em 16 de maio de 2015.

NOTAS

16. JOHNSON, G. Watermelon Board Approves Officers, Budget, Marketing Plan. The Packer. Disponível em: <<http://www.thepacker.com/news/watermelon-board-approves-officers-budget-marketing-plan>>. 24 de fevereiro de 2015. Acesso em 16 de maio de 2015.
17. CHAI, S.C.; HOOSHMAND, S.; SAADAT, R.L.; PAYTON, M.E.; BRUMMEL-SMITH, K.; ARJMANDI, B.H. "Daily Apple Versus Dried Plum: Impact on Cardiovascular Disease Risk Factors in Postmenopausal Women." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(8): p. 1.158-68.
18. MAGEE, E. "A Nutritional Component to Inflammatory Bowel Disease: The Contribution of Meat to Fecal Sulfide Excretion." *Nutrition*. [S.l.]: 1999; 15(3): p. 244-6.
19. ANANTHAKRISHNAN, A.N.; KHALILI, H.; KONIJETI, G.G. et al. "A Prospective Study of Long-Term Intake of Dietary Fiber and Risk of Crohn's Disease and Ulcerative Colitis." *Gastroenterology*. [S.l.]: 2013; 145(5): p. 970-7.
20. LIN, H.H.; TSAI, P.S.; FANG, S.C.; LIU, J.F. "Effect of Kiwifruit Consumption on Sleep Quality in Adults With Sleep Problems." *Asia Pacific Journal of Clinical Nutrition*. [S.l.]: 2011; 20(2): p. 169-74.
21. FOOD AND DRUG ADMINISTRATION. "FDA Announces Discontinued Marketing of GI Drug, Zelnorm, for Safety Reasons", 30 de março de 2007.
22. SKINNER, M.A. "Gold Kiwifruit for Immune Support and Reducing Symptoms of Cold and Influenza." *Journal of Food and Drug Analysis*. Taipei, Taiwan: 2012; 20: p. 261-4.
23. HUNTER, D.C.; SKINNER, M.A.; WOLBER, F.M. et al. "Consumption of Gold Kiwifruit Reduces Severity and Duration of Selected Upper Respiratory Tract Infection Symptoms and Increases Plasma Vitamin C Concentration in Healthy Older Adults." *The British Journal of Nutrition*. [S.l.]: 2012; 108(7): p. 1.235-45.
24. ORHAN, F.; KARAKAS, T.; CAKIR, M.; AKSOY, A.; BAKI, A.; GEDIK, Y. "Prevalence of Immunoglobulin E-Mediated Food Allergy in 6-9-Year-Old Urban Schoolchildren in the Eastern Black Sea Region of Turkey." *Clinical and Experimental Allergy: Journal of the British Society for Allergy and Clinical Immunology*. Oxford: 2009; 39(7): p. 1.027-35.
25. RANCÉ, F.; GRANDMOTTET, X.; GRANDJEAN, H. Prevalence and Main Characteristics of Schoolchildren Diagnosed With Food Allergies in France." *Clinical and Experimental Allergy: Journal of the British Society for Allergy and Clinical Immunology*. Oxford: 2005; 35(2): p. 167-72.
26. SZETO, Y.T.; TO, T.L.; PAK, S.C.; KALLE, W. "A Study of DNA Protective Effect of Orange Juice Supplementation." *Applied Physiology, Nutrition, and Metabolism: Physiologie Appliquée, Nutrition et Métabolisme*. Ottawa: 2013; 38(5): p. 533-6.
27. SLYSKOVA, J.; LORENZO, Y.; KARLSEN, A. et al. "Both Genetic and Dietary Factors Underlie Individual Differences in DNA Damage Levels and DNA Repair Capacity." *DNA Repair*. Amsterdã: 2014; 16: p. 66-73.

COMO NÃO MORRER

28. SZETO, Y.T.; CHU, W.K.; BENZIE, I.F. "Antioxidants in Fruits and Vegetables: A Study of Cellular Availability and Direct Effects on Human DNA." *Bioscience, Biotechnology, and Biochemistry*. [S.l.]: 2006; 70(10): p. 2.551-5.
29. SZETO, Y.T.; TO, T.L.; PAK, S.C.; KALLE, W. "A Study of DNA Protective Effect of Orange Juice Supplementation." *Applied Physiology, Nutrition, and Metabolism: Physiologie Appliquée, Nutrition et Métabolisme*. Ottawa: 2013; 38(5): p. 533-6.
30. SONG, J.K.; BAE, J.M. "Citrus Fruit Intake and Breast Cancer Risk: A Quantitative Systematic Review." *Journal of Breast Cancer*. Seoul: 2013; 16(1): p. 72-6.
31. MILLER, J.A.; LANG, J.E.; LEY, M. et al. "Human Breast Tissue Disposition and Bioactivity of Limonene in Women With Early-Stage Breast Cancer." *Cancer Prevention Research (Philadelphia, Pa.)*. Filadélfia: 2013; 6(6): p. 577-84.
32. LORENZO, Y.; AZQUETA, A.; LUNA, L.; BONILLA, F.; DOMÍNGUEZ, G.; COLLINS, A.R. "The Carotenoid Betacarotaxanthin Stimulates the Repair of DNA Oxidation Damage in Addition to Acting as an Antioxidant in Human Cells." *Carcinogenesis*. Oxford: 2009; 30(2): p. 308-14.
33. HAKIM, I.A.; HARRIS, R.B.; RITENBAUGH, C. "Citrus Peel Use Is Associated With Reduced Risk of Squamous Cell Carcinoma of the Skin." *Nutrition and Cancer*. Filadélfia: 2000; 37(2): p. 161-8.
34. ASTLEY, S.B.; ELLIOTT, R.M.; ARCHER, D.B.; SOUTHON, S. "Evidence that Dietary Supplementation with Carotenoids and Carotenoid-Rich Foods Modulates the DNA Damage: Repair Balance in Human Lymphocytes." *The British Journal of Nutrition*. [S.l.]: 2004; 91(1): p. 63-72.
35. FESKANICH, D.; WILLET, W.C.; HUNTER, D.J.; COLDITZ, G.A. "Dietary Intakes of Vitamins A, C, and E and Risk of Melanoma in Two Cohorts of Women." *British Journal of Cancer*. Londres: 2003; 88(9): p. 1.381-7.
36. OWIRA, P.M.; OJEWOLE, J.A. "The Grapefruit: An Old Wine in a New Glass? Metabolic and Cardiovascular Perspectives." *Cardiovascular Journal of Africa*. Durbanville, África do Sul: 2010; 21(5): p. 280-5.
37. FUHR, U.; KLITTICH, K.; STAIB, A.H. "Inhibitory Effect of Grapefruit Juice and Its Bitter Principal, Naringenin, on CYP1A2 Dependent Metabolism of Caffeine in Man." *British Journal of Clinical Pharmacology* [S.l.]: 1993; 35(4): p. 431-6.
38. RATAIN, M.J.; COHEN, E.E. "The Value Meal: How to Save \$1,700 Per Month or More on Lapatinib." *Journal of Clinical Oncology: Official Journal of the American Society of Clinical Oncology*. [S.l.]: 2007; 25(23): p. 3.397-8.
39. AZIZ, S.; ASOKUMARAN, T.; INTAN, G. "Penetrating Ocular Injury by Durian Fruit." *The Medical Journal of Malaysia*. Kuala Lumpur: 2009; 64(3): p. 244-5.
40. WINOKUR, J. *The Traveling Curmudgeon*. Seattle: Sasquatch Books, 2003.

Vegetais crucíferos

1. LENZI, M.; FIMOGNARI, C.; HRELIA, P. "Sulforaphane as a Promising Molecule for Fighting Cancer." *Cancer Treatment and Research*. Nova York: 2014; 159: p. 207-23.
2. TAROZZI, A.; ANGELONI, C.; MALAGUTI, M.; MORRONI, F.; HRELIA, S.; HRELIA, P. "Sulforaphane as a Potential Protective Phytochemical Against Neurodegenerative Diseases." *Oxidative Medicine and Cellular Longevity*. Nova York: 2013: 415078.
3. LIU, H.; SMITH, A.J.; LOTT, M.C. et al. "Sulforaphane Can Protect Lens Cells Against Oxidative Stress: Implications for Cataract Prevention." *Investigative Ophthalmology & Visual Science*. [S.l.]: 2013; 54(8): p. 5.236-48.
4. HEBER, D.; LI, Z.; GARCIA-LLORET, M. et al. "Sulforaphane-Rich Broccoli Sprout Extract Attenuates Nasal Allergic Response to Diesel Exhaust Particles." *Food & Function*. Cambridge, Inglaterra: 2014; 5(1): p. 35-41.
5. BAHADORAN, Z.; MIRMIRAN, P.; AZIZI, F. "Potential Efficacy of Broccoli Sprouts as a Unique Supplement for Management of Type 2 Diabetes and Its Complications." *Journal of Medicinal Food*. Larchmont, Nova York: 2013; 16(5): p. 375-82.
6. MATUSHESKI, N.V.; JUVIK, J.A.; JEFFERY, E.H. "Heating Decreases Epithiospecifier Protein Activity and Increases Sulforaphane Formation in Broccoli." *Phytochemistry*. Londres: 2004; 65(9): p. 1.273-81.
7. SINGH, K.; CONNORS, S.L.; MACKLIN, E.A. et al. "Sulforaphane Treatment of Autism Spectrum Disorder (ASD)." *Proceedings of the National Academy of Sciences of the United States of America (PNAS)*. [S.l.]: 2014; 111(43): p. 15.550-5.
8. VERMEULEN, M.; KLÖPPING-KETELAARS, I.W.; VAN DEN BERG, R.; VAES, W.H. "Bioavailability and Kinetics of Sulforaphane in Humans After Consumption of Cooked Versus Raw Broccoli." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2008; 56(22): p. 10.505-9.
9. FERRARINI, L.; PELLEGRINI, N.; MAZZEO, T. et al. "Anti-Proliferative Activity and Chemoprotective Effects Towards DNA Oxidative Damage of Fresh and Cooked Brassicaceae." *The British Journal of Nutrition*. [S.l.]: 2012; 107(9): p. 1.324-32.
10. COLLINS, P.J.; HOROWITZ, M.; CHATTERTON, B.E. "Proximal, Distal and Total Stomach Emptying of a Digestible Solid Meal in Normal Subjects." *The British Journal of Radiology*. Londres: 1988; 61(721): p. 12-8.
11. DOSZ, E.B.; JEFFERY, E.H. "Modifying the Processing and Handling of Frozen Broccoli for Increased Sulforaphane Formation." *Journal of Food Science*. [S.l.]: 2013; 78(9): H1459-63.

COMO NÃO MORRER

12. OLSEN, H.; GRIMMER, S.; AABY, K.; SAHA, S.; BORGE, G.I. “Antiproliferative Effects of Fresh and Thermal Processed Green and Red Cultivars of Curly Kale (*Brassica Oleracea* L. Convar. *Acephala* Var. *Sabellica*).” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2012; 60(30): p. 7.375-83.
13. DOSZ, E.B.; JEFFERY, E.H. “Commercially Produced Frozen Broccoli Lacks the Ability to Form Sulforaphane.” *Journal of Functional Foods*. [S.l.]: 2013; (5)2: p. 987-90.
14. GHAWI, S.K.; METHVEN, L.; NIRANJAN, K. “The Potential to Intensify Sulforaphane Formation in Cooked Broccoli (*Brassica Oleracea* Var. *Italica*) Using Mustard Seeds (*Sinapis Alba*).” *Food Chemistry*. Barking, Inglaterra: 2013; 138(2-3): p. 1.734-41.
15. DOSZ, E.B.; JEFFERY, E.H. “Modifying the Processing and Handling of Frozen Broccoli for Increased Sulforaphane Formation.” *Journal of Food Science*. [S.l.]: 2013; 78(9): H1459-63.
16. NOLAN, C. “Kale is a Noun.” Disponível em: <<http://engine2diet.com/the-daily-beet/Kale-is-a-noun>>. Acesso em 21 de maio de 2015.
17. DEPARTAMENTO DE AGRICULTURA, SERVIÇO DE PESQUISA ECONÔMICA. “Cabbage — Average Retail Price Per Pound and Per Cup Equivalent, 2013.” Disponível em: <http://www.ers.usda.gov/datafiles/Fruit_and_Vegetable_Prices/Vegetables/cabbage.xlsx>. Acesso em 21 de maio de 2015.
18. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. “Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods — 2007”, novembro de 2007.
19. DEPARTAMENTO DE AGRICULTURA, SERVIÇO DE PESQUISA ECONÔMICA. “Cabbage - Average Retail Price Per Pound and Per Cup Equivalent, 2013.” Disponível em: <http://www.ers.usda.gov/datafiles/Fruit_and_Vegetable_Prices/Vegetables/cabbage.xlsx>. Acesso em 21 de maio de 2015.
20. GU, Y.; GUO, Q.; ZHANG, L.; CHEN, Z.; HAN, Y.; GU, Z. “Physiological and Biochemical Metabolism of Germinating Broccoli Seeds and Sprouts.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2012; 60(1): p. 209-13.
21. CLARKE, J.D.; HSU, A.; RIEDL, K. et al. “Bioavailability and Inter-Conversion of Sulforaphane and Erucin in Human Subjects Consuming Broccoli Sprouts or Broccoli Supplement in a Cross-Over Study Design.” *Pharmacological Research*. [S.l.]: 2011; 64(5): p. 456-63.
22. SHAPIRO, T.A.; FAHEY, J.W.; DINKOVA-KOSTOVA, A.T. et al. “Safety, Tolerance, and Metabolism of Broccoli Sprout Glucosinolates and Isothiocyanates: A Clinical Phase I Study.” *Nutrition and Cancer*. Filadélfia: 2006; 55(1): p. 53-62.

NOTAS

23. SESTILI, P.; PAOLILLO, M.; LENZI, M. et al. "Sulforaphane Induces DNA Single Strand Breaks in Cultured Human Cells." *Mutation Research*. Amsterdã: 2010; 689(1-2): p. 65-73.

Verduras

1. KWAK, C.S.; MOON, S.C.; LEE, M.S. "Antioxidant, Antimutagenic, and Antitumor Effects of Pine Needles (*Pinus densiflora*)." *Nutrition and Cancer*. Filadélfia: 2006; 56(2): p. 162-71.
2. GRIVETTI, L.E.; CORLETT, J.L.; GORDON, B.M.; LOCKETT, G.T. "Food in American History: Part 10. Greens: Part 1. Vegetable Greens in a Historical Context." *Nutrition Today*. [S.l.]: 2008; 42(2): p. 88-94.
3. KREBS-SMITH, SM.; GUENTHER, P.M.; SUBAR, A.F.; KIRKPATRICK, S.I.; DODD, K.W. "Americans Do Not Meet Federal Dietary Recommendations." *The Journal of Nutrition*. [S.l.]: 2010; 140(10): p. 1.832-8.
4. WALKER, F.B. "Myocardial Infarction After Diet-Induced Warfarin Resistance." *Archives of Internal Medicine*. Chicago: 1984; 144(10): p. 2.089-90.
5. TAMAKOSHI, A.; TAMAKOSHI, K.; LIN, Y.; YAGYU, K.; KIKUCHI, S. "Healthy Lifestyle and Preventable Death: Findings from the Japan Collaborative Cohort (JACC) Study." *Preventive Medicine*. Nova York: 2009; 48(5): p. 486-92.
6. HUNG, H.C.; JOSHIPURA, K.J.; JIANG, R. et al. "Fruit and Vegetable Intake and Risk of Major Chronic Disease." *Journal of the National Cancer Institute*. [S.l.]: 2004; 96(21): p. 1.577-84.
7. JOSHIPURA, K.J.; HU, F.B.; MANSON, J.E. et al. "The Effect of Fruit and Vegetable Intake on Risk for Coronary Heart Disease." *Annals of Internal Medicine*. Filadélfia: 2001; 134(12): p. 1.106-14.
8. JOSHIPURA, K.J.; ASCHERIO, A.; MANSON, J.E. et al. "Fruit and Vegetable Intake in Relation to Risk of Ischemic Stroke." *Journal of the American Medical Association*. Chicago: 1999; 282(13): p. 1.233-9.
9. Número de publicação de patente EP 1069819 B1. "Method for Selective Increase of the Anticarcinogenic Glucosinolates in Brassica Species." Disponível em: <<http://www.google.com/patents/EP1069819B1?cl=en>>. 24 de julho de 2002. Acesso em 13 de abril de 2015.
10. ARCHETTI, M.; DÖRING, T.F.; HAGEN, S.B. et al. "Unravelling the Evolution of Autumn Colours: An Interdisciplinary Approach." *Trends Ecol Evol (Amst)*. 2009; 24(3): p. 166-73.
11. BENARON, D.A.; CHEONG, W.F.; STEVENSON, D.K. "Tissue Optics." *Science*. [S.l.]: 1997; 276(5321): p. 2.002-3.

COMO NÃO MORRER

12. PIETRZAK, M.; HALICKA, H.D.; WIECZOREK, Z.; WIECZOREK, J.; DAR-ZYNKIEWICZ, Z. "Attenuation of Acridine Mutagen ICR-191 - DNA Interactions and DNA Damage by the Mutagen Interceptor Chlorophyllin." *Biophysical Chemistry*. Amsterdã: 2008; 135(1-3): p. 69-75.
13. JUBERT, C.; MATA, J.; BENCH, G. et al. "Effects of Chlorophyll and Chlorophyllin on Low-Dose Aflatoxin B(1) Pharmacokinetics in Human Volunteers." *Cancer Prevention Research (Philadelphia, Pa.)*. Filadélfia: 2009; 2(12): p. 1.015-22.
14. BACHEM, A; REED, C.I. "The Penetration of Light Through Human Skin." *The American Journal of Physiology*. [S.l.]: 1931; 97: p. 86-91.
15. BENARON, D.A.; CHEONG, W.F.; STEVENSON, D.K. "Tissue Optics." *Science*. [S.l.]: 1997; 276(5321): p. 2.002-3.
16. XU, C.; ZHANG, J.; MIHAI, D.M.; WASHINGTON, I. "Light-Harvesting Chlorophyll Pigments Enable Mammalian Mitochondria to Capture Photonic Energy and Produce ATP." *Journal of Cell Science*. [S.l.]: 2014; 127 (part. 2): p. 388-99.
17. QU, J.; MA, L.; ZHANG, J.; JOCKUSH, S.; WASHINGTON, I. "Dietary Chlorophyll Metabolites Catalyze the Photoreduction of Plasma Ubiquinone." *Photochemistry and Photobiology*. Lawrence, Kansas: 2013; 89(2): p. 310-3.
18. OLSEN, H.; GRIMMER, S.; AABY, K.; SAHA, S.; BORGE, G.I. "Antiproliferative Effects of Fresh and Termal Processed Green and Red Cultivars of Curly Kale (Brassica Oleracea L. Convar. Acephala Var. Sabellica)." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2012; 60(30): p. 7.375-83.
19. DE NICOLA, G.R.; BAGATTA, M.; PAGNOTTA, E. et al. "Comparison of Bioactive Phytochemical Content and Release of Isothiocyanates in Selected Brassica Sprouts." *Food Chemistry*. Barking, Inglaterra: 2013; 141(1): p. 297-303.
20. CAPALDI, E.D.; PRIVITERA, G.J. "Decreasing Dislike for Sour and Bitter in Children and Adults." *Appetite*. Londres: 2008; 50(1): p. 139-45.
21. CAPALDI, E.D.; PRIVITERA, G.J. "Decreasing Dislike for Sour and Bitter in Children and Adults." *Appetite*. Londres: 2008; 50(1): p. 139-45.
22. SHARAFI, M.; HAYES, J.E.; DUFFY, V.B. "Masking Vegetable Bitterness to Improve Palatability Depends on Vegetable Type and Taste Phenotype." *Chemosensory Perception*. Nova York: 2013; 6(1): p. 8-19.
23. BROWN, M.J.; FERRUZZI, M.G.; NGUYEN, M.L. et al. "Carotenoid Bioavailability Is Higher from Salads Ingested With Full-Fat Than With Fat-Reduced Salad Dressings as Measured With Electrochemical Detection." *The American Journal of Clinical Nutrition*. Bethesda: 2004; 80(2): p. 396-403.
24. UNLU, N.Z.; BOHN, T.; CLINTON, S.K.; SCHWARTZ, S.J. "Carotenoid Absorption from Salad and Salsa by Humans is Enhanced by the Addition of Avocado or Avocado Oil." *The Journal of Nutrition*. [S.l.]: 2005; 135(3): p. 431-6.

NOTAS

25. ROODENBURG, A.J.; LEENEN, R.; VAN HET HOF, K.H.; WESTSTRATE, J.A.; TIJBURG, L.B. "Amount of Fat in the Diet Affects Bioavailability of Lutein Esters But Not of Alpha-Carotene, Beta-Carotene, and Vitamin E in Humans." *The American Journal of Clinical Nutrition*. Bethesda: 2000; 71(5): p. 1.187-93.
26. BONGONI, R.; VERKERK, R.; STEENBEKKERS, B.; DEKKER, M.; STIEGER, M. "Evaluation of Different Cooking Conditions on Broccoli (*Brassica Oleacea* Var. *Italica*) to Improve the Nutritional Value and Consumer Acceptance." *Plant Foods for Human Nutrition*. Dordrecht: 2014; 69(3): p. 228-34.
27. JOHNSTON, C.S.; STEPLEWSKA, I.; LONG, C.A.; HARRIS, L.N.; RYALS, R.H. "Examination of the Antiglycemic Properties of Vinegar in Healthy Adults." *Annals of Nutrition & Metabolism*. [S.l.]: 2010; 56(1): p. 74-9.
28. JOHNSTON, C.S.; GAAS, C.A. "Vinegar: Medicinal Uses and Antiglycemic Effect." *MedGenMed: Medscape General Medicine*. Nova York: 2006; 8(2): p. 61.
29. WHITE, A.M.; JOHNSTON, C.S. "Vinegar Ingestion at Bedtime Moderates Waking Glucose Concentrations in Adults With Well-Controlled Type 2 Diabetes." *Diabetes Care*. [S.l.]: 2007; 30(11): p. 2.814-5.
30. JOHNSTON, C.S.; WHITE, A.M.; KENT, S.M. "Preliminary Evidence That Regular Vinegar Ingestion Favorably Influences Hemoglobin A1c Values in Individuals With Type 2 Diabetes Mellitus." *Diabetes Research and Clinical Practice*. Limerick, Irlanda: 2009; 84(2): e15-7.
31. CHUNG, C.H. "Corrosive Oesophageal Injury Following Vinegar Ingestion." *Hong Kong Medical Journal: Xianggang yi xue za zhi*. Hong Kong: 2002; 8(5): p. 365-6.
32. LHOTTA, K.; HÖFLE, G.; GASSER, R.; FINKENSTEDT, G. "Hypokalemia, Hyperreninemia and Osteoporosis in a Patient Ingesting Large Amounts of Cider Vinegar." *Nephron*. Basel: 1998; 80(2): p. 242-3.
33. WU, D.; KIMURA, F.; TAKASHIMA, A. et al. "Intake of Vinegar Beverage Is Associated With Restoration of Ovulatory Function in Women With Polycystic Ovary Syndrome." *The Tohoku Journal of Experimental Medicine*. Sendai, Japão: 2013; 230(1): p. 17-23.
34. SAKAKIBARA, S.; MURAKAMI, R.; TAKAHASHI, M. et al. "Vinegar Intake Enhances Flow-Mediated Vasodilatation Via Upregulation of Endothelial Nitric Oxide Synthase Activity." *Bioscience, Biotechnology, and Biochemistry*. [S.l.]: 2010; 74(5): p. 1.055-61.
35. KAJIMOTO, O.; OHSHIMA, Y.; TAYAMA, K.; HIRATA, H.; NISHIMURA, A.; TSUKAMOTO, Y. "Hypotensive Effects of Drinks Containing Vinegar on High Normal Blood Pressure and Mild Hypertensive Subjects." *Journal of Nutritional Food*. [S.l.]: 2003; 6: p. 51-68.

COMO NÃO MORRER

36. TAKANO-LEE, M.; EDMAN, J.D.; MULLENS, B.A.; CLARK, J.M. "Home Remedies to Control Head Lice: Assessment of Home Remedies to Control the Human Head Louse, *Pediculus Humanus Capitis* (Anoplura: Pediculidae)." *Journal of Pediatric Nursing*. Filadélfia: 2004; 19(6): p. 393-8.
37. KONDO, T.; KISHI, M.; FUSHIMI, T.; UGAJIN, S.; KAGA, T. "Vinegar Intake Reduces Body Weight, Body Fat Mass, and Serum Triglyceride Levels in Obese Japanese Subjects." *Bioscience, Biotechnology, and Biochemistry*. [S.l.]: 2009; 73(8): p. 1.837-43.
38. BERGQUIST, S.A.; GERTSSON, U.E.; KNUTHSEN, P.; OLSSON, M.E. "Flavonoids in Baby Spinach (*Spinacia Oleracea* L.): Changes During Plant Growth and Storage." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2005; 53(24): p. 9.459-64.
39. XIAO, Z.; LESTER, G.E.; LUO, Y.; WANG, Q. "Assessment of Vitamin and Carotenoid Concentrations of Emerging Food Products: Edible Microgreens." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2012; 60(31): p. 7.644-51.
40. DECHET, A.M.; HERMAN, K.M.; CHEN PARKER, C. et al. "Outbreaks Caused by Sprouts, United States, 1998-2010: Lessons Learned and Solutions Needed." *Foodborne Pathogens and Disease*. Larchmont, Nova York: 2014; 11(8): p. 635-44.
41. FOOD AND DRUG ADMINISTRATION. "Playing It Safe With Eggs." Disponível em: <<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm077342.htm>>. Atualizado em 15 de novembro de 2017. Acesso em 14 de abril de 2015.

Outras verduras e legumes

1. MURRAY, C.J.; ATKINSON, C.; BHALLA, K. et al. "The State of US Health, 1990-2010: Burden of Diseases, Injuries, and Risk Factors." *Journal of the American Medical Association*. Chicago: 2013; 310(6): p. 591-608.
2. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. "A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010." *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
3. O'HARA, J.K. "The \$11 Trillion Reward: How Simple Dietary Changes Can Save Lives and Money, and How We Get There", agosto de 2013.
4. MURAKAMI, A.; OHNISHI, K. "Target Molecules of Food Phytochemicals: Food Science Bound for the Next Dimension." *Food & Function*. Cambridge, Inglaterra: 2012; 3(5): p. 462-76.
5. WATZL, B.; BUB, A.; BRANDSTETTER, B.R.; RECHKEMMER, G. "Modulation of Human T-Lymphocyte Functions by the Consumption of Carotenoid-Rich Vegetables." *The British Journal of Nutrition*. [S.l.]: 1999; 82(5): p. 383-9.

NOTAS

6. WILLCOX, J.K.; CATIGNANI, G.L.; LAZARUS, S. "Tomatoes and Cardiovascular Health." *Critical Reviews in Food Science and Nutrition*. [S.l.]: 2003; 43(1): p. 1-18.
7. DUTTA-ROY, A.K.; CROSBIE, L.; GORDON, M.J. "Effects of Tomato Extract on Human Platelet Aggregation in Vitro." *Platelets*. [S.l.]: 2001; 12(4): p. 218-27.
8. O'KENNEDY, N.; CROSBIE, L.; WHELAN, S. et al. "Effects of Tomato Extract on Platelet Function: a Double-Blinded Crossover Study in Healthy Humans." *The American Journal of Clinical Nutrition*. Bethesda: 2006; 84(3): p. 561-9.
9. O'KENNEDY, N.; CROSBIE, L.; VAN LIESHOUT, M.; BROOM, J.I.; WEBB, D.J.; DUTTARROY, A.K. "Effects of Antiplatelet Components of Tomato Extract on Platelet Function in Vitro and Ex Vivo: A Time-Course Cannulation Study in Healthy Humans." *The American Journal of Clinical Nutrition*. Bethesda: 2006; 84(3): p. 570-9.
10. FUENTES, E.; FORERO-DORIA, O.; CARRASCO, G. et al. "Effect of Tomato Industrial Processing on Phenolic Profile and Antiplatelet Activity." *Molecules: A Journal of Synthetic Chemistry and Natural Product Chemistry* [versão eletrônica]. Basel: 2013; 18(9): p. 1.1526-36.
11. NURK, E.; REFSUM, H.; DREVON, C.A. et al. "Cognitive Performance Among the Elderly in Relation to the Intake of Plant Foods. The Hordaland Health Study." *The British Journal of Nutrition*. [S.l.]: 2010; 104(8): p. 1.190-201.
12. PUTNAM, J.; ALLSHOUSE, J.; KANTOR, L.S. "U.S. Per Capita Food Supply Trends: More Calories, Refined Carbohydrates, and Fats." *FoodReview*. [S.l.]: 2002; 25: p. 2-15.
13. BHUPATHIRAJU, S.N.; TUCKER, K.L. "Greater Variety in Fruit and Vegetable Intake Is Associated With Lower Inflammation in Puerto Rican Adults." *The American Journal of Clinical Nutrition*. Bethesda: 2011; 93(1): p. 37-46.
14. COOPER, A.J.; SHARP, S.J.; LENTJES, M.A. et al. "A Prospective Study of The Association Between Quantity and Variety of Fruit and Vegetable Intake and Incident Type 2 Diabetes." *Diabetes Care*. [S.l.]: 2012; 35(6): p. 1.293-300.
15. LICHTENSTEIN, A.H.; APPEL, L.J.; BRANDS, M. et al. "Diet and Lifestyle Recommendations Revision 2006: A Scientific Statement from the American Heart Association Nutrition Committee." *Circulation*. [S.l.]: 2006; 114(1): p. 82-96.
16. BÜCHNER, F.L.; BUENO-DE-MESQUITA, H.B.; ROS, M.M. et al. "Variety in Fruit and Vegetable Consumption and the Risk of Lung Cancer in the European Prospective Investigation Into Cancer and Nutrition." *Cancer Epidemiology, Biomarkers & Prevention: A Publication of the American Association for Cancer Research, Cosponsored by the American Society of Preventive Oncology*. Filadélfia: 2010; 19(9): p. 2.278-86.
17. DIAS, J.S. "Nutritional Quality and Health Benefits of Vegetables: a Review." *Food and Nutrition Sciences*. Irvine, Califórnia: 2012; 3(10): p. 1.354-74.

COMO NÃO MORRER

18. SILLANPÄÄ, S.; SALMINEN, J.-P.; EEVA, T. "Breeding Success and Lutein Availability in Great Tit (*Parus Major*)."
Acta Oecologica. [S.l.]: 2009; 35(6): p. 805-10.
19. WHITEHEAD, R.D.; COETZEE, V.; OZAKINCI, G.; PERRETT, D.I. "Cross-cultural Effects of Fruit and Vegetable Consumption on Skin Color."
American Journal of Public Health. [S.l.]: 2012; 102(2): p. 212-3.
20. STEPHEN, I.D.; LAW SMITH, M.J.; STIRRAT, M.R.; PERRETT, D.I. "Facial Skin Coloration Affects Perceived Health of Human Faces."
International Journal of Primatology. Nova York: 2009; 30(6): p. 845-57.
21. WHITEHEAD, R.D.; RE, D.; XIAO, D.; OZAKINCI, G.; PERRETT, D.I. "You Are What You Eat: Within-Subject Increases in Fruit and Vegetable Consumption Confer Beneficial Skin-Color Changes."
PLoS ONE. San Francisco: 2012; 7(3): e32988.
22. WHITEHEAD, R.D.; OZAKINCI, G.; STEPHEN, I.D.; PERRETT, D.I. "Appealing to Vanity: Could Potential Appearance Improvement Motivate Fruit and Vegetable Consumption?"
American Journal of Public Health. [S.l.]: 2012; 102(2): p. 207-11.
23. NAGATA, C.; NAKAMURA, K.; WADA, K. et al. "Association of Dietary Fat, Vegetables and Antioxidant Micronutrients With Skin Ageing in Japanese Women."
The British Journal of Nutrition. [S.l.]: 2010; 103(10): p. 1.493-8.
24. "Greens to Be Gorgeous: Why Eating Your Five Fruit and Veg a Day Makes You Sexy."
Daily Mail. Disponível em: <<http://www.dailymail.co.uk/health/article-1228348/Eating-fruit-veg-makes-attractiveopposite-sex.html>>. 17 de novembro de 2009. Acesso em 14 de abril de 2015.
25. PAUL, B.D.; SNYDER, S.H. "The Unusual Amino Acid L-Ergothioneine Is a Physiologic Cytoprotectant."
Cell Death and Differentiation. Londres: 2010; 17(7): p. 1.134-40.
26. PAUL, B.D.; SNYDER, S.H. "The Unusual Amino Acid L-Ergothioneine Is a Physiologic Cytoprotectant."
Cell Death and Differentiation. Londres: 2010; 17(7): p. 1.134-40.
27. BERK, L; CASTLE, W.B. "Observations on the Etiologic Relationship of Achylia Gastrica to Pernicious Anemia; Activity of Vitamin B12 as Food, Extrinsic Factor."
The New England Journal of Medicine. Boston: 1948; 239(24): p. 911-3.
28. EY, J.; SCHÖMIG, E.; TAUBERT, D. "Dietary Sources and Antioxidant Effects of Ergothioneine."
Journal of Agricultural and Food Chemistry. Washington, D.C.: 2007; 55(16): 6466-74.
29. NGUYEN, T.H.; NAGASAKA, R.; OHSHIMA, T. "Effects of Extraction Solvents, Cooking Procedures and Storage Conditions on the Contents of Ergothioneine and Phenolic Compounds and Antioxidative Capacity of the Cultivated Mushroom *Flammulina Velutipes*."
International Journal of Food Science and Technology. Oxford: 2012; 47(6): p. 1.193-205.

NOTAS

30. SCHULZOVÁ, V.; HAJŠLOVÁ, J.; PEROUTKA, R.; GRY, J.; ANDERSSON, H.C. "Influence of Storage and Household Processing on the Agaritine Content of the Cultivated Agaricus Mushroom." *Food Additives and Contaminants*. Londres: 2002; 19(9): p. 853-62.
31. GRY, J. *Mushrooms Traded as Food. Vol II sec 2*. Disponível em: <<http://norden.diva-portal.org/smash/get/diva2:733528/FULLTEXT01.pdf>>. 18 de julho de 2012. Acesso em 15 de abril de 2015.
32. MITCHELL, S.C. "Food Idiosyncrasies: Beetroot and Asparagus." *Drug Metabolism and Disposition: The Biological Fate of Chemicals*. Bethesda: 2001; 29(4 part. 2): p. 539-43.
33. DONADO-PESTANA, C.M.; MASTRODI SALGADO, J.; DE OLIVEIRA RIOS, A.; DOS SANTOS, P.R.; JABLONSKI, A. "Stability of Carotenoids, Total Phenolics and in Vitro Antioxidant Capacity in the Thermal Processing of Orange-fleshed Sweet Potato (*Ipomoea Batatas* Lam) Cultivars Grown in Brazil." *Plant Foods for Human Nutrition*. Dordrecht: 2012; 67(3): p. 262-70.
34. PADDA, M.S.; PICHA, D.H. "Phenolic Composition and Antioxidant Capacity of Different Heat-Processed Forms of Sweetpotato Cv. 'Beauregard.'" *International Journal of Food Science and Technology*. Oxford: 2008; 43(8): p. 1.404-9.
35. BOVELL-BENJAMIN, A.C. "Sweet Potato: A Review of Its Past, Present, and Future Role in Human Nutrition." *Advances in Food and Nutrition Research*. San Diego: 2007; 52: p. 1-59.
36. CENTER FOR SCIENCE IN THE PUBLIC INTEREST. "10 Best Foods." Disponível em: <<http://www.nutritionaction.com/freedownloads/what-to-eat-10-best-foods/>>. Acesso em 15 de abril de 2015.
37. WILSON, C.D.; PACE, R.D.; BROMFIELD, E.; JONES, G.; LU, J.Y. "Consumer Acceptance of Vegetarian Sweet Potato Products Intended for Space Missions." *Life Support & Biosphere Science: International Journal of Earth Space*. Elmsford, Nova York: 1998; 5(3): p. 339-46.
38. DREWNOWSKI, A. "New Metrics of Affordable Nutrition: Which Vegetables Provide Most Nutrients for Least Cost?" *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2013; 113(9): p. 1.182-7.
39. AMENY, M.A.; WILSON, P.W. "Relationship Between Hunter Color Values and B-carotene Contents in White-Fleshed African Sweet Potatoes (*Ipomoea Batatas* Lam)." *Journal of the Science of Food and Agriculture*. [S.l.]: 1997; 73: p. 301-6.
40. KASPAR, K.L.; PARK, J.S.; BROWN, C.R.; MATHISON, B.D.; NAVARRE, D.A.; CHEW, B.P. "Pigmented Potato Consumption Alters Oxidative Stress and Inflammatory Damage in Men." *The Journal of Nutrition*. [S.l.]: 2011; 141(1): p. 108-11.
41. VINSON, J.A.; DEMKOSKY, C.A.; NAVARRE, D.A.; SMYDA, M.A. "High-Antioxidant Potatoes: Acute in Vivo Antioxidant Source and Hypotensive Agent in

COMO NÃO MORRER

- Humans After Supplementation to Hypertensive Subjects.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2012; 60(27): p. 6.749-54.
42. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. “The Total Antioxidant Content of More Than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide.” *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
 43. VINSON, J.A.; DEMKOSKY, C.A.; NAVARRE, D.A.; SMYDA, M.A. “High-Antioxidant Potatoes: Acute in Vivo Antioxidant Source and Hypotensive Agent in Humans After Supplementation to Hypertensive Subjects.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2012; 60(27): 6749-54.
 44. LIM, S.; XU, J.; KIM, J. et al. “Role of Anthocyanin-Enriched Purple-Fleshed Sweet Potato P40 in Colorectal Cancer Prevention.” *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2013; 57(11): p. 1.908-17.
 45. OLSEN, A.; RITZ, C.; KRAMER, L.; MØLLER, P. P. “Serving Styles of Raw Snack Vegetables. What Do Children Want?” *Appetite*. Londres: 2012; 59(2): p. 556-62.
 46. SESAME WORKSHOP. “‘If Elmo Eats Broccoli, Will Kids Eat It Too?’ Atkins Foundation Grant to Fund Further Research”, 20 de setembro de 2005.
 47. KROS, W.; PAULIS, W.D.; VAN DER WOUDE, J.C. “Increasing Vegetable Intake in Mexican-American Youth: Design and Analysis Issues.” *Journal of the American Dietetic Association*. [S.l.]: 2011; 111(11): p. 1.657.
 48. FISHER, J.O.; MENNELLA, J.A.; HUGHES, S.O.; LIU, Y.; MENDOZA, P.M.; PATRICK, H. “Offering ‘Dip’ Promotes Intake of a Moderately-Liked Raw Vegetable Among Preschoolers With Genetic Sensitivity to Bitterness.” *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(2): p. 235-45.
 49. ISOLDI, K.K.; DALTON, S.; RODRIGUEZ, D.P.; NESTLE, M. “Classroom ‘Cupcake’ Celebrations: Observations of Foods Offered and Consumed.” *Journal of Nutrition Education and Behavior*. [S.l.]: 2012; 44(1): p. 71-5.
 50. WANSINK, B.; JUST, D.R.; PAYNE, C.R.; KLINGER, M.Z. “Attractive Names Sustain Increased Vegetable Intake in Schools.” *Preventive Medicine*. Nova York: 2012; 55(4): p. 330-2.
 51. WANSINK, B.; VAN ITTERSUM, K.; PAINTER, J.E. “How Descriptive Food Names Bias Sensory Perceptions in Restaurants.” *Food Quality and Preference*. Harlow, Essex: 2005; 16(5): p. 393-400.
 52. WANSINK, B.; JUST, D.R.; PAYNE, C.R.; KLINGER, M.Z. “Attractive Names Sustain Increased Vegetable Intake in Schools.” *Preventive Medicine*. Nova York: 2012; 55(4): p. 330-2.
 53. WANSINK, B.; JUST, D.R.; PAYNE, C.R.; KLINGER, M.Z. “Attractive Names Sustain Increased Vegetable Intake in Schools.” *Preventive Medicine*. Nova York: 2012; 55(4): p. 330-2.

NOTAS

54. SPILL, M.K.; BIRCH, L.L.; ROE, L.S.; ROLLS, B.J. "Hiding Vegetables to Reduce Energy Density: an Effective Strategy to Increase Children's Vegetable Intake and Reduce Energy Intake." *The American Journal of Clinical Nutrition*. Bethesda: 2011; 94(3): p. 735-41.
55. BLATT, A.D.; ROE, L.S.; ROLLS, B.J. "Hidden Vegetables: an Effective Strategy to Reduce Energy Intake and Increase Vegetable Intake in Adults." *The American Journal of Clinical Nutrition*. Bethesda: 2011; 93(4): p. 756-63.
56. VEREECKEN, C.; ROVNER, A.; MAES, L. "Associations of Parenting Styles, Parental Feeding Practices and Child Characteristics With Young Children's Fruit and Vegetable Consumption." *Appetite*. Londres: 2010; 55(3): 589-96.
57. FUNDO MUNDIAL PARA PESQUISA EM CÂNCER/INSTITUTO AMERICANO DE PESQUISA EM CÂNCER. *Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective*. Washington, D.C.: Instituto Americano de Pesquisa em Câncer, 2007.
58. ANNEMA, N.; HEYWORTH, J.S.; MCNAUGHTON, S.A.; IACOPETTA, B.; FRITSCHI, L. "Fruit and Vegetable Consumption and the Risk of Proximal Colon, Distal Colon, and Rectal Cancers in a Case-Control Study in Western Australia." *Journal of the American Dietetic Association*. [S.l.]: 2011; 111(10): p. 1.479-90.
59. BOIVIN, D.; LAMY, S.; LORD-DUFOUR, S. et al. "Antiproliferative and Antioxidant Activities of Common Vegetables: A Comparative Study." *Food Chemistry*. Barking, Inglaterra: 2009; 112: p. 374-80.
60. BOIVIN, D.; LAMY, S.; LORD-DUFOUR, S. et al. "Antiproliferative and Antioxidant Activities of Common Vegetables: A Comparative Study." *Food Chemistry*. Barking, Inglaterra: 2009; 112: p. 374-80.
61. BOIVIN, D.; LAMY, S.; LORD-DUFOUR, S. et al. "Antiproliferative and Antioxidant Activities of Common Vegetables: A Comparative Study." *Food Chemistry*. Barking, Inglaterra: 2009; 112: p. 374-80.
62. BOIVIN, D.; LAMY, S.; LORD-DUFOUR, S. et al. "Antiproliferative and Antioxidant Activities of Common Vegetables: A Comparative Study." *Food Chemistry*. Barking, Inglaterra: 2009; 112: p. 374-80.
63. BOIVIN, D.; LAMY, S.; LORD-DUFOUR, S. et al. "Antiproliferative and Antioxidant Activities of Common Vegetables: A Comparative Study." *Food Chemistry*. Barking, Inglaterra: 2009; 112: p. 374-80.
64. ABDULL RAZIS, A.F.; NOOR, N.M. "Cruciferous Vegetables: Dietary Phytochemicals for Cancer Prevention." *Asian Pacific Journal of Cancer Prevention: APJCP*. Bangkok: 2013; 14(3): p. 1.565-70.
65. NICASTRO, H.L.; ROSS, S.A.; MILNER, J.A. "Garlic and Onions: Their Cancer Prevention Properties." *Cancer prevention research (Philadelphia, Pa.)*. Filadélfia: 2015; 8(3): p. 181-9.

COMO NÃO MORRER

66. OUDE GRIEP, L.M.; GELEIJNSE, J.M.; KROMHOUT, D.; OCKÉ, M.C.; VERSCHUREN, W.M. "Raw and Processed Fruit and Vegetable Consumption and 10-Year Coronary Heart Disease Incidence in a Population-Based Cohort Study in the Netherlands." *PLoS ONE*. San Francisco: 2010; 5(10): e13609.
67. GLISZCZYŃSKA-SWIGŁO, A.; CISKA, E.; PAWLAK-LEMAŃSKA, K.; CHMIELEWSKI, J.; BORKOWSKI, T.; TYRAKOWSKA, B. "Changes in the Content of Health-Promoting Compounds and Antioxidant Activity of Broccoli After Domestic Processing." *Food Additives and Contaminants*. Londres: 2006; 23(11): p. 1.088-98.
68. GHAVAMI, A.; COWARD, W.A.; BLUCK, L.J. "The Effect of Food Preparation on the Bioavailability of Carotenoids from Carrots Using Intrinsic Labelling." *The British Journal of Nutrition*. [S.l.]: 2012; 107(9): p. 1.350-66.
69. GARCIA, A.L.; KOEBNICK, C.; DAGNELIE, P.C. et al. "Long-Term Strict Raw Food Diet Is Associated With Favourable Plasma Beta-Carotene and Low Plasma Lycopene Concentrations in Germans." *The British Journal of Nutrition*. [S.l.]: 2008; 99(6): p. 1.293-300.
70. BOHM, V.; BITSCH, R. "Intestinal Absorption of Lycopene from Different Matrices and Interactions to Other Carotenoids, the Lipid Status, and the Antioxidant Capacity of Human Plasma." *European Journal of Nutrition*. Darmstadt, Alemanha: 1999; 38: p. 118-25.
71. KAHLON, T.S.; CHIU, M.M.; CHAPMAN, M.H. "Steam Cooking Significantly Improves in Vitro Bile Acid Binding of Collard Greens, Kale, Mustard Greens, Broccoli, Green Bell Pepper and Cabbage." *Nutrition Research*. 2008; 28: p. 351-7.
72. JAVITT, N.B.; BUDAI, K.; MILLER, D.G.; CAHAN, A.C.; RAJU, U.; LEVITZ, M. "Breast-Gut Connection: Origin of Chenodeoxycholic Acid in Breast Cyst Fluid." *The Lancet*. Londres: 1994; 343(8898): p. 633-5.
73. STOTT-MILLER, M.; NEUHOUSER, M.L.; STANFORD, J.L. "Consumption of Deep-Fried Foods and Risk of Prostate Cancer." *Prostate*. [S.l.]: 2013; 73(9): p. 960-9.
74. CHEN, M.J.; HSU, H.T.; LIN, C.L.; JU, W.Y. "A Statistical Regression Model for the Estimation of Acrylamide Concentrations in French Fries for Excess Lifetime Cancer Risk Assessment." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2012; 50(10): p. 3.867-76.
75. LINEBACK, D.R.; COUGHLIN, J.R.; STADLER, R.H. "Acrylamide in Foods: A Review of the Science and Future Considerations." *Annual Review of Food Science and Technology*. Palo Alto, Califórnia: 2012; 3: p. 15-35.
76. JIMÉNEZ-MONREAL, A.M.; GARCÍA-DIZ, L.; MARTÍNEZ-TOMÉ, M.; MARISCAL, M.; MURCIA, M.A. "Influence of Cooking Methods on Antioxidant Activity of Vegetables." *Journal of Food Science*. [S.l.]: 2009; 74(3): H97-H103.

NOTAS

77. JIMÉNEZ-MONREAL, A.M.; GARCÍA-DIZ, L.; MARTÍNEZ-TOMÉ, M.; MARISCAL, M.; MURCIA, M.A. "Influence of Cooking Methods on Antioxidant Activity of Vegetables." *Journal of Food Science*. [S.l.]: 2009; 74(3): H97-H103.
78. JIMÉNEZ-MONREAL, A.M.; GARCÍA-DIZ, L.; MARTÍNEZ-TOMÉ, M.; MARISCAL, M.; MURCIA, M.A. "Influence of Cooking Methods on Antioxidant Activity of Vegetables." *Journal of Food Science*. [S.l.]: 2009; 74(3): H97-H103.
79. BARAÑSKI, M.; SREDNICKA-TOBER, D.; VOLAKAKIS, N. et al. "Higher Antioxidant and Lower Cadmium Concentrations and Lower Incidence of Pesticide Residues in Organically Grown Crops: A Systematic Literature Review and Meta-Analyses." *The British Journal of Nutrition*. [S.l.]: 2014; 112(5): p. 794-811.
80. KROL, W.J. "Removal of Trace Pesticide Residues from Produce." Connecticut Agricultural Experiment Station. Disponível em: <<http://www.ct.gov/caes/cwp/view.asp?a=2815&q=376676>>. 28 de junho de 2012. Acesso em 16 de abril de 2015.
81. KRIEGER, R.I.; BRUTSCHE-KEIPER, P.; CROSBY, H.R.; KRIEGER, A.D. "Reduction of Pesticide Residues of Fruit Using Water Only or Plus Fruit and Vegetable Wash." *Bulletin of Environmental Contamination and Toxicology*. Nova York: 2003; 70(2): p. 213-8.
82. KROL, W.J.; ARSENAULT, T.L.; PYLYPIW, H.M.; INCORVIA MATTINA, M.J. "Reduction of Pesticide Residues on Produce by Rinsing." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2000; 48(10): p. 4.666-70.
83. WANG, Z.; HUANG, J.; CHEN, J.; LI, F. "Effectiveness of Dishwashing Liquids in Removing Chlorothalonil and Chlorpyrifos Residues from Cherry Tomatoes." *Chemosphere*. Oxford: 2013; 92(8): p. 1.022-8.
84. ZOHAIR, A. "Behaviour of Some Organophosphorus and Organochlorine Pesticides in Potatoes During Soaking in Different Solutions." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2001; 39(7): p. 751-5.
85. ZHANG, Z.Y.; LIU, X.J.; HONG, X.Y. "Effects of Home Preparation on Pesticide Residues in Cabbage." *Food Control*. [S.l.]: 2007; 18(12): p. 1.484-7.
86. ZOHAIR, A. "Behaviour of Some Organophosphorus and Organochlorine Pesticides in Potatoes During Soaking in Different Solutions." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2001; 39(7): p. 751-5.
87. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. "Organic Agriculture." Disponível em: <<http://www.usda.gov/wps/portal/usda/usdaho>>

COMO NÃO MORRER

- me?contentidonly=true&contentid=organic-agriculture.html>. Modificado em 9 de janeiro de 2015. Acesso em 30 de março de 2015.
88. MONETTE, M. “The Science of Pesticide-Free Potato Chips.” *CMAJ: Canadian Medical Association Journal: Journal de l’Association Médicale Canadienne*. Ottawa: 2012; 184(14): E741-2.
 89. SMITH-SPANGLER, C.; BRANDEAU, M.L.; HUNTER, G.E. et al. “Are Organic Foods Safer or Healthier than Conventional Alternatives?: A Systematic Review.” *Annals of Internal Medicine*. Filadélfia: 2012; 157(5): p. 348-66.
 90. BARAŃSKI, M.; SREDNICKA-TOBER, D.; VOLAKAKIS, N. et al. “Higher Antioxidant and Lower Cadmium Concentrations and Lower Incidence of Pesticide Residues in Organically Grown Crops: A Systematic Literature Review and Meta-analyses.” *The British Journal of Nutrition*. [S.l.]: 2014; 112(5): p. 794-811.
 91. FORMAN, J.; SILVERSTEIN, J. “Organic Foods: Health and Environmental Advantages and Disadvantages.” *Pediatrics*. [S.l.]: 2012; 130(5): e1406-15.
 92. BARAŃSKI, M.; SREDNICKA-TOBER, D.; VOLAKAKIS, N. et al. “Higher Antioxidant and Lower Cadmium Concentrations and Lower Incidence of Pesticide Residues in Organically Grown Crops: a Systematic Literature Review and Meta-Analyses.” *The British Journal of Nutrition*. [S.l.]: 2014; 112(5): p. 794-811.
 93. LINDÉN, A.; ANDERSSON, K.; OSKARSSON, A. “Cadmium in Organic and Conventional Pig Production.” *Archives of Environmental Contamination and Toxicology*. Nova York: 2001; 40(3): p. 425-31.
 94. LEE, W.C.J.; SHIMIZU, M.; KNIFFIN, K.M.; WANSINK, B. “You Taste What You See: Do Organic Labels Bias Taste Perceptions?” *Food Quality and Preference*. Harlow, Essex: 2013; 29(1): p. 33-9.
 95. WILLIAMS, P.R.; HAMMITT, J.K. “Perceived Risks of Conventional and Organic Produce: Pesticides, Pathogens, and Natural Toxins.” *Risk Analysis: An Official Publication of the Society for Risk Analysis*. [S.l.]: 2001; 21(2): p. 319-30.
 96. HAMMITT, J.K. “Risk Perceptions and Food Choice: An Exploratory Analysis of Organic-Versus Conventional-Produce Buyers.” *Risk Analysis: An Official Publication of the Society for Risk Analysis*. [S.l.]: 1990; 10(3): p. 367-74.
 97. REISS, R.; JOHNSTON, J.; TUCKER, K.; DESESSO, J.M.; KEEN, C.L. “Estimation of Cancer Risks and Benefits Associated With a Potential Increased Consumption of Fruits and Vegetables.” *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2012; 50(12): p. 4.421-7.
 98. WINTER, C.K. “Pesticide Residues in Imported, Organic, and ‘Suspect’ Fruits and Vegetables.” *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2012; 60(18): p. 4.425-9.

Semente de linhaça

1. SINGH, K.K.; MRIDULA, D.; REHAL, J.; BARNWAL, P. "Flaxseed: A Potential Source of Food, Feed and Fiber." *Critical Reviews in Food Science and Nutrition*. [S.l.]: 2011; 51(3): p. 210-22.
2. HYVÄRINEN, H.K.; PIHLAVA, J.M.; HIIDENHOVI, J.A.; HIETANIEMI, V.; KORHONEN, H.J.; RYHÄNEN, E.L. "Effect of Processing and Storage on the Stability of Flaxseed Lignan Added to Bakery Products." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(1): p. 48-53.
3. CUNNANE, S.C.; HAMADEH, M.J.; LIEDE, A.C.; THOMPSON, L.U.; WOLEVER, T.M.; JENKINS, D.J. "Nutritional Attributes of Traditional Flaxseed in Healthy Young Adults." *The American Journal of Clinical Nutrition*. Bethesda: 1995; 61(1): p. 62-8.
4. DAVIDI, A.; REYNOLDS, J.; NJIKE, V.Y.; MA, Y.; DOUGHTY, K.; KATZ, D.L. "The Effect of the Addition of Daily Fruit and Nut Bars to Diet on Weight, and Cardiac Risk Profile, in Overweight Adults." *Journal of Human Nutrition and Dietetics: The Official Journal of the British Dietetic Association*. Oxford: 2011; 24(6): p. 543-51.
5. CHAI, S.C.; HOOSHMAND, S.; SAADAT, R.L.; PAYTON, M.E.; BRUMMEL-SMITH, K.; ARJMANDI, B.H. "Daily Apple Versus Dried Plum: Impact on Cardiovascular Disease Risk Factors in Postmenopausal Women." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(8): p. 1.158-68.
6. PETERSON, J.M.; MONTGOMERY, S.; HADDAD, E.; KEARNEY, L.; TONS-TAD, S. "Effect of Consumption of Dried California Mission Figs on Lipid Concentrations." *Annals of Nutrition & Metabolism*. [S.l.]: 2011; 58(3): 232-8.
7. CHAI, S.C.; HOOSHMAND, S.; SAADAT, R.L.; PAYTON, M.E.; BRUMMEL-SMITH, K.; ARJMANDI, B.H. "Daily Apple Versus Dried Plum: Impact on Cardiovascular Disease Risk Factors in Postmenopausal Women." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(8): p. 1.158-68.
8. PUGLISI, M.J.; VAISHNAV, U.; SHRESTHA, S. et al. "Raisins and Additional Walking Have Distinct Effects on Plasma Lipids and Inflammatory Cytokines." *Lipids in Health and Disease* [versão eletrônica]. Londres: 2008; 7: p. 14.
9. CHAI, S.C.; HOOSHMAND, S.; SAADAT, R.L.; ARJMANDI, B.H. "Daily Apple Consumption Promotes Cardiovascular Health in Postmenopausal Women." *The FASEB Journal*. [S.l.]: 2011; 25: 971.10.
10. KEAST, D.R.; O'NEIL, C.E.; JONES, J.M. "Dried Fruit Consumption Is Associated With Improved Diet Quality and Reduced Obesity in US Adults: National Health and Nutrition Examination Survey, 1999-2004." *Nutrition Research*. 2011; 31(6): p. 460-7.

COMO NÃO MORRER

11. EDEL, A.L.; RODRIGUEZ-LEYVA, D; MADDAFORD, T.G. et al. "Dietary Flaxseed Independently Lowers Circulating Cholesterol and Lowers It Beyond the Effects of Cholesterol-Lowering Medications Alone in Patients With Peripheral Artery Disease." *The Journal of Nutrition*. [S.l.]: 2015; 145(4): p. 749-57.

Oleaginosas e sementes

1. FRASER, G.E.; SHAVLIK, D.J. "Ten Years of Life: Is It a Matter of Choice?" *Archives of Internal Medicine*. Chicago: 2001; 161(13): p. 1.645-52.
2. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. "A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010." *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
3. DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. "Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods — 2007", novembro de 2007.
4. ROS, E.; MATAIX, J. "Fatty Acid Composition of Nuts — Implications for Cardiovascular Health." *The British Journal of Nutrition*. [S.l.]: 2006; 96 (supl. 2): S29-35.
5. YANG, J.; LIU, R.H.; HALIM, L. "Antioxidant and Antiproliferative Activities of Common Edible Nut Seeds." *LWT — Food Science and Technology*. [S.l.]: 2009; 42(1): p. 1-8.
6. BAO, Y.; HAN, J.; HU, F.B. et al. "Association of Nut Consumption With Total and Cause-Specific Mortality." *The New England Journal of Medicine*. Boston: 2013; 369(21): p. 2.001-11.
7. LUU, H.N.; BLOT, W.J.; XIANG, Y.B. et al. "Prospective Evaluation of the Association of Nut/Peanut Consumption With Total and Cause-Specific Mortality." *Journal of the American Medical Association Internal Medicine*. Chicago: 2015; 175(5): p. 755-66.
8. FERNÁNDEZ-MONTERO, A.; BES-RASTROLLO, M.; BARRIO-LÓPEZ, M.T. et al. "Nut Consumption and 5-Y All-Cause Mortality in a Mediterranean Cohort: the SUN Project." *Nutrition*. [S.l.]: 2014; 30(9): p. 1.022-7.
9. ESTRUCH, R.; ROS, E; SALAS-SALVADÓ, J. et al. "Primary Prevention of Cardiovascular Disease With a Mediterranean Diet." *The New England Journal of Medicine*. Boston: 2013; 368(14): p. 1.279-90.
10. Suplemento de ESTRUCH, R.; ROS, E; SALAS-SALVADÓ, J. et al. "Primary Prevention of Cardiovascular Disease With a Mediterranean Diet." *The New England Journal of Medicine*. Boston: 2013; 368: p. 1.279-90. DOI: 10.1056/NEJMoa1200303
11. ESTRUCH, R.; ROS, E; SALAS-SALVADÓ, J. et al. "Primary Prevention of Cardiovascular Disease With a Mediterranean Diet." *The New England Journal of Medicine*. Boston: 2013; 368(14): p. 1.279-90.

NOTAS

12. GUASCH-FERRÉ, M.; BULLÓ, M.; MARTÍNEZ-GONZÁLEZ, M.A. et al. "Frequency of Nut Consumption and Mortality Risk in the PREDIMED Nutrition Intervention Trial." *BMC Medicine* [versão eletrônica]. Londres: 2013; 11: p. 164.
13. GUASCH-FERRÉ, M.; HU, F.B.; MARTÍNEZ-GONZÁLEZ, M.A. et al. "Olive Oil Intake and Risk of Cardiovascular Disease and Mortality in the PREDIMED Study." *BMC Medicine* [versão eletrônica]. Londres: 2014; 12: p. 78.
14. KEYS, A. "Olive Oil and Coronary Heart Disease." *The Lancet*. Londres: 1987; 1(8539): p. 983-4.
15. GUASCH-FERRÉ, M.; BULLÓ, M.; MARTÍNEZ-GONZÁLEZ, M.A.: et al. "Frequency of Nut Consumption and Mortality Risk in the PREDIMED Nutrition Intervention Trial." *BMC Medicine* [versão eletrônica]. Londres: 2013; 11: p. 164.
16. TONER, C.D. "Communicating Clinical Research to Reduce Cancer Risk Through Diet: Walnuts as a Case Example." *Nutrition Research and Practice*. Seoul: 2014; 8(4): p. 347-51.
17. LI, T.Y.; BRENNAN, A.M.; WEDICK, N.M.; MANTZOROS, C.; RIFAI, N.; HU, F.B. "Regular Consumption of Nuts Is Associated With a Lower Risk of Cardiovascular Disease in Women With Type 2 Diabetes." *The Journal of Nutrition*. [S.l.]: 2009; 139(7): p. 1.333-8.
18. SU, X; TAMIMI, R.M.; COLLINS, L.C. et al. "Intake of Fiber and Nuts During Adolescence and Incidence of Proliferative Benign Breast Disease." *Cancer Causes & Control: CCC*. [S.l.]: 2010; 21(7): p. 1.033-46.
19. NATOLI, S.; MCCOY, P. "A Review of the Evidence: Nuts and Body Weight." *Asia Pacific Journal of Clinical Nutrition*. [S.l.]: 2007; 16(4): p. 588-97.
20. MARTÍNEZ-GONZÁLEZ, M.A.; BES-RASTROLLO, M. "Nut Consumption, Weight Gain and Obesity: Epidemiological Evidence." *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2011; 21 (supl. 1): S40-5.
21. WANG, X.; LI, Z.; LIU, Y.; LV, X.; YANG, W. "Effects of Pistachios on Body Weight in Chinese Subjects With Metabolic Syndrome." *Nutrition Journal* [versão eletrônica]. Londres: 2012; 11: p. 20.
22. PAINTER, J. "The Pistachio Principle: Calorie Reduction Without Calorie Restriction." *Weight Management Matters*. [S.l.]: 2008; 6: p. 8.
23. MURAKAMI, K.; SASAKI, S.; TAKAHASHI, Y. et al. "Hardness (Difficulty of Chewing) of the Habitual Diet in Relation to Body Mass Index and Waist Circumference in Free-Living Japanese Women Aged 18-22 Y." *The American Journal of Clinical Nutrition*. Bethesda: 2007; 86(1): p. 206-13.
24. MCKIERNAN, F.; LOKKO, P.; KUEVI, A. et al. "Effects of Peanut Processing on Body Weight and Fasting Plasma Lipids." *The British Journal of Nutrition*. [S.l.]: 2010; 104(3): p. 418-26.

COMO NÃO MORRER

25. BRENNAN, A.M.; SWEENEY, L.L.; LIU, X.; MANTZOROS, C.S. "Walnut Consumption Increases Satiation But Has No Effect on Insulin Resistance or the Metabolic Profile Over a 4-Day Period." *Obesity (Silver Spring, Md.)*. [S.l.]: 2010; 18(6): p. 1.176-82.
26. MATTES, R.D.; KRIS-ETHERTON, P.M.; FOSTER, G.D. "Impact of Peanuts and Tree Nuts on Body Weight and Healthy Weight Loss in Adults. *The Journal of Nutrition*. [S.l.]: 2008; 138(9): 1741S-5S.
27. TAPSELL, L.; BATTERHAM, M.; TAN, S.Y.; WARENSJÖ, E. "The Effect of a Calorie Controlled Diet Containing Walnuts on Substrate Oxidation During 8-Hours in a Room Calorimeter." *Journal of the American College of Nutrition*. Nova York: 2009; 28(5): p. 611-7.
28. CHIURLIA, E.; D'AMICO, R.; RATTI, C.; GRANATA, A.R.; ROMAGNOLI, R.; MODENA, M.G. "Subclinical Coronary Artery Atherosclerosis in Patients With Erectile Dysfunction." *Journal of the American College of Cardiology*. Nova York: 2005; 46(8): p. 1.503-6.
29. MONTORSI, P.; RAVAGNANI, P.M.; GALLI, S. et al. "The Artery Size Hypothesis: A Macrovascular Link Between Erectile Dysfunction and Coronary Artery Disease." *The American Journal of Cardiology*. Nova York: 2005; 96(12B): 19M-23M.
30. MONTORSI, P.; MONTORSI, F.; SCHULMAN, C.C. "Is Erectile Dysfunction the "Tip of the Iceberg" of a Systemic Vascular Disorder?" *European Urology*. [S.l.]: 2003; 44(3): p. 352-4.
31. MONTORSI, F.; BRIGANTI, A.; SALONIA, A. et al. "Erectile Dysfunction Prevalence, Time of Onset and Association with Risk Factors in 300 Consecutive Patients with Acute Chest Pain and Angiographically Documented Coronary Artery Disease." *European Urology*. [S.l.] 2003; 44(3): p. 360-4.
32. MONTORSI, P.; RAVAGNANI, P.M.; GALLI, S. et al. "The Artery Size Hypothesis: A Macrovascular Link Between Erectile Dysfunction and Coronary Artery Disease." *The American Journal of Cardiology*. Nova York: 2005; 96(12B): 19M-23M.
33. MELDRUM, D.R.; GAMBONE, J.C.; MORRIS, M.A.; MELDRUM, D.A.; ESPOSITO, K.; IGNARRO, L.J. "The Link Between Erectile and Cardiovascular Health: The Canary in the Coal Mine." *The American Journal of Cardiology*. Nova York: 2011; 108(4): p. 599-606.
34. CORONA, G.; FAGIOLI, G.; MANNUCCI, E. et al. "Penile Doppler Ultrasound in Patients with Erectile Dysfunction (ED): Role of Peak Systolic Velocity Measured in the Flaccid State in Predicting Arteriogenic ED and Silent Coronary Artery Disease." *The Journal of Sexual Medicine*. [S.l.]: 2008; 5(11): p. 2.623-34.

NOTAS

35. SCHWARTZ, B.G.; KLONER, R.A. "How to Save a Life During a Clinic Visit for Erectile Dysfunction by Modifying Cardiovascular Risk Factors." *International Journal of Impotence Research*. [S.l.]: 2009; 21(6): p. 327-35.
36. INMAN, B.A.; SAUVER, J.L.; JACOBSON, D.J. et al. "A Population-Based, Longitudinal Study of Erectile Dysfunction and Future Coronary Artery Disease." *Mayo Clinic Proceedings*. [S.l.]: 2009; 84(2): p. 108-13.
37. JACKSON, G. "Erectile Dysfunction and Coronary Disease: Evaluating the Link." *Maturitas*. [S.l.]: 2012; 72(3): p. 263-4.
38. FUNG, M.M.; BETTENCOURT, R.; BARRETT-CONNOR, E. "Heart Disease Risk Factors Predict Erectile Dysfunction 25 Years Later: The Rancho Bernardo Study." *Journal of the American College of Cardiology*. Nova York: 2004; 43(8): p. 1.405-11.
39. GUPTA, B.P.; MURAD, M.H.; CLIFTON, M.M.; PROKOP, L.; NEHRA, A.; KOPECKY, S.L. "The Effect of Lifestyle Modification and Cardiovascular Risk Factor Reduction on Erectile Dysfunction: A Systematic Review and Meta-Analysis." *Archives of Internal Medicine*. Chicago: 2011; 171(20): p. 1.797-803.
40. JACKSON, G. "Problem Solved: Erectile Dysfunction (ED) = Early Death (ED)." *International Journal of Clinical Practice* Oxford: 2010; 64(7): p. 831-2.
41. ALDEMIR, M.; OKULU, E.; NEŞELIOĞLU, S.; EREL, O.; KAYIGIL, O. "Pistachio Diet Improves Erectile Function Parameters and Serum Lipid Profiles in Patients With Erectile Dysfunction." *International Journal of Impotence Research*. [S.l.]: 2011; 23(1): p. 32-8.
42. ESPOSITO, K.; CIOTOLA, M.; MAIORINO, M.I. et al. "Hyperlipidemia and Sexual Function in Premenopausal Women." *The Journal of Sexual Medicine*. [S.l.]: 2009; 6(6): p. 1.696-703.
43. BAER, H.J.; GLYNN, R.J.; HU, F.B. et al. "Risk Factors for Mortality in the Nurses' Health Study: A Competing Risks Analysis." *American Journal of Epidemiology*. [S.l.]: 2011; 173(3): p. 319-29.
44. ROS, E; HU, F.B. "Consumption of Plant Seeds and Cardiovascular Health: Epidemiological and Clinical Trial Evidence." *Circulation*. [S.l.]: 2013; 128(5): p. 553-65.
45. STRATE, L.L.; LIU, Y.L.; SYNGAL, S.; ALDOORI, W.H.; GIOVANNUCCI, E.L. "Nut, Corn, and Popcorn Consumption and the Incidence of Diverticular Disease." *Journal of the American Medical Association*. Chicago: 2008; 300(8): p. 907-14.

Ervas e temperos

1. SRINIVASAN, K. "Antioxidant Potential of Spices and Their Active Constituents." *Critical Reviews in Food Science and Nutrition*. [S.l.]: 2014; 54(3): p. 352-72.

COMO NÃO MORRER

2. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
3. TAPSELL, L.C.; HEMPHILL, I.; COBIAC, L. et al. "Health Benefits of Herbs and Spices: The Past, the Present, the Future." *The Medical Journal of Australia*. Sidney: 2006; 185 (supl. 4): S4-24.
4. SHISHODIA, S.; SETHI, G.; AGGARWAL, B.B. "Curcumin: Getting Back to the Roots." *Annals of the New York Academy of Sciences*. Nova York: 2005; 1056: p. 206-17.
5. GUPTA, S.C.; PATCHVA, S.; AGGARWAL, B.B. "Therapeutic Roles of Curcumin: Lessons Learned from Clinical Trials." *The AAPS Journal*. Arlington, Virgínia: 2013; 15(1): p. 195-218.
6. AGARWAL, K.A.; TRIPATHI, C.D.; AGARWAL, B.B.; SALUJA, S. "Efficacy of Turmeric (Curcumin) in Pain and Postoperative Fatigue After Laparoscopic Cholecystectomy: A Double-Blind, Randomized Placebo-Controlled Study." *Surgical Endoscopy*. [S.l.]: 2011; 25(12): p. 3.805-10.
7. CHANDRAN, B.; GOEL, A. "A Randomized, Pilot Study to Assess the Efficacy and Safety of Curcumin in Patients With Active Rheumatoid Arthritis." *Phytotherapy Research: PTR*. [S.l.]: 2012; 26(11): p. 1.719-25.
8. KUPTNIRATSAIKUL, V.; DAJPRATHAM, P.; TAECHAARPORNKUL, W. et al. "Efficacy and Safety of Curcuma Domestica Extracts Compared With Ibuprofen in Patients With Knee Osteoarthritis: A Multicenter Study." *Clinical Interventions in Aging*. Auckland: 2014; 9: p. 451-8.
9. KHAJEHDEHI, P.; ZANJANINEJAD, B.; AFLAKI, E. et al. "Oral Supplementation of Turmeric Decreases Proteinuria, Hematuria, and Systolic Blood Pressure in Patients Suffering from Relapsing or Refractory Lupus Nephritis: A Randomized and Placebo-controlled Study." *Journal of Renal Nutrition: the Official Journal of the Council on Renal Nutrition of the National Kidney Foundation*. Filadélfia: 2012; 22(1): p. 50-7.
10. VECCHI BRUMATTI, L.; MARCUZZI, A.; TRICARICO, P.M.; ZANIN, V.; GIRARDELLI, M.; BIANCO, A.M. "Curcumin and Inflammatory Bowel Disease: Potential and Limits of Innovative Treatments." *Molecules: A Journal of Synthetic Chemistry and Natural Product Chemistry* [versão eletrônica]. Basel: 2014; 19(12): 21127-53.
11. LANG, A.; SALOMON, N.; WU, J.C. et al. "Curcumin in Combination With Mesalamine Induces Remission in Patients With Mild-to-Moderate Ulcerative Colitis in a Randomized Controlled Trial." *Clinical Gastroenterology and Hepatology: The Official Clinical Practice Journal of the American Gastroenterological Association*. Filadélfia: 2015; 13(8): 1444-49.e1.
12. PERCIVAL, S.S.; VANDEN HEUVEL, J.P.; NIEVES, C.J.; MONTERO, C.; MIGLIACCIO, A.J.; MEADORS, J. "Bioavailability of Herbs and Spices in Humans

NOTAS

- as Determined by Ex Vivo Inflammatory Suppression and DNA Strand Breaks.” *Journal of the American College of Nutrition*. Nova York: 2012; 31(4): p. 288-94.
13. GUPTA, S.C.; SUNG, B.; KIM, J.H.; PRASAD, S.; LI, S.; AGGARWAL, B.B. “Multitargeting by Turmeric, the Golden Spice: From Kitchen to Clinic.” *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2013; 57(9): p. 1.510-28.
 14. SIRUGURI, V.; BHAT, R.V. “Assessing Intake of Spices by Pattern of Spice Use, Frequency of Consumption and Portion Size of Spices Consumed from Routinely Prepared Dishes in Southern India.” *Nutrition Journal* [versão eletrônica]. Londres: 2015; 14: p. 7.
 15. GILANI, A.H.; RAHMAN, A.U. “Trends in Ethnopharmacology.” *Journal of Ethnopharmacology*. [S.l.]: 2005; 100 (1-2): p. 43-9.
 16. NEWMAN, D.J.; CRAGG, G.M. “Natural Products as Sources of New Drugs Over the Last 25 Years.” *Journal of Natural Products*. Cincinnati: 2007; 70(3): p. 461-77.
 17. ATAL, C.K.; DUBEY, R.K.; SINGH, J. “Biochemical Basis of Enhanced Drug Bioavailability by Piperine: Evidence that Piperine Is a Potent Inhibitor of Drug Metabolism.” *The Journal of Pharmacology and Experimental Therapeutics*. [S.l.]: 1985; 232(1): p. 258-62.
 18. SHOBA, G.; JOY, D.; JOSEPH, T.; MAJEED, M.; RAJENDRAN, R.; SRINIVAS, P.S. “Influence of Piperine on the Pharmacokinetics of Curcumin in Animals and Human Volunteers.” *Planta Medica*. Stuttgart, Alemanha: 1998; 64(4): p. 353-6.
 19. ANAND, P.; KUNNUMAKKARA, A.B.; NEWMAN, R.A.; AGGARWAL, B.B. “Bioavailability of Curcumin: Problems and Promises.” *Molecular Pharmaceutics*. Washington, D.C.: 2007; 4(6): p. 807-18.
 20. ANAND, P.; KUNNUMAKKARA, A.B.; NEWMAN, R.A.; AGGARWAL, B.B. “Bioavailability of Curcumin: Problems and Promises.” *Molecular Pharmaceutics*. Washington, D.C.: 2007; 4(6): p. 807-18.
 21. JACOBSON, M.S. “Cholesterol Oxides in Indian Ghee: Possible Cause of Unexplained High Risk of Atherosclerosis in Indian Immigrant Populations.” *The Lancet*. Londres: 1987; 2(8560): p. 656-8.
 22. PERCIVAL, S.S.; VANDEN HEUVEL, J.P.; NIEVES, C.J.; MONTERO, C.; MIGLIACCIO, A.J.; MEADORS, J. “Bioavailability of Herbs and Spices in Humans as Determined By Ex Vivo Inflammatory Suppression and DNA Strand Breaks.” *Journal of the American College of Nutrition*. Nova York: 2012; 31(4): p. 288-94.
 23. ARJMANDI, B.H.; KHALIL, D.A.; LUCAS, E.A. et al. “Soy Protein May Alleviate Osteoarthritis Symptoms.” *Phytomedicine: International Journal of Phytotherapy and Phytopharmacology*. Stuttgart, Alemanha: 2004; 11(7-8): p. 567-75.
 24. AGARWAL, K.A.; TRIPATHI, C.D.; AGARWAL, B.B.; SALUJA, S. “Efficacy of Turmeric (Curcumin) in Pain and Postoperative Fatigue After Laparoscopic Cholecystectomy: A Double-Blind, Randomized Placebo-Controlled Study.” *Surgical Endoscopy*. [S.l.]: 2011; 25(12): p. 3.805-10.

COMO NÃO MORRER

25. AGGARWAL, B.B.; YUAN, W.; LI, S.; GUPTA, S.C. "Curcumin-Free Turmeric Exhibits Anti-Inflammatory and Anticancer Activities: Identification of Novel Components of Turmeric." *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2013; 57(9): p. 1.529-42.
26. KIM, J.H.; GUPTA, S.C.; PARK, B.; YADAV, V.R.; AGGARWAL, B.B. "Turmeric (Curcuma Longa) Inhibits Inflammatory Nuclear Factor (NF)- κ B and NF- κ B-Regulated Gene Products and Induces Death Receptors Leading to Suppressed Proliferation, Induced Chemosensitization, and Suppressed Osteoclastogenesis." *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2012; 56(3): p. 454-65.
27. AGGARWAL, B.B.; YUAN, W.; LI, S.; GUPTA, S.C. "Curcumin-Free Turmeric Exhibits Anti-Inflammatory and Anticancer Activities: Identification of Novel Components of Turmeric." *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2013; 57(9): p. 1.529-42.
28. BENGMARK, S.; MESA, M.D.; GIL, A. "Plant-Derived Health: The Effects of Turmeric and Curcuminoids." *Nutrición Hospitalaria*. Madri: 2009; 24(3): p. 273-81.
29. CAO, J.; JIA, L.; ZHOU, H.M.; LIU, Z.; ZHONG, L.F. "Mitochondrial and Nuclear DNA Damage Induced by Curcumin in Human Hepatoma G2 Cells." *Toxicological Sciences: An Official Journal of the Society of Toxicology*. Cary, Carolina do Norte: 2006; 91(2): p. 476-83.
30. "Turmeric and Curcumin Supplements and Spices." Disponível em: <<https://www.consumerlab.com/reviews/turmeric-curcumin-supplements-spice-review/turmeric/>>. 3 de março de 2015. Acesso em 17 de abril de 2015.
31. RASYID, A.; LELO, A. "The Effect of Curcumin and Placebo on Human Gall-bladder Function: An Ultrasound Study." *Alimentary Pharmacology & Therapeutics*. Oxford: 1999; 13(2): p. 245-9.
32. RASYID, A.; RAHMAN, A.R.; JAALAM, K.; LELO, A. "Effect of Different Curcumin Dosages on Human Gall Bladder." *Asia Pacific Journal of Clinical Nutrition*. [S.l.]: 2002; 11(4): p. 314-8.
33. ASHER, G.N.; SPELMAN, K. "Clinical Utility of Curcumin Extract." *Alternative therapies in health and medicine*. Aliso Viejo, Califórnia: 2013; 19(2): p. 20-2.
34. GOEL, A.; KUNNUMAKKARA, A.B.; AGGARWAL, B.B. "Curcumin as 'Curcumin': From Kitchen to Clinic." *Biochemical Pharmacology*. Oxford: 2008; 75(4): p. 787-809.
35. GHOSH DAS, S.; SAVAGE, G.P. "Total and Soluble Oxalate Content of Some Indian Spices." *Plant Foods for Human Nutrition*. Dordrecht: 2012; 67(2): p. 186-90.
36. ASHER, G.N.; SPELMAN, K. "Clinical Utility of Curcumin Extract." *Alternative Therapies in Health and Medicine*. Aliso Viejo, Califórnia: 2013; 19(2): p. 20-2.

NOTAS

37. POOLE, C.; BUSHEY, B.; FOSTER, C. et al. "The Effects of a Commercially Available Botanical Supplement on Strength, Body Composition, Power Output, and Hormonal Profiles in Resistance-Trained Males." *Journal of the International Society of Sports Nutrition* [versão eletrônica]. Woodland Park, Colorado: 2010; 7: p. 34.
38. SHABBEER, S.; SOBOLEWSKI, M.; ANCHOORI, R.K. et al. "Fenugreek: A Naturally Occurring Edible Spice as an Anticancer Agent." *Cancer Biology & Therapy*. [S.l.]: 2009; 8(3): p. 272-8.
39. MEBAZAA, R.; REGA, B.; CAMEL, V. "Analysis of Human Male Armpit Sweat After Fenugreek Ingestion: Characterisation of Odour Active Compounds by Gas Chromatography Coupled to Mass Spectrometry and Olfactometry." *Food Chemistry*. Barking, Inglaterra: 2011; 128(1): p. 227-35.
40. KORMAN, S.H.; COHEN, E.; PREMINGER, A. "Pseudo-Maple Syrup Urine Disease Due to Maternal Prenatal Ingestion of Fenugreek." *Journal of Paediatrics and Child Health*. Melbourne: 2001; 37(4): p. 403-4.
41. MARSH, T.L.; ARRIOLO, P.E. "The Science of Salsa: Antimicrobial Properties of Salsa Components to Learn Scientific Methodology." *Journal of Microbiology & Biology Education* [versão eletrônica]. Washington, D.C.: 2009; 10(1): p. 3-8.
42. MAUER, L.; EL-SOHEMY, A. "Prevalence of Cilantro (*Coriandrum Sativum*) Disliking Among Different Ethnocultural Groups." *Flavour*. [S.l.]: 2012; 1: p. 8.
43. ERIKSSON, N.; WU, S.; DO, C.B. et al. "A Genetic Variant Near Olfactory Receptor Genes Influences Cilantro Preference." *Flavour*. [S.l.]: 2012; 1: p. 22.
44. KNAAPILA, A.; HWANG, L.D.; LYSENKO, A. et al. "Genetic Analysis of Chemosensory Traits in Human Twins." *Chemical Senses*. [S.l.]: 2012; 37(9): p. 869-81.
45. ERIKSSON, N.; WU, S.; DO, C.B. et al. "A Genetic Variant Near Olfactory Receptor Genes Influences Cilantro Preference." *Flavour*. [S.l.]: 2012; 1: p. 22.
46. SAHIB, N.G.; ANWAR, F.; GILANI, A.H.; HAMID, A.A.; SAARI, N.; ALKHARFY, K.M. "Coriander (*Coriandrum Sativum* L.): A Potential Source of High-Value Components for Functional Foods and Nutraceuticals — A Review." *Phytotherapy Research: PTR*. [S.l.]: 2013; 27(10): p. 1.439-56.
47. RAJESHWARI, C.U.; SIRI, S.; ANDALLU, B. "Antioxidant and Antiarthritic Potential of Coriander (*Coriandrum Sativum* L.) Leaves." *e-SPEN J*. [S.l.]: 2012; 7(6): e223-8.
48. GEPPETTI, P.; FUSCO, B.M.; MARABINI, S.; MAGGI, C.A.; FANCIULLACCI, M.; SICUTERI, F. "Secretion, Pain and Sneezing Induced by the Application of Capsaicin to the Nasal Mucosa in Man." *British Journal of Pharmacology*. Londres: 1988; 93(3): p. 509-14.
49. NESBITT, A.D.; GOADSBY, P.J. "Cluster Headache." *BMJ: British Medical Journal / British Medical Association*. Londres: 2012; 344: e2407.

COMO NÃO MORRER

50. FUSCO, B.M.; MARABINI, S.; MAGGI, C.A.; FIORE, G.; GEPPETTI, P. "Preventative Effect of Repeated Nasal Applications of Capsaicin in Cluster Headache." *Pain*. [S.l.]: 1994; 59(3): p. 321-5.
51. NOZU, T.; KUDAIRA, M. "Altered Rectal Sensory Response Induced by Balloon Distention in Patients With Functional Abdominal Pain Syndrome." *BioPsychoSocial Medicine* [versão eletrônica]. Londres: 2009; 3: p. 13.
52. BORTOLOTTI, M.; PORTA, S. "Effect of Red Pepper on Symptoms of Irritable Bowel Syndrome: Preliminary Study." *Digestive Diseases and Sciences*. Nova York: 2011; 56(11): p. 3.288-95.
53. BORTOLOTTI, M.; COCCIA, G.; GROSSI, G. "Red Pepper and Functional Dyspepsia." *The New England Journal of Medicine*. Boston: 2002; 346(12): p. 947-8.
54. HENNESSY, S.; LEONARD, C.E.; NEWCOMB, C.; KIMMEL, S.E.; BILKER, W.B. "Cisapride and Ventricular Arrhythmia." *British Journal of Clinical Pharmacology* [S.l.]: 2008; 66(3): p. 375-85.
55. MUSTAFA, T.; SRIVASTAVA, K.C. "Ginger (Zingiber Officinale) in Migraine Headache." *Journal of Ethnopharmacology*. [S.l.]: 1990; 29(3): p. 267-73.
56. GOTTLIEB, M.S. "Discovering AIDS." *Epidemiology*. [S.l.]: 1998; 9(4): p. 365-7.
57. GHOFRANI, H.A.; OSTERLOH, I.H.; GRIMMINGER, F. "Sildenafil: From Angina to Erectile Dysfunction to Pulmonary Hypertension and Beyond." *Nature Reviews. Drug Discovery*. Londres: 2006; 5(8): p. 689-702.
58. VANDENBROUCKE, J.P. "In Defense of Case Reports and Case Series." *Annals of Internal Medicine*. Filadélfia: 2001; 134(4): p. 330-4.
59. MAGHBOOLI, M.; GOLIPOUR, F.; MOGHIMI ESFANDABADI, A.; YOUSEFI, M. "Comparison Between the Efficacy of Ginger and Sumatriptan in the Ablative Treatment of the Common Migraine." *Phytotherapy Research: PTR*. [S.l.]: 2014; 28(3): p. 412-5.
60. DESAI, H.G.; KALRO, R.H.; CHOKSI, A.P. "Effect of Ginger & Garlic on DNA Content of Gastric Aspirate." *The Indian Journal of Medical Research*. [S.l.]: 1990; 92: p. 139-41.
61. WASSON, S.; JAYAM, V.K. "Coronary Vasospasm and Myocardial Infarction Induced by Oral Sumatriptan." *Clinical Neuropharmacology*. [S.l.]: 2004; 27(4): p. 198-200.
62. LAINE, K.; RAASAKKA, T.; MÄNTYNEN, J.; SAUKKO, P. "Fatal Cardiac Arrhythmia After Oral Sumatriptan." *Headache*. [S.l.]: 1999; 39(7): p. 511-2.
63. MAGHBOOLI, M.; GOLIPOUR, F.; MOGHIMI ESFANDABADI, A.; YOUSEFI, M. "Comparison Between the Efficacy of Ginger and Sumatriptan in the Ablative Treatment of the Common Migraine." *Phytotherapy Research: PTR*. [S.l.]: 2014; 28(3): p. 412-5.
64. COCO, A.S. "Primary Dysmenorrhea." *American Family Physician*. Kansas City, Missouri: 1999; 60(2): p. 489-96.

NOTAS

65. KASHEFI, F.; KHAJEHEI, M.; TABATABAEICHEHR, M.; ALAVINIA, M.; ASILI, J. "Comparison of the Effect of Ginger and Zinc Sulfate on Primary Dysmenorrhea: A Placebo-Controlled Randomized Trial." *Pain Management Nursing: Official Journal of the American Society of Pain Management Nurses*. Filadélfia: 2014; 15(4): p. 826-33.
66. RAHNAMA, P.; MONTAZERI, A.; HUSEINI, H.F.; KIANBAKHT, S.; NASERI, M. "Effect of Zingiber Officinale R. Rhizomes (Ginger) on Pain Relief in Primary Dysmenorrhea: A Placebo Randomized Trial." *BMC Complementary and Alternative Medicine* [versão eletrônica]. Londres: 2012; 12: p. 92.
67. OZGOLI, G.; GOLI, M.; MOATTAR, F. "Comparison of Effects of Ginger, Mefenamic Acid, and Ibuprofen on Pain in Women With Primary Dysmenorrhea." *The Journal of Alternative and Complementary Medicine: Research on Paradigm, Practice, and Policy*. Nova York: 2009; 15(2): p. 129-32.
68. KASHEFI, F.; KHAJEHEI, M.; ALAVINIA, M.; GOLMAKANI, E.; ASILI, J. "Effect of Ginger (Zingiber Officinale) on Heavy Menstrual Bleeding: a Placebo-Controlled, Randomized Clinical Trial." *Phytotherapy Research: PTR*. [S.l.]: 2015; 29(1): p. 114-9.
69. KHAYAT, S.; KHEIRKHAH, M.; BEHBOODI MOGHADAM, Z.; FANAELI, H.; KASAEIAN, A.; JAVADIMEHR, M. "Effect of Treatment With Ginger on the Severity of Premenstrual Syndrome Symptoms." *ISRN Obstetrics and Gynecology* [versão eletrônica]. Nova York: 2014; 2014: 792708.
70. MOWREY, D.B.; CLAYSON, D.E. "Motion Sickness, Ginger, and Psychophysics." *The Lancet*. Londres: 1982; 1(8273): p. 655-7.
71. PALATY, P.L.; HANIADKA, R.; VALDER, B.; ARORA, R.; BALIGA, M.S. "Ginger in the Prevention of Nausea and Vomiting: A Review." *Critical Reviews in Food Science and Nutrition*. [S.l.]: 2013; 53(7): p. 659-69.
72. DING, M.; LEACH, M.; BRADLEY, H. "The Effectiveness and Safety of Ginger for Pregnancy-Induced Nausea and Vomiting: A Systematic Review." *Women and Birth: Journal of the Australian College of Midwives*. Amsterdã: 2013; 26(1): e26-30.
73. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More Than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
74. ASSOCIAÇÃO AMERICANA DA TIREOIDE, FORÇA TAREFA DE SEGURANÇA DO RADIOIODO; SISSON, J.C.; FREITAS, J. et al. "Radiation Safety in the Treatment of Patients With Thyroid Diseases by Radioiodine 131I: Practice Recommendations of the American Thyroid Association." *Thyroid: Official Journal of the American Thyroid Association*. Nova York: 2011; 21(4): p. 335-46.

COMO NÃO MORRER

75. METSO, S.; AUVINEN, A.; HUHTALA, H.; SALMI, J.; OKSALA, H.; JAATINEN, P. "Increased Cancer Incidence After Radioiodine Treatment for Hyperthyroidism." *Cancer*. [S.l.]: 2007; 109(10): p. 1.972-9.
76. ARAMI, S.; AHMADI, A.; HAERI, S.A. "The Radioprotective Effects of Origanum Vulgare Extract Against Genotoxicity Induced by (131)I in Human Blood Lymphocyte." *Cancer Biotherapy & Radiopharmaceuticals*. Larchmont, Nova York: 2013; 28(3): p. 201-6.
77. BERRINGTON, D.; LALL, N. "Anticancer Activity of Certain Herbs and Spices on the Cervical Epithelial Carcinoma (HeLa) Cell Line." *Evidence-Based Complementary and Alternative Medicine: eCAM*. [S.l.]: 2012; 2012: 564927.
78. GUNAWARDENA, D.; SHANMUGAM, K.; LOW, M. et al. "Determination of Anti-Inflammatory Activities of Standardised Preparations of Plant- and Mushroom-Based Foods." *European Journal of Nutrition*. Darmstadt, Alemanha: 2014; 53(1): p. 335-43.
79. AL DHAHERI, Y.; ATTOUB, S.; ARAFAT, K. et al. "Anti-Metastatic and Anti-Tumor Growth Effects of Origanum Majorana on Highly Metastatic Human Breast Cancer Cells: Inhibition of NFκB Signaling and Reduction of Nitric Oxide Production." *PLoS ONE*. São Francisco: 2013; 8(7): e68808.
80. HAJ-HUSEIN, I.; TUKAN, S.; ALKAZALEH, F. "The Effect of Marjoram (Origanum Majorana) Tea on the Hormonal Profile of Women With Polycystic Ovary Syndrome: A Randomised Controlled Pilot Study." *Journal of Human Nutrition and Dietetics: The Official Journal of the British Dietetic Association*. Oxford: 2015; DOI: 10.1111/jhn.12290.
81. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More Than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
82. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More Than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
83. BALIGA, M.S.; DSOUZA, J.J. "Amla (Emblca Officinalis Gaertn), a Wonder Berry in the Treatment and Prevention of Cancer." *European Journal of Cancer Prevention: The Official Journal of the European Cancer Prevention Organisation (ECP)*. [S.l.]: 2011; 20(3): p. 225-39.
84. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More Than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
85. DARVIN, M.E.; PATZELT, A.; KNORR, F.; BLUME-PEYTAVI, U.; STERRY, W.; LADEMANN, J. "One-Year Study on the Variation of Carotenoid Antioxi-

NOTAS

- dant Substances in Living Human Skin: Influence of Dietary Supplementation and Stress Factors.” *Journal of Biomedical Optics*. Bellingham, Washington: 2008; 13(4): 044028.
86. MOHANTY, P.; HAMOUDA, W.; GARG, R.; ALJADA, A.; GHANIM, H.; DANDONA, P. “Glucose Challenge Stimulates Reactive Oxygen Species (ROS) Generation by Leucocytes.” *The Journal of Clinical Endocrinology and Metabolism*. [S.l.]: 2000; 85(8): p. 2.970-3.
87. GHANIM, H.; MOHANTY, P.; PATHAK, R.; CHAUDHURI, A.; SIA, C.L.; DANDONA, P. “Orange Juice or Fructose Intake Does Not Induce Oxidative and Inflammatory Response.” *Diabetes Care*. [S.l.]: 2007; 30(6): p. 1.406-11.
88. PRIOR, R.L.; GU, L.; WU, X. et al. “Plasma Antioxidant Capacity Changes Following a Meal as a Measure of the Ability of a Food to Alter in Vivo Antioxidant Status.” *Journal of the American College of Nutrition*. Nova York: 2007; 26(2): p. 170-81.
89. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. “The Total Antioxidant Content of More Than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide.” *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
90. SAPER, R.B.; KALES, S.N.; PAQUIN, J. et al. “Heavy Metal Content of Ayurvedic Herbal Medicine Products.” *Journal of the American Medical Association*. Chicago: 2004; 292(23): p. 2.868-73.
91. MARTENA M.J.; VAN DER WIELEN, J.C.; RIETJENS, I.M.; KLERX, W.N.; DE GROOT, H.N.; KONINGS, E.J. “Monitoring of Mercury, Arsenic, and Lead in Traditional Asian Herbal Preparations on the Dutch Market and Estimation of Associated Risks.” *Food Additives & Contaminants. Part A, Chemistry, Analysis, Control, Exposure & Risk Assessment*. [S.l.]: 2010; 27(2): p. 190-205.
92. SKULAS-RAY, A.C.; KRIS-ETHERTON, P.M.; TEETER, D.L.; CHEN, C.Y.O.; VANDEN HEUVEL, J.P.; WEST, S.G. “A High Antioxidant Spice Blend Attenuates Postprandial Insulin and Triglyceride Responses and Increases Some Plasma Measures of Antioxidant Activity in Healthy, Overweight Men.” *The Journal of Nutrition*. [S.l.]: 2011; 141(8): p. 1.451-7.
93. TOMITA, L.Y.; ROTELI-MARTINS, C.M.; VILLA, L.L.; FRANCO, E.L.; CARDOSO, M.A.; BRINCA STUDY TEAM. “Associations of Dietary Dark-Green and Deep-Yellow Vegetables and Fruits With Cervical Intraepithelial Neoplasia: Modification by Smoking.” *The British Journal of Nutrition*. [S.l.]: 2011; 105(6): p. 928-37.
94. GOMAA, E.A.; GRAY, J.I.; RABIE, S.; LOPEZ-BOTE, C.; BOOREN, A.M. “Polycyclic Aromatic Hydrocarbons in Smoked Food Products and Commercial Liquid Smoke Flavourings.” *Food Additives and Contaminants*. Londres: 1993; 10(5): p. 503-21.

COMO NÃO MORRER

95. FRITSCHI, G.; PRESCOTT, W.R. JR. "Morphine Levels in Urine Subsequent to Poppy Seed Consumption." *Forensic Science International*. [S.l.]: 1985; 27(2): p. 111-7.
96. HAHN, A.; MICHALAK, H.; BEGEMANN, K. et al. "Severe Health Impairment of a 6-Week-Old Infant Related to the Ingestion of Boiled Poppy Seeds." *Clinical Toxicology*. Nova York: 2008; 46: p. 607.
97. SPROLL, C.; PERZ, R.C.; LACHENMEIER, D.W. "Optimized LC/MS/MS Analysis of Morphine and Codeine in Poppy Seed and Evaluation of Their Fate During Food Processing As a Basis for Risk Analysis." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(15): p. 5.292-8.
98. AUTORIDADE EUROPEIA DE SEGURANÇA ALIMENTAR. "Scientific Opinion on the Risks for Public Health Related to the Presence of Opium Alkaloids in Poppy Seeds." *EFSA J*. [S.l.]: 2011; 9(11): p. 2.405.
99. LACHENMEIER, D.W.; SPROLL, C.; MUSSHOFF, F. "Poppy Seed Foods and Opiate Drug Testing — Where Are We Today?" *Therapeutic Drug Monitoring*. [S.l.]: 2010; 32(1): p. 11-8.
100. SPROLL, C.; PERZ, R.C.; LACHENMEIER, D.W. "Optimized LC/MS/MS Analysis of Morphine and Codeine in Poppy Seed and Evaluation of Their Fate During Food Processing as a Basis for Risk Analysis." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2006; 54(15): p. 5.292-8.
101. LACHENMEIER, D.W.; SPROLL, C.; MUSSHOFF, F. "Poppy Seed Foods and Opiate Drug Testing — Where Are We Today?" *Therapeutic Drug Monitoring*. [S.l.]: 2010; 32(1): p. 11-8.
102. IDLE, J.R. "Christmas Gingerbread (Lebkuchen) and Christmas Cheer — Review of the Potential Role of Mood Elevating Amphetamine-Like Compounds Formed in Vivo and In Furno." *Prague Medical Report*. Praga: 2005; 106(1): p. 27-38.
103. PAYNE, R.B. "Nutmeg Intoxication." *The New England Journal of Medicine*. Boston: 1963; 269: p. 36-8.
104. CUSHNY, A.R. "Nutmeg Poisoning." *Proceedings of the Royal Society of Medicine*. Londres: 1908; 1 (The Pharmacol Sect): p. 39-44.
105. WILLIAMS, E.Y.; WEST, F. "The Use of Nutmeg As a Psychotropic Drug. Report of Two Cases." *Journal of the National Medical Association*. [S.l.]: 1968; 60(4): p. 289-90.
106. WILLIAMS, E.Y.; WEST, F. "The Use of Nutmeg As a Psychotropic Drug. Report of Two Cases." *Journal of the National Medical Association*. [S.l.]: 1968; 60(4): p. 289-90.
107. SCHOLEFIELD, J.H. "Nutmeg — An Unusual Overdose." *Archives of Emergency Medicine*. Oxford: 1986; 3(2): p. 154-5.
108. DAVIS, P.A.; YOKOYAMA, W. "Cinnamon Intake Lowers Fasting Blood Glucose: Meta-Analysis." *Journal of Medicinal Food*. Larchmont, Nova York: 2011; 14(9): p. 884-9.

NOTAS

109. SOLOMON, T.P.J.; BLANNIN, A.K. “Effects of Short-Term Cinnamon Ingestion on in Vivo Glucose Tolerance.” *Diabetes, Obesity & Metabolism*. Oxford: 2007; 9(6): p. 895-901.
110. SOLOMON, T.P.J.; BLANNIN, A.K. “Changes in Glucose Tolerance and Insulin Sensitivity Following 2 Weeks of Daily Cinnamon Ingestion in Healthy Humans.” *European Journal of Applied Physiology*. Berlin: 2009; 105(6): p. 969-76.
111. FOTLAND, T. Ø.; PAULSEN, J.E.; SANNER, T.; ALEXANDER, J.; HUSØY, T. “Risk Assessment of Coumarin Using the Bench Mark Dose (BMD) Approach: Children in Norway Which Regularly Eat Oatmeal Porridge With Cinnamon May Exceed the TDI for Coumarin With Several Folds.” *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2012; 50(3-4): p. 903-12.
112. WICKENBERG, J.; LINDSTEDT, S.; BERNTORP, K.; NILSSON, J.; HLEBOWICZ, J. “Ceylon Cinnamon Does Not Affect Postprandial Plasma Glucose or Insulin in Subjects With Impaired Glucose Tolerance.” *The British Journal of Nutrition*. [S.l.]: 2012; 107(12): p. 1.845-9.
113. DAVIS, P.A.; YOKOYAMA, W. “Cinnamon Intake Lowers Fasting Blood Glucose: Meta-Analysis.” *Journal of Medicinal Food*. Larchmont, Nova York: 2011;14(9): p. 884-9.

Grãos integrais

1. Fundo Mundial para Pesquisa em Câncer/Instituto Americano de Pesquisa em Câncer. *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective*. Washington, D.C.: Instituto Americano de Pesquisa em Câncer, 2007.
2. “Eat 3 or More Whole-Grain Foods Every Day.” Disponível em: <http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/HealthyEating/Eat-3-or-More-Whole-Grain-Foods-Every-Day_UCM_320264_Article.jsp>. Acesso em 18 de abril de 2015.
3. WU, H.; FLINT, A.J.; QI, Q. et al. “Association Between Dietary Whole Grain Intake and Risk of Mortality: Two Large Prospective Studies in US Men and Women.” *Journal of the American Medical Association Internal Medicine*. Chicago: 2015; 175(3): p. 373-84.
4. TANG, G.; WANG, D.; LONG, J.; YANG, F.; SI, L. “Meta-Analysis of the Association Between Whole Grain Intake and Coronary Heart Disease Risk.” *The American Journal of Cardiology*. Nova York: 2015; 115(5): p. 625-9.
5. AUNE, D.; NORAT, T.; ROMUNDSTAD, P.; VATTEN, L.J. “Whole Grain and Refined Grain Consumption and the Risk of Type 2 Diabetes: A Systematic Re-

COMO NÃO MORRER

- view and Dose-Response Meta-analysis of Cohort Studies.” *European Journal of Epidemiology*. Dordrecht: 2013; 28(11): p. 845-58.
6. CHO, S.S.; QI, L.; FAHEY, G.C.; KLURFELD, D.M. “Consumption of Cereal Fiber, Mixtures of Whole Grains and Bran, and Whole Grains and Risk Reduction in Type 2 Diabetes, Obesity, and Cardiovascular Disease.” *The American Journal of Clinical Nutrition*. Bethesda: 2013; 98(2): p. 594-619.
 7. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. “A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010.” *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
 8. LEFEVRE, M.; JONNALAGADDA, S. “Effect of Whole Grains on Markers of Sub-clinical Inflammation.” *Nutrition Reviews*. Washington, D.C.: 2012; 70(7): p. 387-96.
 9. MONTONEN, J.; BOEING, H.; FRITSCHKE, A. et al. “Consumption of Red Meat and Whole-Grain Bread in Relation to Biomarkers of Obesity, Inflammation, Glucose Metabolism and Oxidative Stress.” *European Journal of Nutrition*. Darmstadt, Alemanha: 2013; 52(1): p. 337-45.
 10. GOLETZKE, J.; BUYKEN, A.E.; JOSLOWSKI, G. et al. “Increased Intake of Carbohydrates from Sources With a Higher Glycemic Index and Lower Consumption of Whole Grains During Puberty Are Prospectively Associated With Higher IL-6 Concentrations in Younger Adulthood Among Healthy Individuals.” *The Journal of Nutrition*. [S.l.]: 2014; 144(10): p. 1.586-93.
 11. SOFI, F.; GHISELLI, L.; CESARI, F. et al. “Effects of Short-Term Consumption of Bread Obtained by An Old Italian Grain Variety on Lipid, Inflammatory, and Hemorheological Variables: An Intervention Study.” *Journal of Medicinal Food*. Larchmont, Nova York: 2010; 13(3): p. 615-20.
 12. VITAGLIONE, P.; MENNELLA, I.; FERRACANE, R. et al. “Whole-Grain Wheat Consumption Reduces Inflammation in a Randomized Controlled Trial on Overweight and Obese Subjects With Unhealthy Dietary and Lifestyle Behaviors: Role of Polyphenols Bound to Cereal Dietary Fiber.” *The American Journal of Clinical Nutrition*. Bethesda: 2015; 101(2): p. 251-61.
 13. ESPOSITO, K.; NAPPO, E.; GIUGLIANO, F. et al. “Meal Modulation of Circulating Interleukin 18 and Adiponectin Concentrations in Healthy Subjects and in Patients With Type 2 Diabetes Mellitus.” *The American Journal of Clinical Nutrition*. Bethesda: 2003; 78(6): p. 1.135-40.
 14. MASTERS, R.C.; LIESE, A.D.; HAFFNER, S.M.; WAGENKNECHT, L.E.; HANLEY, A.J. “Whole and Refined Grain Intakes Are Related to Inflammatory Protein Concentrations in Human Plasma.” *The Journal of Nutrition*. [S.l.]: 2010; 140(3): p. 587-94.

NOTAS

15. VITAGLIONE, P.; MENNELLA, I.; FERRACANE, R. et al. "Whole-Grain Wheat Consumption Reduces Inflammation in a Randomized Controlled Trial on Overweight and Obese Subjects With Unhealthy Dietary and Lifestyle Behaviors: Role of Polyphenols Bound to Cereal Dietary Fiber." *The American Journal of Clinical Nutrition*. Bethesda: 2015; 101(2): p. 251-61.
16. QI, L.; VAN DAM, R.M.; LIU, S.; FRANZ, M.; MANTZOROS, C.; HU, F.B. "Whole-Grain, Bran, and Cereal Fiber Intakes and Markers of Systemic Inflammation in Diabetic Women." *Diabetes Care*. [S.l.]: 2006; 29(2): p. 207-11.
17. SOFI, F.; GHISELLI, L.; CESARI, F. et al. "Effects of Short-Term Consumption of Bread Obtained By An Old Italian Grain Variety on Lipid, Inflammatory, and Hemorheological Variables: An Intervention Study." *Journal of Medicinal Food*. Larchmont, Nova York: 2010; 13(3): p. 615-20.
18. ESPOSITO, K.; GIUGLIANO, D. "Whole-Grain Intake Cools Down Inflammation." *The American Journal of Clinical Nutrition*. Bethesda: 2006; 83(6): p. 1.440-1.
19. JACOBS, D.R. JR.; ANDERSEN, L.F.; BLOMHOFF, R. "Whole-Grain Consumption Is Associated With a Reduced Risk of Noncardiovascular, Noncancer Death Attributed to Inflammatory Diseases in the Iowa Women's Health Study." *The American Journal of Clinical Nutrition*. Bethesda: 2007; 85(6): p. 1.606-14.
20. RUBIO-TAPIA, A.; LUDVIGSSON, J.F.; BRANTNER, T.L.; MURRAY, J.A.; EVERHART, J.E. "The Prevalence of Celiac Disease in the United States." *The American Journal of Gastroenterology*. [S.l.]: 2012; 107(10): p. 1.538-44.
21. COOPER, B.T.; HOLMES, G.K.; FERGUSON, R.; THOMPSON, R.A.; ALLAN, R.N.; COOKE, W.T. "Gluten-Sensitive Diarrhea Without Evidence of Celiac Disease." *Gastroenterology*. [S.l.]: 1980; 79 (5 part. 1): p. 801-6.
22. FALCHUK, Z.M. "Gluten-Sensitive Diarrhea Without Enteropathy: Fact or Fancy?" *Gastroenterology*. [S.l.]: 1980; 79 (5 part. 1): p. 953-5.
23. AZIZ, I.; HADJIVASSILIOU, M.; SANDERS, D.S. "Does Gluten Sensitivity in the Absence of Coeliac Disease Exist?" *BMJ: British Medical Journal/British Medical Association*. Londres: 2012; 345: e7907.
24. MANSUETO, P.; SEIDITA, A.; D'ALCAMO, A.; CARROCCIO, A. "Non-Celiac Gluten Sensitivity: Literature Review." *Journal of the American College of Nutrition*. Nova York: 2014; 33(1): p. 39-54.
25. GENUIS, S.J. "Sensitivity-related Illness: The Escalating Pandemic of Allergy, Food Intolerance and Chemical Sensitivity." *The Science of the Total Environment*. Amsterdã: 2010; 408(24): p. 6.047-61.
26. DI SABATINO, A.; CORAZZA, G.R. "Non-Celiac Gluten Sensitivity: Sense or Sensibility?" *Annals of Internal Medicine*. Filadélfia: 2012; 156(4): p. 309-11.

COMO NÃO MORRER

27. MCCARTER, D.F. “Non-Celiac Gluten Sensitivity: Important Diagnosis or Dietary Fad?” *American Family Physician*. Kansas City, Missouri: 2014; 89(2): p. 82-3.
28. FERCH, C.C.; CHEY, W.D. “Irritable Bowel Syndrome and Gluten Sensitivity without Celiac Disease: Separating the Wheat from the Chaff.” *Gastroenterology*. [S.l.]: 2012; 142(3): p. 664-6.
29. CARROCCIO, A.; MANSUETO, P.; IACONO, G. et al. “Non-Celiac Wheat Sensitivity Diagnosed by Double-Blind Placebo-Controlled Challenge: Exploring a New Clinical Entity.” *The American Journal of Gastroenterology*. [S.l.]: 2012; 107(12): p. 1.898-906.
30. CARROCCIO, A.; MANSUETO, P.; IACONO, G. et al. “Non-celiac Wheat Sensitivity Diagnosed by Double-blind Placebo-controlled Challenge: Exploring a New Clinical Entity.” *The American Journal of Gastroenterology*. [S.l.]: 2012; 107(12): p. 1.898-906.
31. BIESIEKIERSKI, J.R.; PETERS, S.L.; NEWNHAM, E.D.; ROSELLA, O.; MUIR, J.G.; GIBSON, P.R. “No Effects of Gluten in Patients With Self-Reported Non-Celiac Gluten Sensitivity After Dietary Reduction of Fermentable, Poorly Absorbed, Short-chain Carbohydrates.” *Gastroenterology*. [S.l.]: 2013; 145(2): 320-8.e1-3.
32. PETERS, S.L.; BIESIEKIERSKI, J.R.; YELLAND, G.W.; MUIR, J.G.; GIBSON, P.R. “Randomised Clinical Trial: Gluten May Cause Depression in Subjects with Non-Coeliac Gluten Sensitivity — An Exploratory Clinical Study.” *Alimentary Pharmacology & Therapeutics*. Oxford: 2014; 39(10): p. 1.104-12.
33. AZIZ, I.; HADJIVASSILIOU, M.; SANDERS, D.S. “Editorial: Non-Coeliac Gluten Sensitivity — A Disease of the Mind or Gut?” *Alimentary Pharmacology & Therapeutics*. Oxford: 2014; 40(1): p. 113-4.
34. PICARELLI, A.; BORGHINI, R.; ISONNE, C.; DI TOLA, M. “Reactivity to Dietary Gluten: New Insights Into Differential Diagnosis Among Gluten-Related Gastrointestinal Disorders.” *Polskie Archiwum Medycyny Wewnętrznej*. [S.l.]: 2013; 123(12): p. 708-12.
35. RUBIO-TAPIA, A.; LUDVIGSSON, J.F.; BRANTNER, T.L.; MURRAY, J.A.; EVERHART, J.E. “The Prevalence of Celiac Disease in the United States.” *The American Journal of Gastroenterology*. [S.l.]: 2012; 107(10): p. 1.538-44.
36. RIDDLE, M.S.; MURRAY, J.A.; PORTER, C.K. “The Incidence and Risk of Celiac Disease in a Healthy US Adult Population.” *The American Journal of Gastroenterology*. [S.l.]: 2012; 107(8): p. 1.248-55.
37. VOLTA, U.; BARDELLA, M.T.; CALABRÒ, A.; TRONCONE, R.; CORAZZA, G.R. “An Italian Prospective Multicenter Survey on Patients Suspected of Having Non-Celiac Gluten Sensitivity.” *BMC Medicine* [versão eletrônica]. Londres: 2014; 12: p. 85.

NOTAS

38. HOLMES, G. "Non-Coeliac Gluten Sensitivity." *Gastroenterology and Hepatology from Bed to Bench*. Teerã: 2013; 6(3): p. 115-9.
39. GAESSER, G.A.; ANGADI, S.S. "Gluten-Free Diet: Imprudent Dietary Advice for the General Population?" *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(9): p. 1.330-3.
40. DE PALMA, G.; NADAL, I.; COLLADO, M.C.; SANZ, Y. "Effects of a Gluten-Free Diet on Gut Microbiota and Immune Function in Healthy Adult Human Subjects." *The British Journal of Nutrition*. [S.l.]: 2009; 102(8): p. 1.154-60.
41. GAESSER, G.A.; ANGADI, S.S. "Gluten-Free Diet: Imprudent Dietary Advice for the General Population?" *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2012; 112(9): p. 1.330-3.
42. HORIGUCHI, N.; HORIGUCHI, H.; SUZUKI, Y. "Effect of Wheat Gluten Hydrolysate on the Immune System in Healthy Human Subjects." *Bioscience, Biotechnology, and Biochemistry*. [S.l.]: 2005; 69(12): p. 2.445-9.
43. DI SABATINO, A.; CORAZZA, G.R. "Non-Celiac Gluten Sensitivity: Sense or Sensibility?" *Annals of Internal Medicine*. Filadélfia: 2012; 156(4): p. 309-11.
44. KOERNER, T.B.; CLEROUX, C.; POIRIER, C. et al. "Gluten Contamination of Naturally Gluten-Free Flours and Starches Used by Canadians With Celiac Disease." *Food Additives & Contaminants. Part A, Chemistry, Analysis, Control, Exposure & Risk Assessment*. [S.l.]: 2013; 30(12): p. 2.017-21.
45. MCCARTER, D.F. "Non-Celiac Gluten Sensitivity: Important Diagnosis or Dietary Fad?" *American Family Physician*. Kansas City, Missouri: 2014; 89(2): p. 82-3.
46. TAVAKKOLI, A.; LEWIS, S.K.; TENNYSON, C.A.; LEBWOHL, B.; GREEN, P.H. "Characteristics of Patients Who Avoid Wheat and/or Gluten in the Absence of Celiac Disease." *Digestive Diseases and Sciences*. Nova York: 2014; 59(6): p. 1.255-61.
47. PIETZAK, M. "Celiac Disease, Wheat Allergy, and Gluten Sensitivity: When Gluten Free Is Not a Fad." *JPEN. Journal of Parenteral and Enteral Nutrition*. [S.l.]: 2012; 36 (supl. 1): 68S-75S.
48. GOUFO, P.; TRINDADE, H. "Rice Antioxidants: Phenolic Acids, Flavonoids, Anthocyanins, Proanthocyanidins, Tocopherols, Tocotrienols, γ -Oryzanol, and Phytic Acid." *Food Science & Nutrition*. Malden, Massachusetts: 2014; 2(2): p. 75-104.
49. CHOI, S.P.; KANG, M.Y.; KOH, H.J.; NAM, S.H.; FRIEDMAN, M. "Antiallergic Activities of Pigmented Rice Bran Extracts in Cell Assays." *Journal of Food Science*. [S.l.]: 2007; 72(9): S719-26.
50. PINTHA, K.; YODKEEREE, S.; LIMTRAKUL, P. "Proanthocyanidin in Red Rice Inhibits MDA-MB-231 Breast Cancer Cell Invasion Via the Expression Control of Invasive Proteins." *Biological & Pharmaceutical Bulletin*. Tóquio: 2015; 38(4): p. 571-81.

COMO NÃO MORRER

51. SUTTIARPORN, P.; CHUMPOLSRI, W.; MAHATHEERANONT, S.; LUANGKAMIN, S.; TEEPSAWANG, S.; LEARDKAMOLKARN, V. "Structures of Phytosterols and Triterpenoids With Potential Anti-Cancer Activity in Bran of Black Non-Glutinous Rice." *Nutrients* [versão eletrônica]. Basel: 2015; 7(3): p. 1.672-87.
52. EGILMAN, D.; MAILLOUX, C.; VALENTIN, C. "Popcorn-Worker Lung Caused by Corporate and Regulatory Negligence: an Avoidable Tragedy." *International Journal of Occupational and Environmental Health*. [S.l.]: 2007; 13(1): p. 85-98.
53. EGILMAN, D.S.; SCHILLING, J.H. "Bronchiolitis Obliterans and Consumer Exposure to Butter-Flavored Microwave Popcorn: A Case Series." *International Journal of Occupational and Environmental Health*. [S.l.]: 2012; 18(1): p. 29-42.
54. NELSON, K.; STOJANOVSKA, L.; VASILJEVIC, T.; MATHAI, M. "Germinated Grains: A Superior Whole Grain Functional Food?" *Canadian Journal of Physiology and Pharmacology*. Ottawa: 2013; 91(6): p. 429-41.
55. HOVEY, A.L.; JONES, G.P.; DEVEREUX, H.M.; WALKER, K.Z. "Whole Cereal and Legume Seeds Increase Faecal Short Chain Fatty Acids Compared to Ground Seeds." *Asia Pacific Journal of Clinical Nutrition*. [S.l.]: 2003; 12(4): p. 477-82.
56. STEPHEN, A.M.; CUMMINGS, J.H. "The Microbial Contribution to Human Faecal Mass." *Journal of Medical Microbiology*. Edimburgo: 1980; 13(1): p. 45-56.
57. FECHNER, A.; FENSKE, K.; JAHREIS, G. "Effects of Legume Kernel Fibres and Citrus Fibre on Putative Risk Factors for Colorectal Cancer: A Randomised, Double-Blind, Crossover Human Intervention Trial." *Nutrition Journal* [versão eletrônica]. Londres: 2013; 12: p. 101.
58. HOVEY, A.L.; JONES, G.P.; DEVEREUX, H.M.; WALKER, K.Z. "Whole Cereal and Legume Seeds Increase Faecal Short Chain Fatty Acids Compared to Ground Seeds." *Asia Pacific Journal of Clinical Nutrition*. [S.l.]: 2003; 12(4): p. 477-82.
59. TAN, J.; MCKENZIE, C.; POTAMITIS, M.; THORBURN, A.N.; MACKAY, C.R.; MACIA, L. "The Role of Short-Chain Fatty Acids in Health and Disease." *Advances in Immunology*. New York: 2014; 121: 91-119.
60. MOLTEBERG, E.L.; SOLHEIM, R.; DIMBERG, L.H.; FRØLICH, W. "Variation in Oat Groats Due to Variety, Storage and Heat Treatment. II: Sensory Quality." *Journal of Cereal Science*. Londres: 1996; 24(3): p. 273-82.
61. CERIO, R.; DOHIL, M.; DOWNIE, J. et al. "Mechanism of Action and Clinical Benefits of Colloidal Oatmeal for Dermatologic Practice". *Journal of Drugs in Dermatology: JDD*. Nova York: 2010; 9(9): p. 1.116-20.
62. BOISNIC, S.; BRANCHET-GUMILA, M.C.; COUTANCEAU, C. "Inhibitory Effect of Oatmeal Extract Oligomer on Vasoactive Intestinal Peptide-Induced Inflammation in Surviving Human Skin." *International Journal of Tissue Reactions*. Genebra: 2003; 25(2): p. 41-6.

NOTAS

63. ALEXANDRESCU, D.T.; VAILLANT, J.G.; DASANU, C.A. "Effect of Treatment With a Colloidal Oatmeal Lotion on the Acneform Eruption Induced by Epidermal Growth Factor Receptor and Multiple Tyrosinekinase Inhibitors." *Clinical and Experimental Dermatology*. Oxford: 2007; 32(1): p. 71-4.
64. WILD, R.; FAGER, K.; FLEFLEH, C. et al. "Cetuximab Preclinical Antitumor Activity (Monotherapy and Combination Based) Is Not Predicted by Relative Total or Activated Epidermal Growth Factor Receptor Tumor Expression Levels." *Molecular Cancer Therapeutics*. Filadélfia: 2006; 5(1): p. 104-13.
65. GUO, W.; NIE, L.; WU, D. et al. "Avenanthramides Inhibit Proliferation of Human Colon Cancer Cell Lines in Vitro." *Nutrition and Cancer*. Filadélfia: 2010; 62(8): p. 1.007-16.
66. CLEMENS, R.; VAN KLINKEN, B.J.W. "Oats, More Than Just a Whole Grain: An Introduction." *The British Journal of Nutrition*. [S.l.]: 2014; 112 (supl. 2): S1-3.
67. EIDSON, M.; SAENZ, B. "Average Portion Sizes of Pasta from Italian Casual Dining Restaurants in Tarrant County." Disponível em: <http://www.srs.tcu.edu/previous_posters/Nutritional_Sciences/2010/148-Eidson-Gorman.pdf>. 2010. Acesso em 21 de maio de 2015.

Bebidas

1. POPKIN, B.M.; ARMSTRONG, L.E.; BRAY, G.M.; CABALLERO, B.; FREI, B.; WILLET, W.C. "A New Proposed Guidance System for Beverage Consumption in the United States." *The American Journal of Clinical Nutrition*. Bethesda: 2006; 83(3): p. 529-42.
2. RUSH, E.C. "Water: Neglected, Unappreciated and Under Researched." *European Journal of Clinical Nutrition*. Londres: 2013; 67(5): p. 492-5.
3. RUSH, E.C. "Water: Neglected, Unappreciated and Under Researched." *European Journal of Clinical Nutrition*. Londres: 2013; 67(5): p. 492-5.
4. JÉQUIER, E.; CONSTANT, F. "Water as an Essential Nutrient: The Physiological Basis of Hydration." *European Journal of Clinical Nutrition*. Londres: 2010; 64(2): p. 115-23.
5. VIVANTI, A.P. "Origins for the Estimations of Water Requirements in Adults." *European Journal of Clinical Nutrition*. Londres: 2012; 66(12): p. 1.282-9.
6. ADOLPH, E.F. "The Regulation of the Water Content of the Human Organism." *J Physiol* (Londres). [S.l.]: 1921; 55(1-2): p. 114-32.
7. WALSH, N.P.; FORTES, M.B.; PURSLOW, C.; ESMAEELPOUR, M. "Author Response: Is Whole Body Hydration an Important Consideration in Dry Eye?" *Investigative Ophthalmology & Visual Science*. [S.l.]: 2013; 54(3): p. 1.713-4.

COMO NÃO MORRER

8. GOODMAN, A.B.; BLANCK, H.M.; SHERRY, B.; PARK, S.; NEBELING, L.; YAROCH, A.L. "Behaviors and Attitudes Associated With Low Drinking Water Intake Among US Adults, Food Attitudes and Behaviors Survey, 2007." *Preventing Chronic Disease* [versão eletrônica]. Atlanta: 2013; 10: E51.
9. NEGOIANU, D.; GOLDFARB, S. "Just Add Water." *Journal of the American Society of Nephrology: JASN*. Washington, D.C.: 2008; 19(6): p. 1.041-3.
10. MICHAUD, D.S.; SPIEGELMAN, D.; CLINTON, S.K. et al. "Fluid Intake and the Risk of Bladder Cancer in Men." *The New England Journal of Medicine*. Boston: 1999; 340(18): p. 1.390-7.
11. CHAN, J.; KNUTSEN, S.F.; BLIX, G.G.; LEE, J.W.; FRASER, G.E. "Water, Other Fluids, and Fatal Coronary Heart Disease: The Adventist Health Study." *American Journal of Epidemiology*. [S.l.]: 2002; 155(9): p. 827-33.
12. GUEST, S.; ESSICK, G.K.; MEHRABYAN, A.; DESSIRIER, J.M.; MCGLONE, F. "Effect of Hydration on the Tactile and Thermal Sensitivity of the Lip." *Physiology & Behavior*. [S.l.]: 2014; 123: p. 127-35.
13. BENELAM, B.; WYNESS, L. "Hydration and Health: A Review." *Nutrition Bulletin*. [S.l.]: 2010; 35: p. 3-25.
14. VIVANTI, A.P. "Origins for the Estimations of Water Requirements in Adults." *European Journal of Clinical Nutrition*. Londres: 2012; 66(12): p. 1.282-9.
15. BENELAM, B.; WYNESS, L. "Hydration and Health: A Review." *Nutrition Bulletin*. [S.l.]: 2010; 35: p. 3-25.
16. KILLER, S.C.; BLANNIN, A.K.; JEUKENDRUP, A.E.. "No Evidence of Dehydration with Moderate Daily Coffee Intake: A Counterbalanced Cross-Over Study in a Free-Living Population." *PLoS ONE*. São Francisco: 2014; 9(1): e84154.
17. RUXTON, C.H.; HART, V.A. "Black Tea Is Not Significantly Different from Water in the Maintenance of Normal Hydration in Human Subjects: Results from a Randomised Controlled Trial." *The British Journal of Nutrition*. [S.l.]: 2011; 106(4): p. 588-95.
18. BENELAM, B.; WYNESS, L. "Hydration and Health: A Review." *Nutrition Bulletin*. [S.l.]: 2010; 35: p. 3-25.
19. SALEH, M.A.; ABDEL-RAHMAN, F.H.; WOODARD, B.B. et al. "Chemical, Microbial and Physical Evaluation of Commercial Bottled Waters in Greater Houston Area of Texas." *Journal of Environmental Science and Health. Part A, Toxic/Hazardous Substances & Environmental Engineering*. [S.l.]: 2008; 43(4): p. 335-47.
20. VALTIN, H. "'Drink at Least Eight Glasses of Water a Day.' Really? Is There Scientific Evidence for '8 x 8'?" *American Journal of Physiology. Regulatory, Integrative and Comparative Physiology*. Bethesda: 2002; 283(5): R993-1004.

NOTAS

21. KEMPTON, M.J.; ETTINGER, U.; FOSTER, R. et al. "Dehydration Affects Brain Structure and Function in Healthy Adolescents." *Human Brain Mapping*. Nova York: 2011; 32(1): p. 71-9.
22. STOOKEY, J.D.; BRASS, B.; HOLLIDAY, A.; ARIEFF, A. "What Is the Cell Hydration Status of Healthy Children in the USA? Preliminary Data on Urine Osmolality and Water Intake." *Public Health Nutrition*. [S.l.]: 2012; 15(11): p. 2.148-56.
23. EDMONDS, C.J.; BURFORD, D. "Should Children Drink More Water?: The Effects of Drinking Water on Cognition in Children." *Appetite*. Londres: 2009; 52(3): p. 776-9.
24. PROSS, N.; DEMAZIÈRES, A.; GIRARD, N. et al. "Influence of Progressive Fluid Restriction on Mood and Physiological Markers of Dehydration in Women." *The British Journal of Nutrition*. [S.l.]: 2013; 109(2): p. 313-21.
25. PÉRONNET, F.; MIGNAULT, D.; DU SOUICH, P. et al. "Pharmacokinetic Analysis of Absorption, Distribution and Disappearance of Ingested Water Labeled With D₂O in Humans." *European Journal of Applied Physiology*. Berlin: 2012; 112(6): p. 2.213-22.
26. BATEMAN, D.N. "Effects of Meal Temperature and Volume on the Emptying of Liquid from the Human Stomach." *J Physiol (Londres)*. [S.l.]: 1982; 331: p. 461-7.
27. ARMSTRONG, L.E.; GANIO, M.S.; KLAU, J.F.; JOHNSON, E.C.; CASA, D.J.; MARESH, C.M. "Novel Hydration Assessment Techniques Employing Thirst and a Water Intake Challenge in Healthy Men." *Applied Physiology, Nutrition, and Metabolism: Physiologie Appliquée, Nutrition et Métabolisme*. Ottawa: 2014; 39(2): p. 138-44.
28. CUOMO, R.; GRASSO, R.; SARNELLI, G. et al. "Effects of Carbonated Water on Functional Dyspepsia and Constipation." *European Journal of Gastroenterology & Hepatology*. Londres: 2002; 14(9): p. 991-9.
29. FREEDMAN, N.D.; PARK, Y.; ABNET, C.C.; HOLLENBECK, A.R.; SINHA, R. "Association of Coffee Drinking With Total and Cause-Specific Mortality." *The New England Journal of Medicine*. Boston: 2012; 366(20): p. 1.891-904.
30. LIU, J.; SUI, X.; LAVIE, C.J. et al. "Association of Coffee Consumption With All-Cause and Cardiovascular Disease Mortality." *Mayo Clinic Proceedings*. [S.l.]: 2013; 88(10): p. 1.066-74.
31. O'KEEFE, J.H.; BHATTI, S.K.; PATIL, H.R.; DINICOLANTONIO, J.J.; LUCAN, S.C.; LAVIE, C.J. "Effects of Habitual Coffee Consumption on Cardiometabolic Disease, Cardiovascular Health, and All-Cause Mortality." *Journal of the American College of Cardiology*. Nova York: 2013; 62(12): p. 1.043-51.
32. MALERBA, S.; TURATI, F.; GALEONE, C. et al. "A Meta-Analysis of Prospective Studies of Coffee Consumption and Mortality for All Causes, Cancers and Cardiovascular Diseases." *European Journal of Epidemiology*. Dordrecht: 2013; 28(7): p. 527-39.

COMO NÃO MORRER

33. SHIMAMOTO, T.; YAMAMICHI, N.; KODASHIMA, S. et al. "No Association of Coffee Consumption With Gastric Ulcer, Duodenal Ulcer, Reflux Esophagitis, and Non-Erosive Reflux Disease: A Cross-sectional Study of 8,013 Healthy Subjects in Japan." *PLoS ONE* [versão eletrônica]. São Francisco: 2013; 8(6): e65996.
34. WENDL, B.; PFEIFFER, A.; PEHL, C.; SCHMIDT, T.; KAESS, H. "Effect of Decaffeination of Coffee or Tea on Gastro-Oesophageal Reflux." *Alimentary Pharmacology & Therapeutics*. Oxford: 1994; 8(3): p. 283-7.
35. LEE, D.R.; LEE, J.; ROTA, M. et al. "Coffee Consumption and Risk of Fractures: A Systematic Review and Dose-Response Meta-Analysis." *Bone*. [S.l.]: 2014; 63: p. 20-8.
36. SHENG, J.; QU, X.; ZHANG, X. et al. "Coffee, Tea, and the Risk of Hip Fracture: A Meta-Analysis." *Osteoporosis International: A Journal Established as Result of Cooperation Between the European Foundation for Osteoporosis and the National Osteoporosis Foundation of the USA*. Londres: 2014; 25(1): p. 141-50.
37. CHEN, B.; SHI, H.F.; WU, S.C. "Tea Consumption Didn't Modify the Risk of Fracture: A Dose-Response Meta-Analysis of Observational Studies." *Diagnostic Pathology* [versão eletrônica]. Londres: 2014; 9: p. 44.
38. NAZRUN, A.S.; TZAR, M.N.; MOKHTAR, S.A.; MOHAMED, I.N. "A Systematic Review of the Outcomes of Osteoporotic Fracture Patients After Hospital Discharge: Morbidity, Subsequent Fractures, and Mortality." *Therapeutics and Clinical Risk Management*. Albany, Auckland: 2014; 10: p. 937-48.
39. LI, M.; WANG, M.; GUO, W.; WANG, J.; SUN, X. "The Effect of Caffeine on Intraocular Pressure: A Systematic Review and Meta-Analysis." *Graefes Archive for Clinical and Experimental Ophthalmology: Albrecht von Graefes Archiv für Klinische und Experimentelle Ophthalmologie*. Berlin: 2011; 249(3): p. 435-42.
40. KANG, J.H.; WILLETT, W.C.; ROSNER, B.A.; HANKINSON, S.E.; PASQUALE, L.R. "Caffeine Consumption and the Risk of Primary Open-Angle Glaucoma: a Prospective Cohort Study." *Investigative Ophthalmology & Visual Science*. [S.l.]: 2008; 49(5): p. 1.924-31.
41. GLEASON, J.L.; RICHTER, H.E.; REDDEN, D.T.; GOODE, P.S.; BURGIO, K.L.; MARKLAND, A.D. "Caffeine and Urinary Incontinence in US Women." *International Urogynecology Journal*. Londres: 2013; 24(2): p. 295-302.
42. DAVIS, N.J.; VAUGHAN, C.P.; JOHNSON, T.M et al. "Caffeine Intake and Its Association With Urinary Incontinence in United States Men: Results from National Health and Nutrition Examination Surveys 2005-2006 and 2007-2008." *The Journal of Urology*. [S.l.]: 2013; 189(6): p. 2.170-4.
43. BONILHA, L.; LI, L.M. "Heavy Coffee Drinking and Epilepsy." *Seizure*. Londres: 2004; 13(4): p. 284-5.

NOTAS

44. LLORET-LINARES, C.; LAFUENTE-LAFUENTE, C.; CHASSANY, O. et al. "Does a Single Cup of Coffee at Dinner Alter the Sleep? A Controlled Cross-Over Randomised Trial in Real-Life Conditions." *Nutrition & Dietetics*. [S.l.]: 2012; 69(4): p. 250-5.
45. URGERT, R.; KATAN, M.B. "The Cholesterol-Raising Factor from Coffee Beans." *Annual Review of Nutrition*. Palo Alto, Califórnia: 1997; 17: 305-24.
46. CORRÊA, T.A.F.; ROGERO, M.M.; MIOTO, B.M. et al. "Paper-Filtered Coffee Increases Cholesterol and Inflammation Biomarkers Independent of Roasting Degree: A Clinical Trial." *Nutrition*. [S.l.]: 2013; 29(7-8): p. 977-81.
47. BHAVE, P.D.; HOFFMAYER, K. "Caffeine and Atrial Fibrillation: Friends or Foes?" *Heart*. Londres: 2013; 99(19): p. 1.377-8.
48. PATANÈ, S.; MARTE, F.; LA ROSA, F.C.; LA ROCCA, R. "Atrial Fibrillation Associated With Chocolate Intake Abuse and Chronic Salbutamol Inhalation Abuse." *International Journal of Cardiology*. Amsterdã: 2010; 145(2): e74-6.
49. CALDEIRA, D.; MARTINS, C.; ALVES, L.B.; PEREIRA, H.; FERREIRA, J.J.; COSTA, J. "Caffeine Does Not Increase the Risk of Atrial Fibrillation: A Systematic Review and Meta-Analysis of Observational Studies." *Heart*. Londres: 2013; 99(19): p. 1.383-9.
50. CHENG, M.; HU, Z.; LU, X.; HUANG, J.; GU, D. "Caffeine Intake and Atrial Fibrillation Incidence: Dose Response Meta-Analysis of Prospective Cohort Studies." *The Canadian Journal of Cardiology*. [S.l.]: 2014; 30(4): p. 448-54.
51. GLADE, M.J. "Caffeine — Not Just a Stimulant." *Nutrition*. [S.l.]: 2010; 26(10): p. 932-8.
52. BHAVE, P.D.; HOFFMAYER, K. "Caffeine and Atrial Fibrillation: Friends or Foes?" *Heart*. Londres: 2013; 99(19): p. 1.377-8.
53. SEPKOWITZ, K.A. "Energy Drinks and Caffeine-Related Adverse Effects." *Journal of the American Medical Association*. Chicago: 2013; 309(3): p. 243-4.
54. O'KEEFE, J.H.; BHATTI, S.K.; PATIL, H.R.; DINICOLANTONIO, J.J.; LUCAN, S.C.; LAVIE, C.J. "Effects of Habitual Coffee Consumption on Cardiometabolic Disease, Cardiovascular Health, and All-Cause Mortality." *Journal of the American College of Cardiology*. Nova York: 2013; 62(12): p. 1.043-51.
55. YU, X.; BAO, Z.; ZOU, J.; DONG, J. "Coffee Consumption and Risk of Cancers: A Meta-Analysis of Cohort Studies." *BMC Cancer* [versão eletrônica]. Londres: 2011; 11: p. 96.
56. TZELLOS, T.G.; SARDELI, C.; LALLAS, A.; PAPAISIS, G.; CHOURDAKIS, M.; KOUVELAS, D. "Efficacy, Safety and Tolerability of Green Tea Catechins in the Treatment of External Anogenital Warts: A Systematic Review and Meta-Analysis." *Journal of the European Academy of Dermatology and Venereology: JEADV*. [S.l.]: 2011; 25(3): p. 345-53.
57. DUNNE, E.F.; FRIEDMAN, A.; DATTA, S.D.; MARKOWITZ, L.E.; WORKOWSKI, K.A. "Updates on Human Papillomavirus and Genital Warts and Counseling

COMO NÃO MORRER

- Messages from the 2010 Sexually Transmitted Diseases Treatment Guidelines.” *Clinical Infectious Diseases: An Official Publication of the Infectious Diseases Society of America*. [S.l.]: 2011; 53 (supl. 3): S143-52.
58. TJEERDSMA, E.; JONKMAN, M.F.; SPOO, J.R. “Temporary Arrest of Basal Cell Carcinoma Formation in a Patient with Basal Cell Naevus Syndrome (BCNS) since Treatment with a Gel Containing Various Plant Extracts.” *Journal of the European Academy of Dermatology and Venereology: JEADV*. [S.l.]: 2011; 25(2): p. 244-5.
59. TRUDEL, D.; LABBÉ, D.P.; BAIRATI, I.; FRADET, V.; BAZINET, L.; TÊTU, B. “Green Tea for Ovarian Cancer Prevention and Treatment: A Systematic Review of the in Vitro, in Vivo and Epidemiological Studies.” *Gynecologic Oncology*. Nova York: 2012; 126(3): p. 491-8.
60. BUTLER, L.M.; WU, A.H. “Green and Black Tea in Relation to Gynecologic Cancers.” *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2011; 55(6): p. 931-40.
61. ONAKPOYA, I.; SPENCER, E.; HENEGHAN, C.; THOMPSON, M. “The Effect of Green Tea on Blood Pressure and Lipid Profile: A Systematic Review and Meta-analysis of Randomized Clinical Trials.” *Nutrition, Metabolism, and Cardiovascular Diseases: NMCD*. [S.l.]: 2014; 24(8): p. 823-36.
62. LIU, G.; MI, X.N.; ZHENG, X.X.; XU, Y.L.; LU, J.; HUANG, X.H. “Effects of Tea Intake on Blood Pressure: A Meta-Analysis of Randomised Controlled Trials.” *The British Journal of Nutrition*. [S.l.]: 2014; 112(7): p. 1.043-54.
63. MARUYAMA, K.; ISO, H.; SASAKI, S.; FUKINO, Y. “The Association Between Concentrations of Green Tea and Blood Glucose Levels.” *Journal of Clinical Biochemistry and Nutrition*. Mitake, Gifu, Japão: 2009; 44(1): p. 41-5.
64. MAKI, K.C.; REEVES, M.S.; FARMER, M. et al. “Green Tea Catechin Consumption Enhances Exercise-Induced Abdominal Fat Loss in Overweight and Obese Adults.” *The Journal of Nutrition*. [S.l.]: 2009; 139(2): p. 264-70.
65. ARAB, L.; KHAN, F.; LAM, H. “Epidemiologic Evidence of a Relationship Between Tea, Coffee, or Caffeine Consumption and Cognitive Decline.” *Advances in Nutrition*. Bethesda: 2013; 4(1): p. 115-22.
66. ARAB, L.; LIU, W.; ELASHOFF, D. “Green and Black Tea Consumption and Risk of Stroke: A Meta-Analysis.” *Stroke*. Baltimore: 2009; 40(5): p. 1.786-92.
67. YANG, W.S.; WANG, W.Y.; FAN, W.Y.; DENG, Q.; WANG, X. “Tea Consumption and Risk of Type 2 Diabetes: A Dose-Response Meta-Analysis of Cohort Studies.” *The British Journal of Nutrition*. [S.l.]: 2014; 111(8): p. 1.329-39.
68. KOYAMA, Y.; KURIYAMA, S.; AIDA, J. et al. “Association Between Green Tea Consumption and Tooth Loss: Cross-Sectional Results from the Ohsaki Cohort 2006 Study.” *Preventive Medicine*. Nova York: 2010; 50(4): p. 173-9.

NOTAS

69. WATANABE, I.; KURIYAMA, S.; KAKIZAKI, M. et al. "Green Tea and Death from Pneumonia in Japan: The Ohsaki Cohort Study." *The American Journal of Clinical Nutrition*. Bethesda: 2009; 90(3): p. 672-9.
70. MAEDA-YAMAMOTO, M.; EMA, K.; MONOBE, M. et al. "The Efficacy of Early Treatment of Seasonal Allergic Rhinitis With Benifuuki Green Tea Containing O-Methylated Catechin Before Pollen Exposure: An Open Randomized Study." *Allergology International: Official Journal of the Japanese Society of Allergology*. [S.l.]: 2009; 58(3): p. 437-44.
71. MASUDA, S.; MAEDA-YAMAMOTO, M.; USUI, S.; FUJISAWA, T. "Benifuuki Green Tea Containing Omethylated Catechin Reduces Symptoms of Japanese Cedar Pollinosis: a Randomized, Double-Blind, Placebo-Controlled Trial." *Allergology International: Official Journal of the Japanese Society of Allergology*. [S.l.]: 2014; 63(2): p. 211-7.
72. MILLET, D. "The Origins of EEG." Sétimo Encontro Anual da Sociedade Internacional para a História das Neurociências (ISHN). 3 de junho de 2002. Disponível em: <<http://www.bri.ucla.edu/nha/isnhn/ab24-2002.htm>>. Acesso em 21 de abril de 2015.
73. NOBRE, A.C.; RAO, A.; OWEN, G.N. "L-Theanine, a Natural Constituent in Tea, and Its Effect on Mental State." *Asia Pacific Journal of Clinical Nutrition*. [S.l.]: 2008; 17 (supl. 1): p. 167-8.
74. WANG, Z.M.; ZHOU, B.; WANG, Y.S. et al. "Black and Green Tea Consumption and the Risk of Coronary Artery Disease: A Meta-Analysis." *The American Journal of Clinical Nutrition*. Bethesda: 2011; 93(3): p. 506-15.
75. RUSAK, G.; KOMES, D.; LIKIĆ, S.; HORŽIĆ, D.; KOVAČ, M. "Phenolic Content and Antioxidative Capacity of Green and White Tea Extracts Depending on Extraction Conditions and the Solvent Used." *Food Chemistry*. Barking, Inglaterra: 2008; 110(4): p. 852-8.
76. GREEN, R.J.; MURPHY, A.S.; SCHULZ, B.; WATKINS, B.A.; FERRUZZI, M.G. "Common Tea Formulations Modulate in Vitro Digestive Recovery of Green Tea Catechins." *Molecular Nutrition & Food Research*. Weinheim, Alemanha: 2007; 51(9): p. 1.152-62.
77. SANTANA-RIOS, G.; ORNER, G.A.; AMANTANA, A.; PROVOST, C.; WU, S.Y.; DASHWOOD, R.H. "Potent Antimutagenic Activity of White Tea in Comparison With Green Tea in the Salmonella Assay." *Mutation Research*. Amsterdã: 2001; 495(1-2): p. 61-74.
78. YANG, D.J.; HWANG, L.S.; LIN, J.T. "Effects of Different Steeping Methods and Storage on Caffeine, Catechins and Gallic Acid in Bag Tea Infusions." *Journal of Chromatography. A*. Amsterdã: 2007; 1156(1-2): p. 312-20.
79. VENDITTI, E.; BACCHETTI, T.; TIANO, L.; CARLONI, P.; GRECI, L.; DAMIANI, E. "Hot vs. Cold Water Steeping of Different Teas: Do They Affect Antioxidant Activity?" *Food Chemistry*. Barking, Inglaterra: 2010; 119(4): p. 1.597-1.604.

COMO NÃO MORRER

80. PATEL, S.S.; BEER, S.; KEARNEY, D.L.; PHILLIPS, G.; CARTER, B.A. "Green Tea Extract: A Potential Cause of Acute Liver Failure." *World Journal of Gastroenterology*. [S.l.]: 2013; 19(31): p. 5.174-7.
81. KOLE, A.S.; JONES, H.D.; CHRISTENSEN, R.; GLADSTEIN, J. "A Case of Kombucha Tea Toxicity." *Journal of Intensive Care Medicine*. Thousand Oaks, California: 2009; 24(3): p. 205-7.
82. GOENKA, P.; SARAWGI, A.; KARUN, V.; NIGAM, A.G.; DUTTA, S.; MARWAH, N. "Camellia Sinensis (Tea): Implications and Role in Preventing Dental Decay." *Pharmacognosy Reviews*. [S.l.]: 2013; 7(14): p. 152-6.
83. KAKUMANU, N.; RAO, S.D. "Images in Clinical Medicine. Skeletal Fluorosis Due to Excessive Tea Drinking." *The New England Journal of Medicine*. Boston: 2013; 368(12): p. 1.140.
84. MALINOWSKA, E.; INKIELEWICZ, I.; CZARNOWSKI, W.; SZEFER, P. "Assessment of Fluoride Concentration and Daily Intake by Human from Tea and Herbal Infusions." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2008; 46(3): p. 1.055-61.
85. MALINOWSKA, E.; INKIELEWICZ, I.; CZARNOWSKI, W.; SZEFER, P. "Assessment of Fluoride Concentration and Daily Intake by Human from Tea and Herbal Infusions." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2008; 46(3): p. 1.055-61.
86. QUOCK, R.L.; GAO, J.X.; CHAN, J.T. "Tea Fluoride Concentration and the Pediatric Patient." *Food Chemistry*. Barking, Inglaterra: 2012; 130: p. 615-7.
87. PHILLIPS, K.M.; CARLSEN, M.H.; BLOMHOFF, R. "Total Antioxidant Content of Alternatives to Refined Sugar." *Journal of the American Dietetic Association*. [S.l.]: 2009; 109(1): p. 64-71.
88. MATSUI, M.; MATSUI, K.; KAWASAKI, Y. et al. "Evaluation of the Genotoxicity of Stevioside and Steviol Using Six in Vitro and One in Vivo Mutagenicity Assays." *Mutagenesis*. [S.l.]: 1996; 11(6): p. 573-9.
89. KOYAMA, E.; KITAZAWA, K.; OHORI, Y. et al. "In Vitro Metabolism of the Glycosidic Sweeteners, Stevia Mixture and Enzymatically Modified Stevia in Human Intestinal Microflora." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2003; 41(3): p. 359-74.
90. JOINT FAO/WHO EXPERT COMMITTEE ON FOOD ADDITIVES. "Evaluation of Certain Food Additives." *World Health Organization Technical Report Series*. Geneva: 2009; (952): p. 1-208.
91. GOLD, J. "Erythritol May Reduce Dental Caries in High-Risk School Children." *The Journal of Evidence-Based Dental Practice*. St. Louis, Missouri: 2014; 14(4): p. 185-7.

NOTAS

92. CIAPPUCCINI, R.; ANSEMANT, T.; MAILLEFERT, J.F.; TAVERNIER, C.; ORNETTI, P. "Aspartame-Induced Fibromyalgia, an Unusual But Curable Cause of Chronic Pain." *Clinical and Experimental Rheumatology*. Pisa: 2010; 28 (6 supl. 63): S131-3.
93. HALLDORSSON, T.I.; STRØM, M.; PETERSEN, S.B.; OLSEN, S.F. "Intake of Artificially Sweetened Soft Drinks and Risk of Preterm Delivery: A Prospective Cohort Study in 59,334 Danish Pregnant Women." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 92(3): p. 626-33.
94. JACOB, S.E.; STECHSCHULTE, S. "Formaldehyde, Aspartame, and Migraines: A Possible Connection." *Dermatitis: Contact, Atopic, Occupational, Drug*. [S.l.]: 2008; 19(3): E10-1.
95. ROBERTS, H.J. "Overlooked Aspartame-Induced Hypertension." *Southern Medical Journal*. Birmingham, Alabama: 2008; 101(9): p. 969.
96. ROBERTS, H.J. "Perspective on Aspartame-induced Pseudotumor Cerebri." *Southern Medical Journal*. Birmingham, Alabama: 2009; 102(8): p. 873.
97. ROBERTS, H.J. "Aspartame-Induced Thrombocytopenia." *Southern Medical Journal*. Birmingham, Alabama: 2007; 100(5): p. 543.
98. DEN HARTOG, G.J.M.; BOOTS, A.W.; ADAM-PERROT, A. et al. "Erythritol Is a Sweet Antioxidant." *Nutrition*. [S.l.]: 2010; 26(4): p. 449-58.
99. CARLSEN, M.H.; HALVORSEN, B.L.; HOLTE, K. et al. "The Total Antioxidant Content of More Than 3100 Foods, Beverages, Spices, Herbs and Supplements Used Worldwide." *Nutrition Journal* [versão eletrônica]. Londres: 2010; 9: p. 3.
100. CHU, C.H.; PANG, K.K.L.; LO, E.C.M. "Dietary Behavior and Knowledge of Dental Erosion Among Chinese Adults." *BMC Oral Health* [versão eletrônica]. Londres: 2010; 10: p. 13.
101. ATTIN, T.; SIEGEL, S.; BUCHALLA, W.; LENNON, A.M.; HANNING, C.; BECKER, K. "Brushing Abrasion of Softened and Remineralised Dentin: An in Situ Study." *Caries Research*. Basel: 2004; 38(1): p. 62-6.
102. BASSIOUNY, M.A.; YANG, J. "Influence of Drinking Patterns of Carbonated Beverages on Dental Erosion." *General Dentistry*. Chicago: 2005; 53(3): p. 205-10.
103. YANG, Q. "Gain Weight by 'Going Diet?' Artificial Sweeteners and the Neurobiology of Sugar Cravings: Neuroscience 2010." *The Yale Journal of Biology and Medicine*. New Haven, Connecticut: 2010; 83(2): p. 101-8.
104. PORIKOS, K.P.; BOOTH, G.; VAN ITALLIE, T.B. "Effect of Covert Nutritive Dilution on the Spontaneous Food Intake of Obese Individuals: A Pilot Study." *The American Journal of Clinical Nutrition*. Bethesda: 1977; 30(10): p. 1.638-44.
105. MATTES, R. "Effects of Aspartame and Sucrose on Hunger and Energy Intake in Humans." *Physiology & Behavior*. [S.l.]: 1990; 47(6): p. 1.037-44.

COMO NÃO MORRER

106. YANG, Q. "Gain Weight by 'Going Diet?' Artificial Sweeteners and the Neurobiology of Sugar Cravings: Neuroscience 2010." *The Yale Journal of Biology and Medicine*. New Haven, Connecticut: 2010; 83(2): p. 101-8.
107. YANG, Q. "Gain Weight by 'Going diet?' Artificial Sweeteners and the Neurobiology of Sugar Cravings: Neuroscience 2010." *The Yale Journal of Biology and Medicine*. New Haven, Connecticut: 2010; 83(2): p. 101-8.

Exercícios físicos

1. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. "Obesity and Overweight." Disponível em: <<http://www.cdc.gov/nchs/fastats/obesity-overweight.htm>>. 29 de abril de 2015. Acesso em 17 de maio de 2015.
2. LASKOWSKI, E.R. "The Role of Exercise in the Treatment of Obesity." *PM & R: The Journal of Injury, Function, and Rehabilitation*. Nova York: 2012; 4(11): p. 840-4.
3. OLSHANSKY, S.J.; PASSARO, D.J.; HERSHOW, R.C. et al. "A Potential Decline in Life Expectancy in the United States in the 21st Century." *The New England Journal of Medicine*. Boston: 2005; 352(11): p. 1.138-45.
4. FREEDHOFF, Y.; HÉBERT, P.C. "Partnerships Between Health Organizations and the Food Industry Risk Derailing Public Health Nutrition." *CMAJ: Canadian Medical Association Journal: Journal de l'Association Médicale Canadienne*. Ottawa: 2011; 183(3): p. 291-2.
5. WESTERTERP, K.R.; SPEAKMAN, J.R. "Physical Activity Energy Expenditure Has Not Declined Since the 1980s and Matches Energy Expenditures of Wild Mammals." *International Journal of Obesity (London)*. Londres: 2008; 32(8): p. 1.256-63.
6. DWYER-LINDGREN, L.; FREEDMAN, G.; ENGELL, R.E et al. "Prevalence of Physical Activity and Obesity in US Counties, 2001-2011: a Road Map for Action." *Population Health Metrics*. Londres: 2013; 11: p. 7.
7. LASKOWSKI, E.R. "The Role of Exercise in the Treatment of Obesity." *PM & R: The Journal of Injury, Function, and Rehabilitation*. Nova York: 2012; 4(11): p. 840-4.
8. SWINBURN, B.; SACKS, G.; RAVUSSIN, E. "Increased Food Energy Supply Is More Than Sufficient to Explain the US Epidemic of Obesity." *The American Journal of Clinical Nutrition*. Bethesda: 2009; 90(6): p. 1.453-6.
9. MATTHEWS, J.; INTERNATIONAL FOOD INFORMATION COUNCIL FOUNDATION. "Food & Health Survey: Consumer Attitudes Toward Food Safety, Nutrition & Health." Disponível em: <http://www.foodinsight.org/2011_Food_Health_Survey_Consumer_Attitudes_Toward_Food_Safety_Nutrition_Health>. 31 de agosto de 2011. Acesso em 31 de março de 2015.

NOTAS

10. SERVIÇO DE PESQUISA AGRÍCOLA DO DEPARTAMENTO DE AGRICULTURA DOS ESTADOS UNIDOS. 2014. “USDA National Nutrient Database for Standard Reference, Release 27. Chicken, Broilers or Fryers, Leg, Meat Only, Cooked, Stewed.” Disponível em: <<http://www.ndb.nal.usda.gov/ndb/foods/show/882>>. Acesso em 23 de abril de 2015.
11. ARCHER, E.; HAND, G.A.; BLAIR, S.N. “Correction: Validity of U.S. Nutritional Surveillance: National Health and Nutrition Examination Survey Caloric Energy Intake Data, 1971–2010.” Disponível em: <<http://journals.plos.org/plosone/article?id=10.1371/annotation/c313df3a-52bd-4cbe-af14-6676480d1a43>>. 11 de outubro de 2013. Acesso em 23 de abril de 2015.
12. BLAIR, S.N. “Physical Inactivity: The Biggest Public Health Problem of the 21st Century.” *British Journal of Sports Medicine*. [S.l.]: 2009; 43(1): p. 1–2.
13. MURRAY, C.J.; ATKINSON, C.; BHALLA, K. et al. “The State of US Health, 1990–2010: Burden of Diseases, Injuries, and Risk Factors.” *Journal of the American Medical Association*. Chicago: 2013; 310(6): p. 591–608.
14. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. “A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990–2010: A Systematic Analysis for the Global Burden of Disease Study 2010.” *The Lancet*. Londres: 2012; 380(9859): p. 2.224–60.
15. MURRAY, C.J.; ATKINSON, C.; BHALLA, K. et al. “The State of US Health, 1990–2010: Burden of Diseases, Injuries, and Risk Factors.” *Journal of the American Medical Association*. Chicago: 2013; 310(6): p. 591–608.
16. WANG, Y.C.; MCPHERSON, K.; MARSH, T.; GORTMAKER, S.L.; BROWN, M. “Health and Economic Burden of the Projected Obesity Trends in the USA and the UK.” *The Lancet*. Londres: 2011; 378(9793): p. 815–25.
17. DUNSTAN, D.W.; BARR, E.L.M.; HEALY, G.N. et al. “Television Viewing Time and Mortality: The Australian Diabetes, Obesity and Lifestyle Study (AusDiab).” *Circulation*. [S.l.]: 2010; 121(3): p. 384–91.
18. STAMATAKIS, E.; HAMER, M.; DUNSTAN, D.W. “Screen-Based Entertainment Time, All-Cause Mortality, and Cardiovascular Events: Population-Based Study With Ongoing Mortality and Hospital Events Follow-Up.” *Journal of the American College of Cardiology*. Nova York: 2011; 57(3): p. 292–9.
19. CHAPUT, J.P.; KLINGENBERG, L.; SJÖDIN, A. “Do All Sedentary Activities Lead to Weight Gain: Sleep Does Not.” *Current Opinion in Clinical Nutrition and Metabolic Care*. Londres: 2010; 13(6): p. 601–7.
20. PATEL, A.V.; BERNSTEIN, L.; DEKA, A. et al. “Leisure Time Spent Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults.” *American Journal of Epidemiology*. [S.l.]: 2010; 172(4): p. 419–29.

COMO NÃO MORRER

21. VAN UFFELEN, J.G.; WONG, J.; CHAU, J.Y. et al. "Occupational Sitting and Health Risks: A Systematic Review." *American Journal of Preventive Medicine*. [S.l.]: 2010; 39(4): p. 379-88.
22. PATEL, A.V.; BERNSTEIN, L.; DEKA, A. et al. "Leisure Time Spent Sitting in Relation to Total Mortality in a Prospective Cohort of US Adults." *American Journal of Epidemiology*. [S.l.]: 2010; 172(4): p. 419-29.
23. MOSLEY, M. "Calorie Burner: How Much Better Is Standing Up Than Sitting? *BBC News Magazine*. 16 de outubro de 2013." Disponível em: <<http://www.bbc.com/news/magazine-24532996>>. Acesso em 31 de março de 2015.
24. THOSAR, S.S.; JOHNSON, B.D.; JOHNSTON, J.D.; WALLACE, J.P. "Sitting and Endothelial Dysfunction: The Role of Shear Stress." *Medical Science Monitor: International Medical Journal of Experimental and Clinical Research* [S.l.]: 2012; 18(12): RA173-80.
25. KOEPP, G.A.; MANOHAR, C.U.; MCCRADY-SPITZER, S.K. et al. "Treadmill Desks: A 1-Year Prospective Trial." *Obesity (Silver Spring, Md.)*. [S.l.]: 2013; 21(4): p. 705-11.
26. HEALY, G.N.; DUNSTAN, D.W.; SALMON, J. et al. "Breaks in Sedentary Time: Beneficial Associations With Metabolic Risk." *Diabetes Care*. [S.l.]: 2008; 31(4): p. 661-6.
27. PEDDIE, M.C.; BONE, J.L.; REHRER, N.J.; SKEAFF, C.M.; GRAY, A.R.; PERRY, T.L. "Breaking Prolonged Sitting Reduces Postprandial Glycemia in Healthy, Normal-Weight Adults: A Randomized Crossover Trial." *The American Journal of Clinical Nutrition*. Bethesda: 2013; 98(2): p. 358-66.
28. ESEN, A.M.; BARUTCU, I.; ACAR, M. et al. "Effect of Smoking on Endothelial Function and Wall Thickness of Brachial Artery." *Circulation Journal: Official Journal of the Japanese Circulation Society*. Kyoto: 2004; 68(12): p. 1.123-6.
29. ALEXOPOULOS, N.; VLACHOPOULOS, C.; AZNAOURIDIS, K. et al. "The Acute Effect of Green Tea Consumption on Endothelial Function in Healthy Individuals." *European Journal of Cardiovascular Prevention and Rehabilitation: Official Journal of the European Society of Cardiology, Working Groups on Epidemiology & Prevention and Cardiac Rehabilitation and Exercise Physiology*. Londres: 2008; 15(3): p. 300-5.
30. AKAZAWA, N.; CHOI, Y.; MIYAKI, A. et al. "Curcumin Ingestion and Exercise Training Improve Vascular Endothelial Function in Postmenopausal Women." *Nutrition Research*. 2012; 32(10): p. 795-9.
31. SUGAWARA, J.; AKAZAWA, N.; MIYAKI, A. et al. "Effect of Endurance Exercise Training and Curcumin Intake on Central Arterial Hemodynamics in Postmenopausal Women: Pilot Study." *American Journal of Hypertension*. [S.l.]: 2012; 25(6): p. 651-6.
32. MCHUGH, M. "The Health Benefits of Cherries and Potential Applications in Sports." *Scandinavian Journal of Medicine & Science in Sports*. Copenhagen: 2011; 21(5): p. 615-6.

NOTAS

33. APTEKMANN, N.P.; CESAR, T.B. "Orange Juice Improved Lipid Profile and Blood Lactate of Overweight Middle-Aged Women Subjected to Aerobic Training." *Maturitas*. [S.l.]: 2010; 67(4): p. 343-7.
34. MCANULTY, L.S.; NIEMAN, D.C.; DUMKE, C.L et al. "Effect of Blueberry Ingestion on Natural Killer Cell Counts, Oxidative Stress, and Inflammation Prior to and After 2.5 h of Running." *Applied Physiology, Nutrition, and Metabolism: Physiologie Appliquée, Nutrition et Métabolisme*. Ottawa: 2011; 36(6): p. 976-84.
35. CONNOLLY, D.A.; MCHUGH, M.P.; PADILLA-ZAKOUR, O.I.; CARLSON, L.; SAYERS, S.P. "Efficacy of a Tart Cherry Juice Blend in Preventing the Symptoms of Muscle Damage." *British Journal of Sports Medicine*. [S.l.]: 2006; 40(8): p. 679-83.
36. KUEHL, K.S.; PERRIER, E.T.; ELLIOT, D.L.; CHESNUTT, J.C. "Efficacy of Tart Cherry Juice in Reducing Muscle Pain During Running: A Randomized Controlled Trial." *Journal of the International Society of Sports Nutrition* [versão eletrônica]. Woodland Park, Colorado: 2010; 7: p. 17.
37. HOWATSON, G.; MCHUGH, M.P.; HILL, J.A. et al. "Influence of Tart Cherry Juice on Indices of Recovery Following Marathon Running." *Scandinavian Journal of Medicine & Science in Sports*. Copenhagen: 2010; 20(6): p. 843-52.
38. TARAZONA-DÍAZ, M.P.; ALACID, F.; CARRASCO, M.; MARTÍNEZ, I.; AGUAYO, E. "Watermelon Juice: Potential Functional Drink for Sore Muscle Relief in Athletes." *Journal of Agricultural and Food Chemistry*. Washington, D.C.: 2013; 61(31): p. 7.522-8.
39. MASTALOUDIS, A.; YU, T.W.; O'DONNELL, R.P.; FREI, B., DASHWOOD, R.H.; TRABER, M.G. "Endurance Exercise Results in DNA Damage as Detected by the Comet Assay." *Free Radical Biology & Medicine*. [S.l.]: 2004; 36(8): p. 966-75.
40. TSAI, K.; HSU, T.G.; HSU, K.M et al. "Oxidative DNA Damage in Human Peripheral Leukocytes Induced by Massive Aerobic Exercise." *Free Radical Biology & Medicine*. [S.l.]: 2001; 31(11): p. 1.465-72.
41. FOGARTY, M.C.; HUGHES, C.M.; BURKE, G. et al. "Exercise-Induced Lipid Peroxidation: Implications for Deoxyribonucleic Acid Damage and Systemic Free Radical Generation." *Environmental and Molecular Mutagenesis*. Nova York: 2011; 52(1): p. 35-42.
42. CHILDS, A.; JACOBS, C.; KAMINSKI, T.; HALLIWELL, B.; LEEUWENBURGH, C. "Supplementation With Vitamin C and N-Acetyl-Cysteine Increases Oxidative Stress in Humans After an Acute Muscle Injury Induced by Eccentric Exercise." *Free Radical Biology & Medicine*. [S.l.]: 2001; 31(6): p. 745-53.
43. FOGARTY, M.C.; HUGHES, C.M.; BURKE, G.; BROWN, J.C.; DAVISON, G.W. "Acute and Chronic Watercress Supplementation Attenuates Exercise-Induced Peripheral Mononuclear Cell DNA Damage and Lipid Peroxidation." *The British Journal of Nutrition*. [S.l.]: 2013; 109(2): p. 293-301.

COMO NÃO MORRER

44. TRAPP, D.; KNEZ, W.; SINCLAIR, W. “Could a Vegetarian Diet Reduce Exercise-Induced Oxidative Stress? A Review of the Literature.” *Journal of Sports Sciences*. Londres: 2010; 28(12): p. 1.261-8.
45. ESCRITÓRIO DE PREVENÇÃO DE DOENÇAS E PROMOÇÃO DA SAÚDE DOS ESTADOS UNIDOS U.S. “2008 Physical Activity Guidelines for Americans.” Disponível em: <<http://www.health.gov/paguidelines/pdf/paguide.pdf>>. Acesso em 22 de abril de 2015.
46. CIRURGIA GERAL DOS ESTADOS UNIDOS. “Physical Activity and Health — A Report of the Surgeon General.” Disponível em: <<http://www.cdc.gov/nccdphp/sgr/pdf/sgrfull.pdf>>. 17 de novembro de 1999. Acesso em 22 de abril de 2015.
47. PATE, R.R.; PRATT, M.; BLAIR, S.N. et al. “Physical Activity and Public Health. A Recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine.” *Journal of the American Medical Association*. Chicago: 1995; 273(5): p. 402-7.
48. ESCRITÓRIO DE PREVENÇÃO DE DOENÇAS E PROMOÇÃO DA SAÚDE DOS ESTADOS UNIDOS. “2008 Physical Activity Guidelines for Americans.” Disponível em: <<http://www.health.gov/paguidelines/pdf/paguide.pdf>>. Acesso em 22 de abril de 2015.
49. SAMITZ, G.; EGGER, M.; ZWAHLEN, M. “Domains of Physical Activity and All-Cause Mortality: Systematic Review and Dose-Response Meta-Analysis of Cohort Studies.” *International Journal of Epidemiology*. Londres: 2011; 40(5): p. 1.382-400.
50. WOODCOCK, J.; FRANCO, O.H.; ORSINI, N.; ROBERTS, I. “Non-Vigorous Physical Activity and All-Cause Mortality: Systematic Review and Meta-Analysis of Cohort Studies.” *International Journal of Epidemiology*. Londres: 2011; 40(1): p. 121-38.
51. SAMITZ, G.; EGGER, M.; ZWAHLEN, M. “Domains of Physical Activity and All-cause Mortality: Systematic Review and Dose-Response Meta-Analysis of Cohort Studies.” *International Journal of Epidemiology*. Londres: 2011; 40(5): p. 1.382-400.
52. SAMITZ, G.; EGGER, M.; ZWAHLEN, M. “Domains of Physical Activity and All-cause Mortality: Systematic Review and Dose-Response Meta-Analysis of Cohort Studies.” *International Journal of Epidemiology*. Londres: 2011; 40(5): p. 1.382-400.
53. CENTROS PARA CONTROLE E PREVENÇÃO DE DOENÇAS. “Adult Participation in Aerobic and Muscle-Strengthening Physical Activities — United States, 2011.” *Morbidity and Mortality Weekly Report*. Atlanta: 2013; 62(17): p. 326-30.

Conclusão

1. SHIMIZU, N.; IWAMOTO, M.; NAKANO, Y. et al. “Long-Term Electrocardiographic Follow-Up from Childhood of an Adult Patient With Brugada Syndrome As-

NOTAS

- sociated With Sick Sinus Syndrome.” *Circulation Journal: Official Journal of the Japanese Circulation Society*. Kyoto: 2009; 73(3): p. 575-9.
2. LACUNZA, J.; SAN ROMÁN, I.; MORENO, S.; GARCÍA-MOLINA, E.; GIMENO, J.; VALDÉS, M. “Heat Stroke, an Unusual Trigger of Brugada Electrocardiogram.” *The American Journal of Emergency Medicine*. Filadélfia: 2009; 27(5): 634.e1-3.
 3. SMITH, J.; HANNAH, A.; BIRNIE, D.H. “Effect of Temperature on the Brugada ECG.” *Heart*. Londres: 2003; 89(3): p. 272.
 4. DILLEHAY, T.D.; ROSSEN, J.; UGENT, D. et al. “Early Holocene Coca Chewing in Northern Peru.” *Antiquity*. Colchester, Inglaterra: 2010; 84(326): p. 939-53.
 5. IOZZO, P.; GUIDUCCI, L.; GUZZARDI, M.A.; PAGOTTO, U. “Brain PET Imaging in Obesity and Food Addiction: Current Evidence and Hypothesis.” *Obesity Facts*. Basel: 2012; 5(2): p. 155-64.
 6. VOLKOW, N.D.; WANG, G.J.; FOWLER, J.S.; TOMASI, D.; BALER, R. “Food and Drug Reward: Overlapping Circuits in Human Obesity and Addiction.” *Current Topics in Behavioral Neurosciences*. Heidelberg, Alemanha: 2012; 11: p. 1-24.
 7. VOLKOW, N.D.; WANG, G.J.; TOMASI, D.; BALER, R.D. “Obesity and Addiction: Neurobiological Overlaps.” *Obesity Reviews: An Official Journal of the International Association for the Study of Obesity*. Oxford: 2013; 14(1): p. 2-18.
 8. FRANK, S.; LINDER, K.; KULLMANN, S. et al. “Fat Intake Modulates Cerebral Blood Flow in Homeostatic and Gustatory Brain Areas in Humans.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 95(6): p. 1.342-9.
 9. SMEETS, P.A.; DE GRAAF, C.; STAFLEU, A.; VAN OSCH, M.J.; VAN DER GROND, J. “Functional MRI of Human Hypothalamic Responses Following Glucose Ingestion.” *Neuroimage*. Orlando: 2005; 24(2): p. 363-8.
 10. BURGER, K.S.; STICE, E. “Frequent Ice Cream Consumption Is Associated With Reduced Striatal Response to Receipt of an Ice Cream-Based Milkshake.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 95(4): p. 810-7.
 11. BURGER, K.S.; STICE, E. “Frequent Ice Cream Consumption Is Associated With Reduced Striatal Response to Receipt of an Ice Cream-Based Milkshake.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 95(4): p. 810-7.
 12. ALBAYRAK, Ö.; WÖLFLE, S.M.; HEBEBRAND, J. “Does Food Addiction Exist? A Phenomenological Discussion Based on the Psychiatric Classification of Substance-Related Disorders and Addiction.” *Obesity Facts*. Basel: 2012; 5(2): p. 165-79.
 13. LISLE, D.J.; GOLDHAMER, A. *The Pleasure Trap: Mastering the Hidden Force That Undermines Health & Happiness*. Summertown, Tennessee: Book Publishing Company, 2007.
 14. GROSSHANS, M.; LOEBER, S.; KIEFER, F. “Implications from Addiction Research Toward the Understanding and Treatment of Obesity.” *Addiction Biology*. [S.l.]: 2011; 16(2): p. 189-98.

COMO NÃO MORRER

15. DREWNOWSKI, A.; KRAHN, D.D.; DEMITRACK, M.A.; NAIRN, K.; GOSNELL, B.A. "Taste Responses and Preferences for Sweet High-Fat Foods: Evidence for Opioid Involvement." *Physiology & Behavior*. [S.l.]: 1992; 51(2): p. 371-9.
16. WANG, G.J.; VOLKOW, N.D.; THANOS, P.K.; FOWLER, J.S. "Imaging of Brain Dopamine Pathways: Implications for Understanding Obesity." *Journal of Addiction Medicine*. Hagerstown, Maryland: 2009; 3(1): p. 8-18.
17. GARAVAN, H.; PANKIEWICZ, J.; BLOOM, A. et al. "Cue-Induced Cocaine Craving: Neuroanatomical Specificity for Drug Users and Drug Stimuli." *The American Journal of Psychiatry*. Arlington, Virginia: 2000; 157(11): p. 1.789-98.
18. MARTIN-SÖLCH, C.; MAGYAR, S.; KÜNIG, G.; MISSIMER, J.; SCHULTZ, W.; LEENDERS, K.L. "Changes in Brain Activation Associated With Reward Processing in Smokers and Nonsmokers. A Positron Emission Tomography Study." *Experimental Brain Research*. Berlin: 2001; 139(3): p. 278-86.
19. KELLY, J. "Heal Thyself." *University of Chicago Magazine*. Jan-fev de 2015. Disponível em: <<http://mag.uchicago.edu/science-medicine/heal-thyself>>. Acesso em 31 de março de 2015.

Apêndice: Suplementos

1. FARMER, B.; LARSON, B.T.; FULGONI, V.L.III; RAINVILLE, A.J.; LIEPA, G.U. "AVegetarian Dietary Pattern As a Nutrient-Dense Approach to Weight Management: An Analysis of the National Health and Nutrition Examination Survey 1999-2004." *Journal of the American Dietetic Association*. [S.l.]: 2011; 111(6): p. 819-27.
2. CLARYS, P.; DELIENS, T.; HUYBRECHTS, I. et al. "Comparison of Nutritional Quality of the Vegan, Vegetarian, Semi-Vegetarian, Pesco-Vegetarian and Omnivorous Diet." *Nutrients* [versão eletrônica]. Basel: 2014; 6(3): p. 1.318-32.
3. PAWLAK, R.; PARROTT, S.J.; RAJ, S.; CULLUM-DUGAN, D.; LUCUS, D. "How Prevalent Is Vitamin B(12) Deficiency Among Vegetarians?" *Nutrition Reviews*. Washington, D.C.: 2013; 71(2): p. 110-7.
4. MAĐRY, E.; LISOWSKA, A.; GREBOWIEC, P.; WALKOWIAK, J. "The Impact of Vegan Diet on B-12 Status in Healthy Omnivores: Five-Year Prospective Study." *Acta Scientiarum Polonorum. Technologia Alimentaria* [versão eletrônica]. Poznań, Polônia: 2012; 11(2): p. 209-13.
5. BROCADELLO, F.; LEVEDIANOS, G.; PICCIONE, F.; MANARA, R.; PESENTI, F.F. "Irreversible Subacute Sclerotic Combined Degeneration of the Spinal Cord in a Vegan Subject." *Nutrition*. [S.l.]: 2007; 23(7-8): p. 622-4.

NOTAS

6. KUO, S.C.; YEH, C.B.; YEH, Y.W.Y.; TZENG, N.S. "Schizophrenia-Like Psychotic Episode Precipitated by Cobalamin Deficiency." *General Hospital Psychiatry*. Nova York: 2009; 31(6): p. 586-8.
7. MILEA, D.; CASSOUX, N.; LEHOANG, P. "Blindness in a Strict Vegan." *The New England Journal of Medicine*. Boston: 2000; 342(12): p. 897-8.
8. HALER, D. "Death After Vegan Diet." *The Lancet*. Londres: 1968; 2(7560): p. 170.
9. ROSCHITZ, B.; PLECKO, B.; HUEMER, M.; BIEBL, A.; FOERSTER, H.; SPERL, W. "Nutritional Infantile Vitamin B12 Deficiency: Pathobiochemical Considerations in Seven Patients." *Archives of Disease in Childhood. Fetal and Neonatal Edition*. Londres: 2005; 90(3): F281-2.
10. "Nutrabulk. Vitamin B-12 Sublingual 2500mcg Tablets."
11. PAWLAK, R.; PARROTT, S.J.; RAJ, S.; CULLUM-DUGAN, D.; LUCUS, D. "How Prevalent Is Vitamin B(12) Deficiency Among Vegetarians?" *Nutrition Reviews*. Washington, D.C.: 2013; 71(2): p. 110-7.
12. DONALDSON, M.S. "Metabolic Vitamin B12 Status on a Mostly Raw Vegan Diet With Follow-up Using Tablets, Nutritional Yeast, or Probiotic Supplements." *Annals of Nutrition & Metabolism*. [S.l.]: 2000; 44(5-6): p. 229-34.
13. INSTITUTO DE MEDICINA. *Dietary Reference Intakes for Thiamin, Riboflavin, Niacin, Vitamin B6, Folate, Vitamin B12, Pantothenic Acid, Biotin, and Choline*. Washington, D.C.: National Academy Press, 1998.
14. EUSSEN, S.J.; DE GROOT, L.C.; CLARKE, R. et al. "Oral Cyanocobalamin Supplementation in Older People with Vitamin B12 Deficiency: A Dose-Finding Trial." *Archives of Internal Medicine*. Chicago: 2005; 165(10): p. 1167-72.
15. HILL, M.H.; FLATLEY, J.E.; BARKER, M.E. et al. "A Vitamin B-12 Supplement of 500 µg/d for Eight Weeks Does Not Normalize Urinary Methylmalonic Acid or Other Biomarkers of Vitamin B-12 Status in Elderly People With Moderately Poor Vitamin B-12 Status." *The Journal of Nutrition*. [S.l.]: Fevereiro de 2013; 143(2): p. 142-7.
16. BOR, M.V.; VON CASTEL-ROBERTS, K.M.; KAUELL, G.P.A. et al. "Daily Intake of 4 to 7 µg Dietary Vitamin B-12 Is Associated With Steady Concentrations of Vitamin B-12-related Biomarkers in a Healthy Young Population." *The American Journal of Clinical Nutrition*. Bethesda: 2010; 91(3): p. 571-7.
17. HEYSSEL, R.M.; BOZIAN, R.C.; DARBY, W.J.; BELL, M.C. "Vitamin B12 Turnover in Man. The Assimilation of Vitamin B12 from Natural Foodstuff by Man and Estimates of Minimal Daily Dietary Requirements." *The American Journal of Clinical Nutrition*. Bethesda: 1966; 18(3): p. 176-84.
18. BISCHOFF-FERRARI, H.A. "Optimal Serum 25-Hydroxyvitamin D Levels for Multiple Health Outcomes." *Advances in Experimental Medicine and Biology*. Nova York: 2014; 810: p. 500-25.

COMO NÃO MORRER

19. MULLIGAN, G.B.; LICATA, A. "Taking Vitamin D With the Largest Meal Improves Absorption and Results in Higher Serum Levels of 25-Hydroxyvitamin D." *Journal of Bone and Mineral Research: The Official Journal of the American Society for Bone and Mineral Research*. [S.l.]: 2010; 25(4): p. 928-30.
20. HARRIS, S.S. "Vitamin D and African Americans." *The Journal of Nutrition*. [S.l.]: 2006; 136(4): p. 1126-9.
21. HOLICK, M.F.; MATSUOKA, L.Y.; WORTSMAN, J. "Age, Vitamin D, and Solar Ultraviolet." *The Lancet*. Londres: 1989; 2(8671): p. 1.104-5.
22. WACKER, M.; HOLICK, M.F. "Sunlight and Vitamin D: A Global Perspective for Health." *Dermato-endocrinology*. [S.l.]: 2013; 5(1): p. 51-108.
23. WACKER, M.; HOLICK, M.F. "Sunlight and Vitamin D: A Global Perspective for Health." *Dermato-Endocrinology*. [S.l.]: 2013; 5(1): p. 51-108.
24. LANGDAHL, J.H.; SCHIERBECK, L.L.; BANG, U.C.; JENSEN, J.E.B. "Changes in Serum 25-Hydroxyvitamin D and Cholecalciferol After One Whole-Body Exposure in a Commercial Tanning Bed: A Randomized Study." *Endocrine*. [S.l.]: 2012; 42(2): p. 430-5.
25. O'SULLIVAN, N.A.; TAIT, C.P. "Tanning Bed and Nail Lamp Use and the Risk of Cutaneous Malignancy: A Review of the Literature." *The Australasian Journal of Dermatology*. [S.l.]: 2014; 55(2): p. 99-106.
26. LEVINE, J.A.; SORACE, M.; SPENCER, J.; SIEGEL, D.M. "The Indoor UV Tanning Industry: A Review of Skin Cancer Risk, Health Benefit Claims, and Regulation." *Journal of the American Academy of Dermatology*. St. Louis, Missouri: 2005; 53(6): p. 1.038-44.
27. MOAN, J.; GRIGALAVICIUS, M.; DAHLBACK, A.; BATURAITÉ, Z.; JUZENIENE, A. "Ultraviolet-Radiation and Health: Optimal Time for Sun Exposure." *Advances in Experimental Medicine and Biology*. Nova York: 2014; 810: p. 423-8.
28. DASGUPTA, P.K.; LIU, Y.; DYKE, J.V. "Iodine Nutrition: Iodine Content of Iodized Salt in the United States." *Environmental Science & Technology*. [S.l.]: 2008; 42(4): p. 1.315-23.
29. LIM, S.S.; VOS, T.; FLAXMAN, A.D. et al. "A Comparative Risk Assessment of Burden of Disease and Injury Attributable to 67 Risk Factors and Risk Factor Clusters in 21 Regions, 1990-2010: A Systematic Analysis for the Global Burden of Disease Study 2010." *The Lancet*. Londres: 2012; 380(9859): p. 2.224-60.
30. LEUNG, A.M.; BRAVERMAN, L.E.; PEARCE, E.N. "History of U.S. Iodine Fortification and Supplementation." *Nutrients* [versão eletrônica]. Basel: 2012; 4(11): p. 1.740-6.
31. TEAS, J.; PINO, S.; CRITCHLEY, A.; BRAVERMAN, L.E. "Variability of Iodine Content in Common Commercially Available Edible Seaweeds." *Thyroid: Official Journal of the American Thyroid Association*. Nova York: 2004; 14(10): p. 836-41.

NOTAS

32. ROSE, M.; LEWIS, J.; LANGFORD, N. et al. "Arsenic in Seaweed Forms, Concentration and Dietary Exposure." *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2007; 45(7): p. 1.263-7.
33. TEAS, J.; PINO, S.; CRITCHLEY, A.; BRAVERMAN, L.E. "Variability of Iodine Content in Common Commercially Available Edible Seaweeds." *Thyroid: Official Journal of the American Thyroid Association*. Nova York: 2004; 14(10): p. 836-41.
34. DI MATOLA, T.; ZEPPA, P.; GASPERI, M.; VITALE, M. "Thyroid Dysfunction Following a Kelp-Containing Marketed Diet." *BMJ case reports* [versão eletrônica]. Londres: 2014; bcr2014206330.
35. GREGER, M. "Do Eden Beans Have Too Much Iodine?" Disponível em: <<http://nutritionfacts.org/2012/07/05/do-eden-beans-have-too-much-iodine/>>. Publicado em 5 de julho de 2012. Acesso em 20 de abril de 2015.
36. TONSTAD, S.; NATHAN, E.; ODA, K.; FRASER, G. "Vegan Diets and Hypothyroidism." *Nutrients* [versão eletrônica]. Basel: 2013; 5(11): p. 4.642-52.
37. LEUNG, A.M.; LAMAR, A.; HE, X.; BRAVERMAN, L.E.; PEARCE, E.N. "Iodine Status and Thyroid Function of Boston-Area Vegetarians and Vegans." *The Journal of Clinical Endocrinology and Metabolism*. [S.l.]: 2011; 96(8): E1303-7.
38. SHAIK, M.G.; ANDERSON, J.M.; HALL, S.K.; JACKSON, M.A. "Transient Neonatal Hypothyroidism Due to a Maternal Vegan Diet." *Journal of Pediatric Endocrinology & Metabolism: JPEM*. [S.l.]: 2003; 16(1): p. 111-3.
39. BECKER, D.V.; BRAVERMAN, L.E.; DELANGE, F. et al. "Iodine Supplementation for Pregnancy and Lactation — United States and Canada: Recommendations of the American Thyroid Association." *Thyroid: Official Journal of the American Thyroid Association*. Nova York: 2006; 16(10): p. 949-51.
40. VANNICE, G.; RASMUSSEN, H. "Position of the Academy of Nutrition and Dietetics: Dietary Fatty Acids for Healthy Adults." *Journal of the Academy of Nutrition and Dietetics*. Nova York: 2014; 114(1): p. 136-53.
41. HARRIS, W.S. "Achieving Optimal N-3 Fatty Acid Status: the Vegetarian's Challenge... or Not." *The American Journal of Clinical Nutrition*. Bethesda: 2014; 100 (supl. 1): 449S-52S.
42. SARTER, B.; KELSEY, K.S.; SCHWARTZ, T.A.; HARRIS, W.S. "Blood Docosahexaenoic Acid and Eicosapentaenoic Acid in Vegans: Associations With Age and Gender and Effects of an Algal-Derived Omega-3 Fatty Acid Supplement." *Clinical Nutrition: Official Journal of the European Society of Parenteral and Enteral Nutrition*. Kidlington, Inglaterra: 2015; 34(2): p. 212-8.
43. BOURDON, J.A.; BAZINET, T.M.; ARNASON, T.T.; KIMPE, L.E.; BLAIS, J.M.; WHITE, P.A. "Polychlorinated Biphenyls (PCBs) Contamination and Aryl Hydro-

COMO NÃO MORRER

- carbon Receptor (AhR) Agonist Activity of Omega-3 Polyunsaturated Fatty Acid Supplements: Implications for Daily Intake of Dioxins and PCBs.” *Food and Chemical Toxicology: An International Journal Published For the British Industrial Biological Research Association*. [S.l.]: 2010; 48(11): p. 3.093-7.
44. YOKOO, E.M.; VALENTE, J.G.; GRATTAN, L.; SCHMIDT, S.L.; PLATT, I.; SILBERGELD, E.K. “Low Level Methylmercury Exposure Affects Neuropsychological Function in Adults.” *Environmental Health: A Global Access Science Source* [versão eletrônica]. Londres: 2003; 2(1): p. 8.
 45. CHANG, J.W.; PAI, M.C.; CHEN, H.L.; GUO, H.R.; SU, H.J.; LEE, C.C. “Cognitive Function and Blood Methylmercury in Adults Living Near a Deserted Chloralkali Factory.” *Environmental Research*. [S.l.]: 2008; 108(3): p. 334-9.
 46. MASLEY, S.C.; MASLEY, L.V.; GUALTIEREI, T. “Effect of Mercury Levels and Seafood Intake on Cognitive Function in Middle-Aged Adults.” *Integrative Medicine: Integrating Conventional and Alternative Medicine*. Nova York: 2012; 11(3) p. 32-40.
 47. ARTERBURN, L.M.; OKEN, H.A.; HOFFMAN, J.P. et al. “Bioequivalence of Docosahexaenoic Acid from Different Algal Oils in Capsules and in a DHA-Fortified Food.” *Lipids*. [S.l.]: 2007; 42(11): p. 1.011-24.
 48. GREENE, J.; ASHBURN, S.M.; RAZZOUK, L.; SMITH, D.A. “Fish Oils, Coronary Heart Disease, and the Environment.” *American Journal of Public Health*. [S.l.]: 2013; 103(9): p. 1.568-76.
 49. LANE, K.; DERBYSHIRE, E.; LI, W.; BRENNAN, C. “Bioavailability and Potential Uses of Vegetarian Sources of Omega-3 Fatty Acids: A Review of the Literature.” *Critical Reviews in Food Science and Nutrition*. [S.l.]: 2014; 54(5): p. 572-9.
 50. WITTE, A.V.; KERTI, L.; HERMANNSTÄDTER, H.M. et al. “Long-Chain Omega-3 Fatty Acids Improve Brain Function and Structure in Older Adults.” *Cerebral Cortex*. Nova York: 2014; 24(11): p. 3.059-68.
 51. FARMER, B.; LARSON, B.T.; FULGONI, V.L.III; RAINVILLE, A.J.; LIEPA, G.U. “A Vegetarian Dietary Pattern as a Nutrient-Dense Approach to Weight Management: An Analysis of the National Health and Nutrition Examination Survey 1999-2004.” *Journal of the American Dietetic Association*. [S.l.]: 2011; 111(6): p. 819-27.
 52. MOSHFEGH, A.; GOLDMAN, J.; CLEVELAND, L. *What We Eat in America, NHANES 2001-2002: Usual Nutrient Intakes from Food Compared to Dietary Reference Intakes*. Washington, D.C.: Serviço de Pesquisa Agrícola do Departamento de Agricultura dos Estados Unidos, 2005.
 53. COGSWELL, M.E.; ZHANG, Z.; CARRIQUIRY, A.L. et al. “Sodium and Potassium Intakes Among US Adults: NHANES 2003-2008.” *The American Journal of Clinical Nutrition*. Bethesda: 2012; 96(3): p. 647-57.

NOTAS

54. DAVIS, B.; MELINA, V. *Becoming Vegan: The Complete Guide to Adopting a Plant-Based Diet (Comprehensive Edition)*. Summertown, Tennessee: Book Publishing Company, 2014.
55. CRAIG, W.J.; MANGELS, A.R. "Position of the American Dietetic Association: Vegetarian Diets." *Journal of the American Dietetic Association*. [S.l.]: 2009; 109(7): p. 1.266-82.
56. SPOCK, B. "Good Nutrition for Kids." *Good Medicine*. [S.l.]: 1998; 7(2).