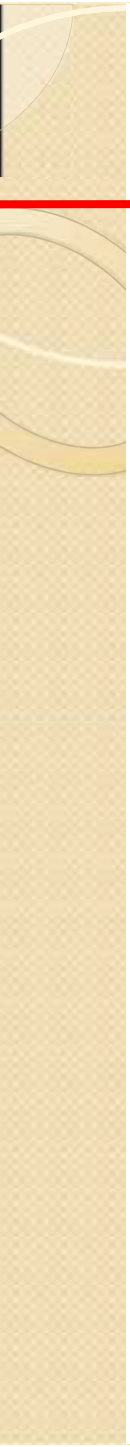


Διαβητολογική Εταιρεία Βορείου Ελλάδος  
«Σακχαρώδης Διαβήτης: Ένα σύγχρονο πρόβλημα υγείας»  
Θεσσαλονίκη, 30 Ιανουαρίου 2016

# Μικρογεύματα (snacks) και Διαβήτης: Απαίτηση ή επιλογή;

Αριάδνη Γκατζού  
Διαιτολόγος-Διατροφολόγος, M.Sc.



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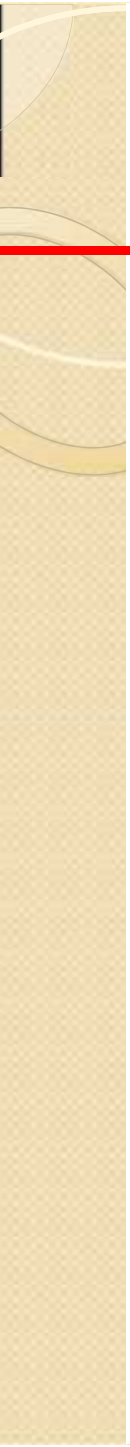
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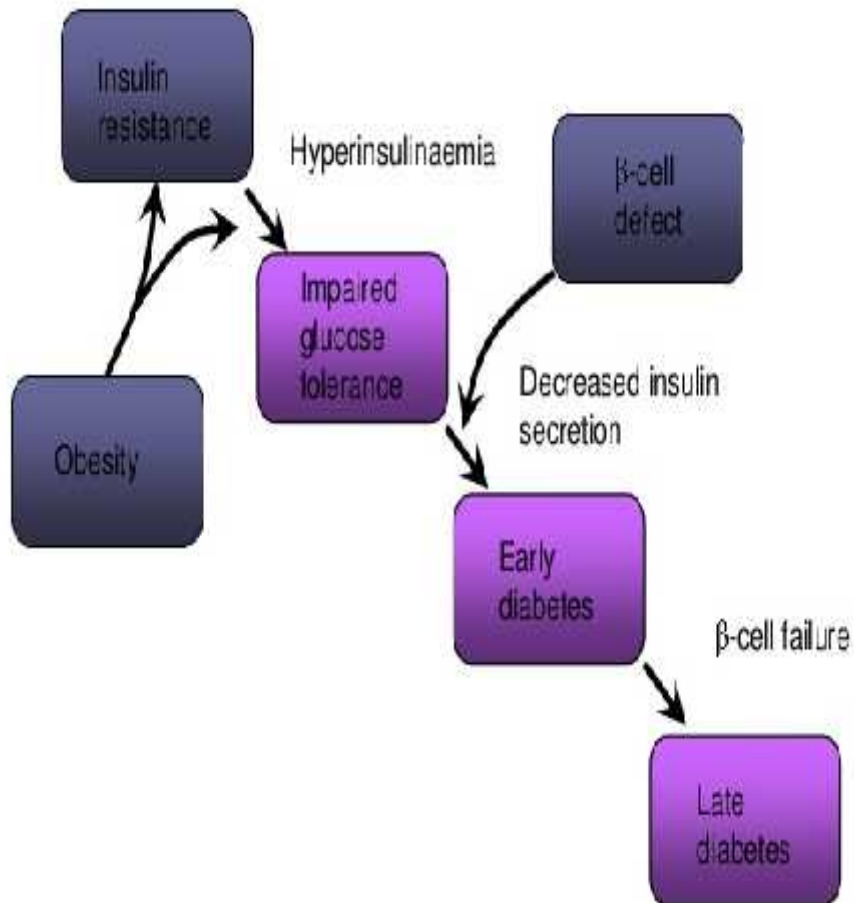
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# Παχυσαρκία και σακχαρώδης διαβήτης

ACE/CJR/05/20746/1

## Underlying causes of Type 2 Diabetes



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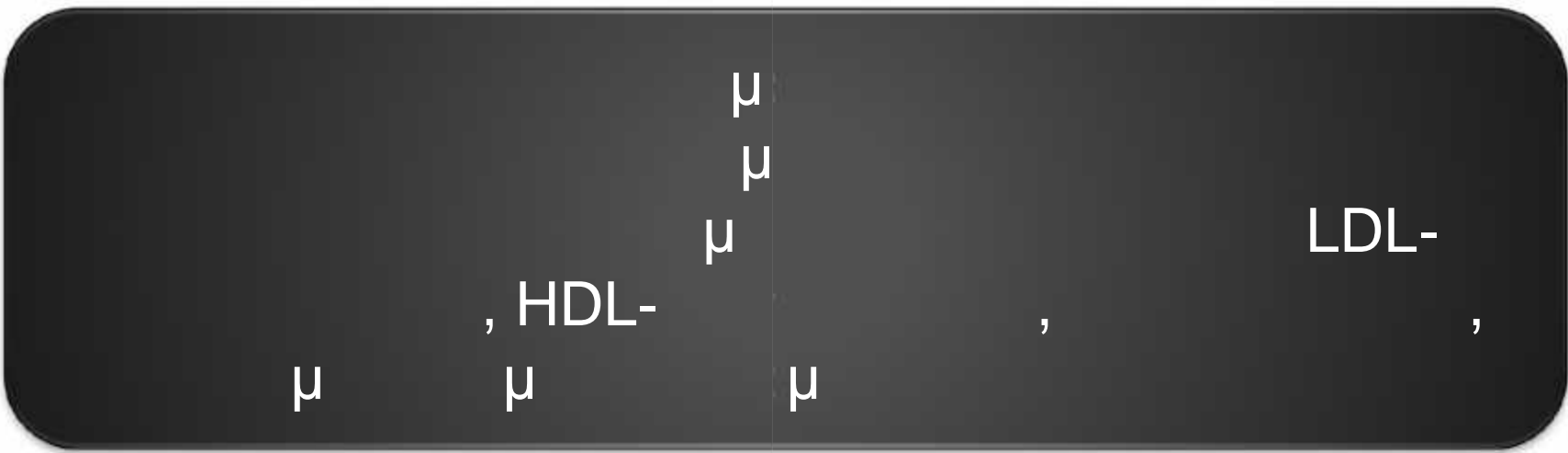
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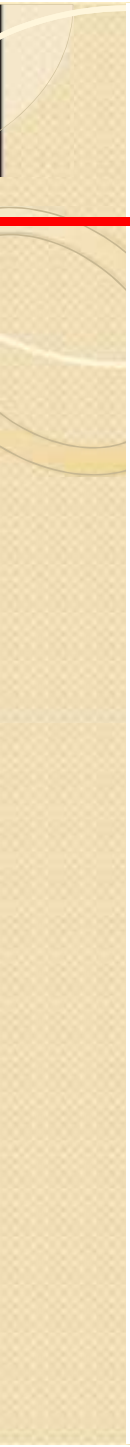
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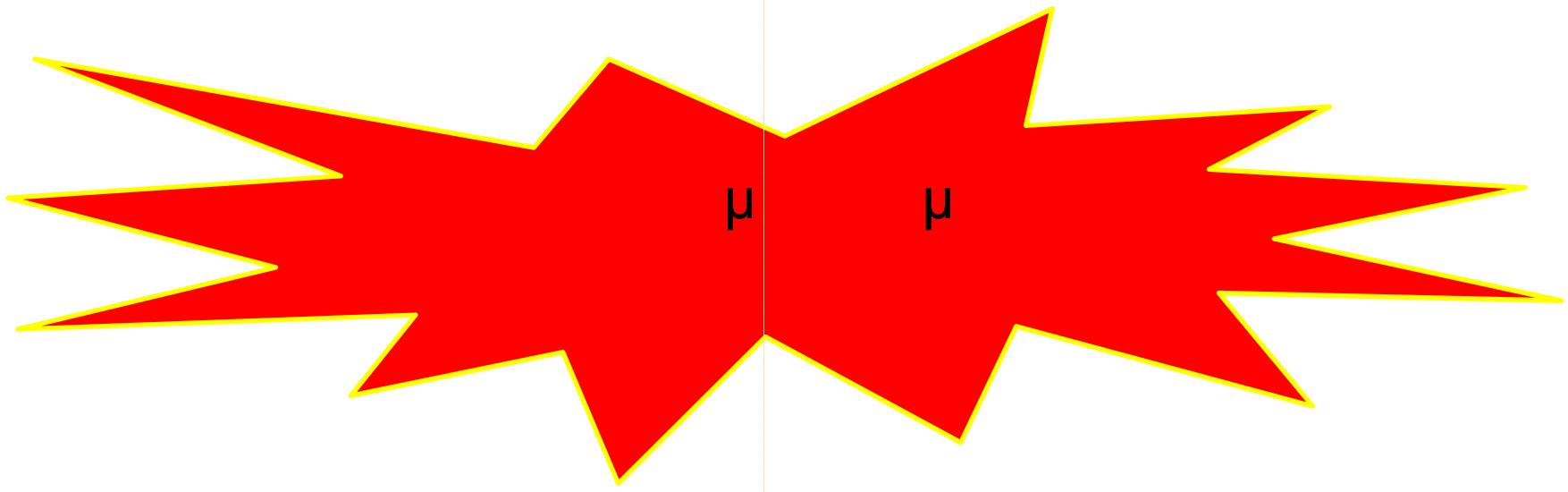
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Mekary RA et al, 2013

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Odegaard AO et al, 201

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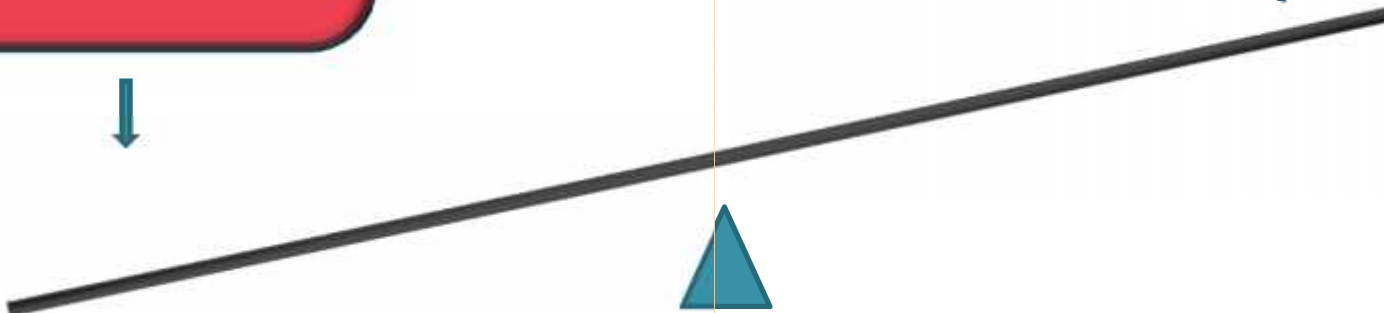
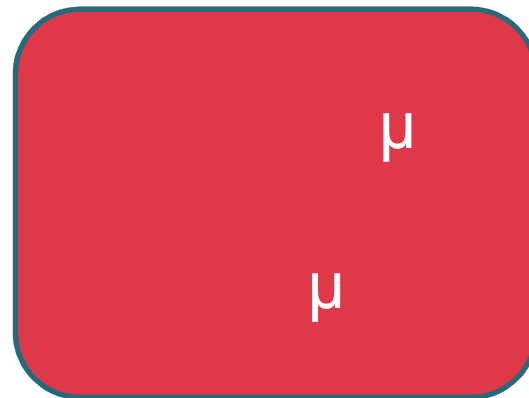
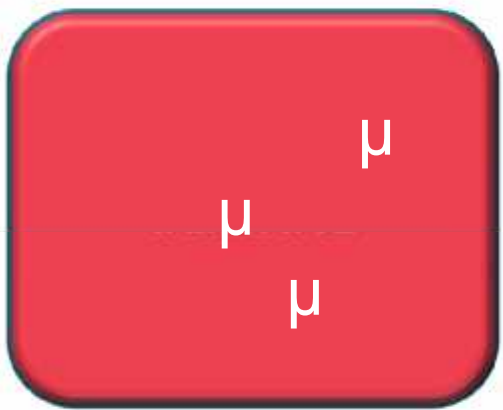
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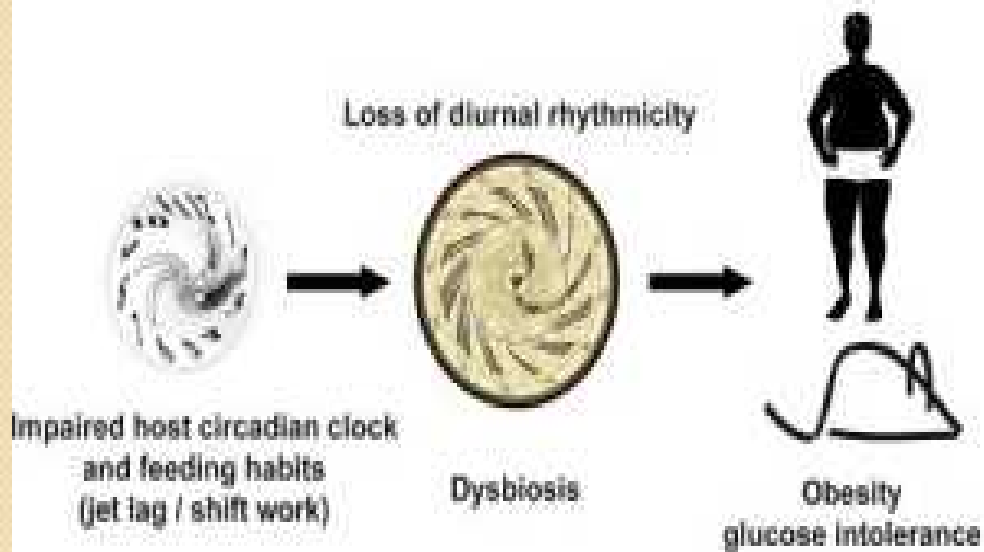
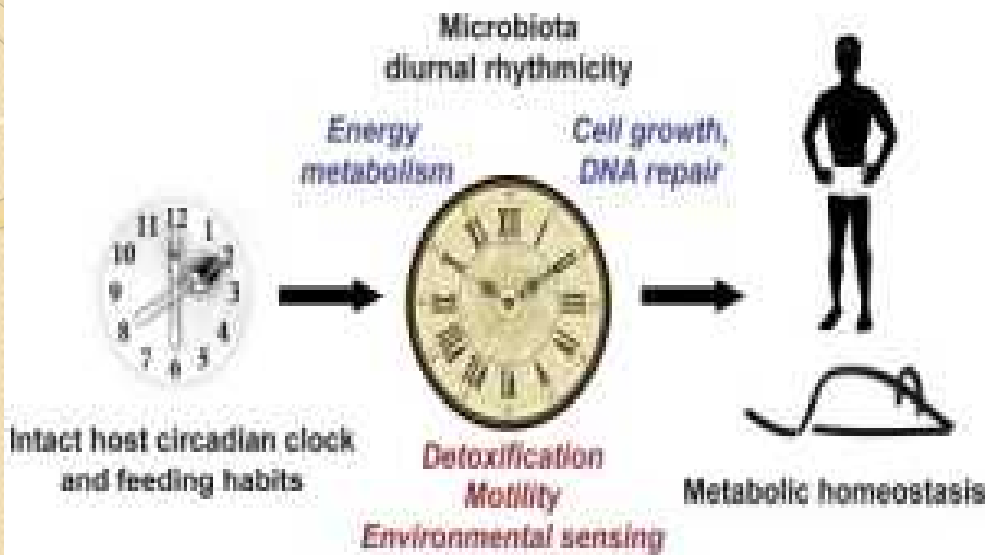
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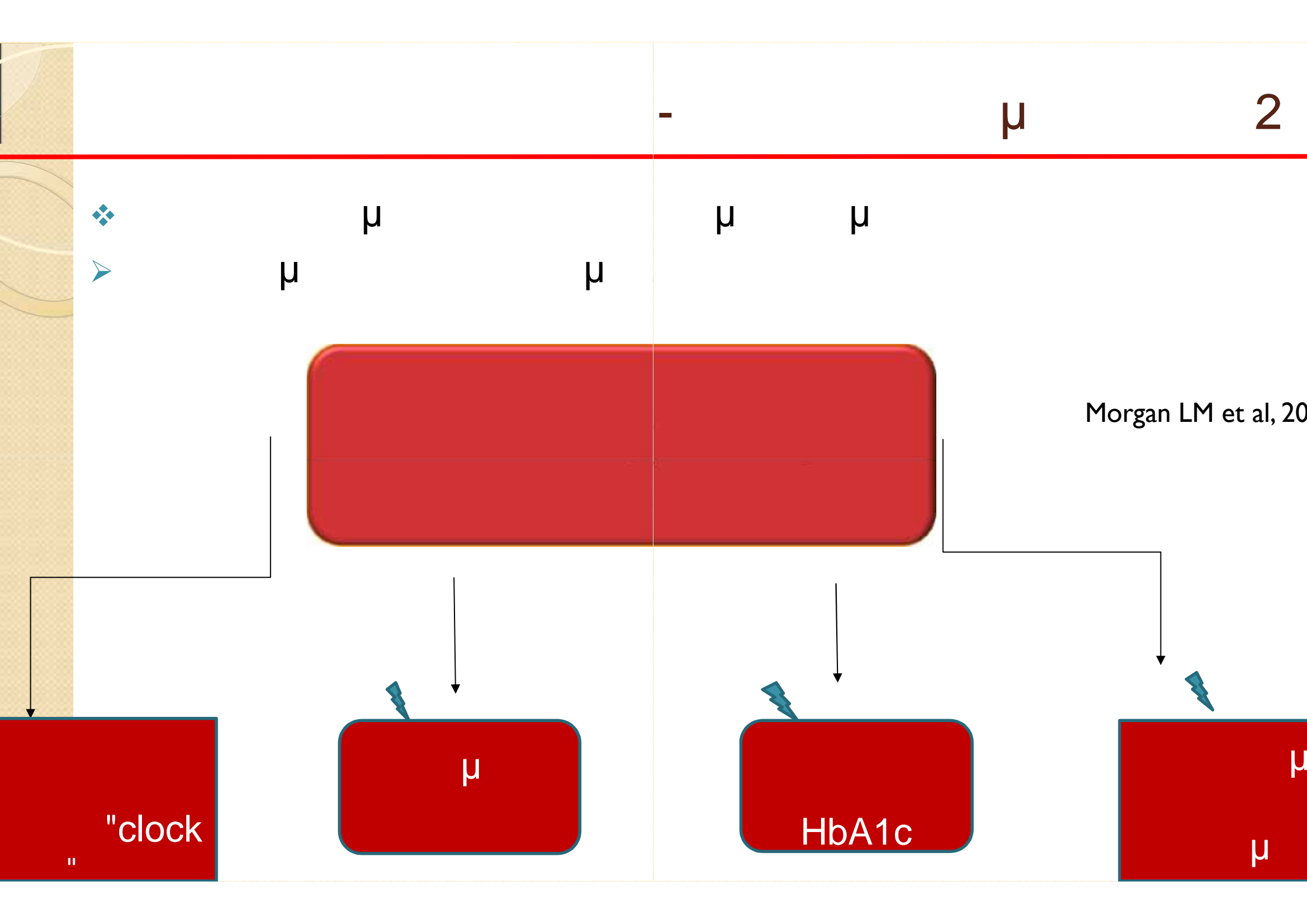
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Morgan LM et al, 20

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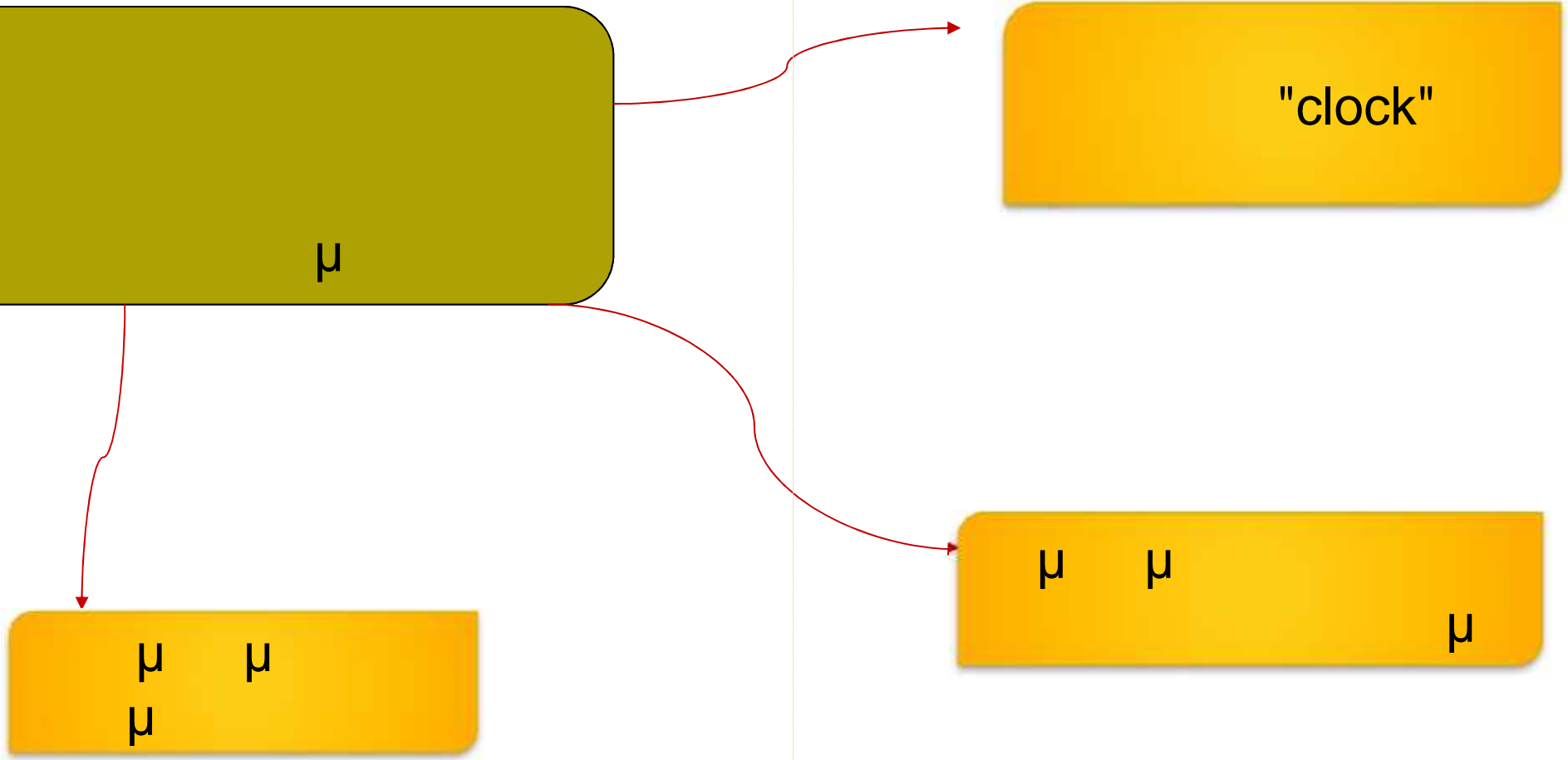
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Louis-Sylvestre J et al, 2003



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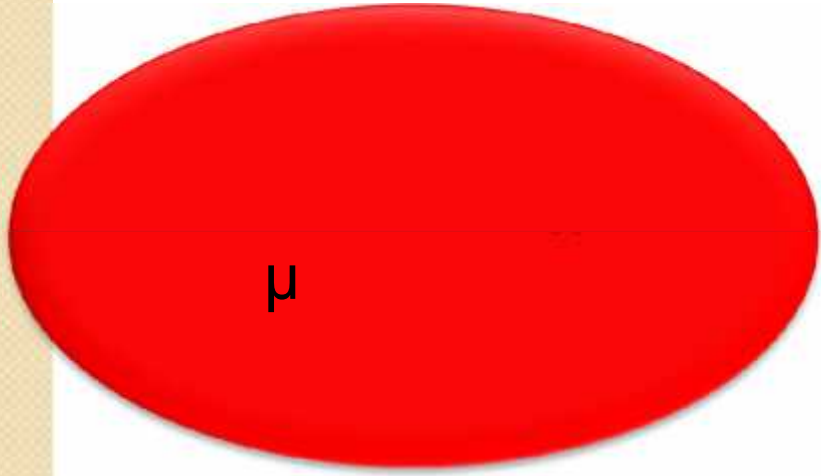
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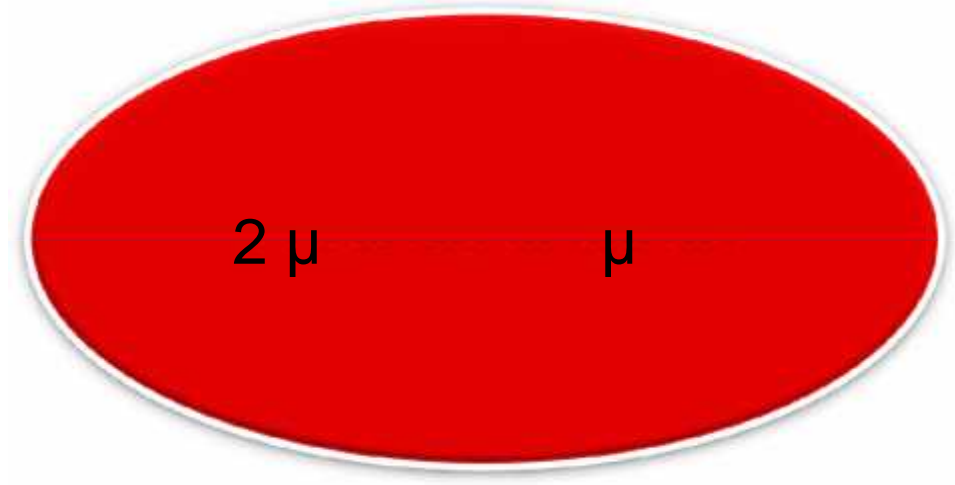
Mekary R et al, 2012

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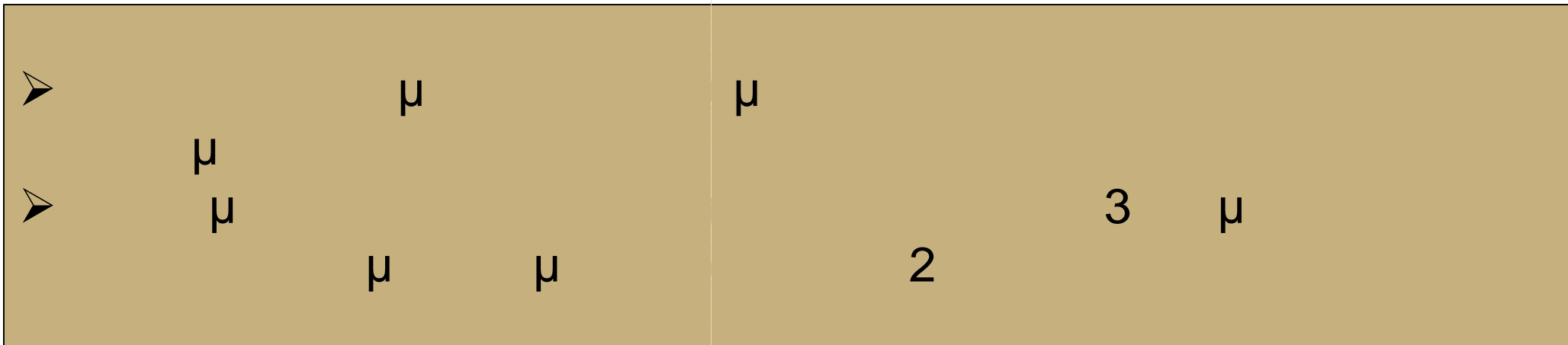
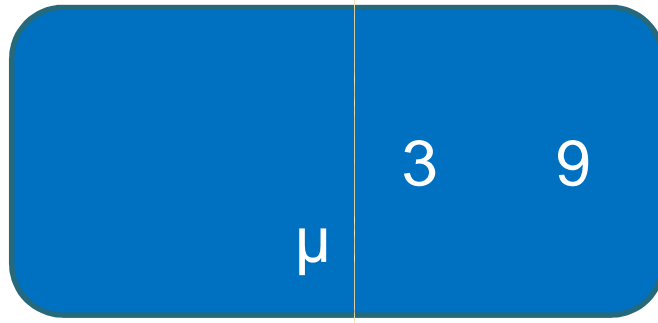
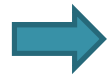
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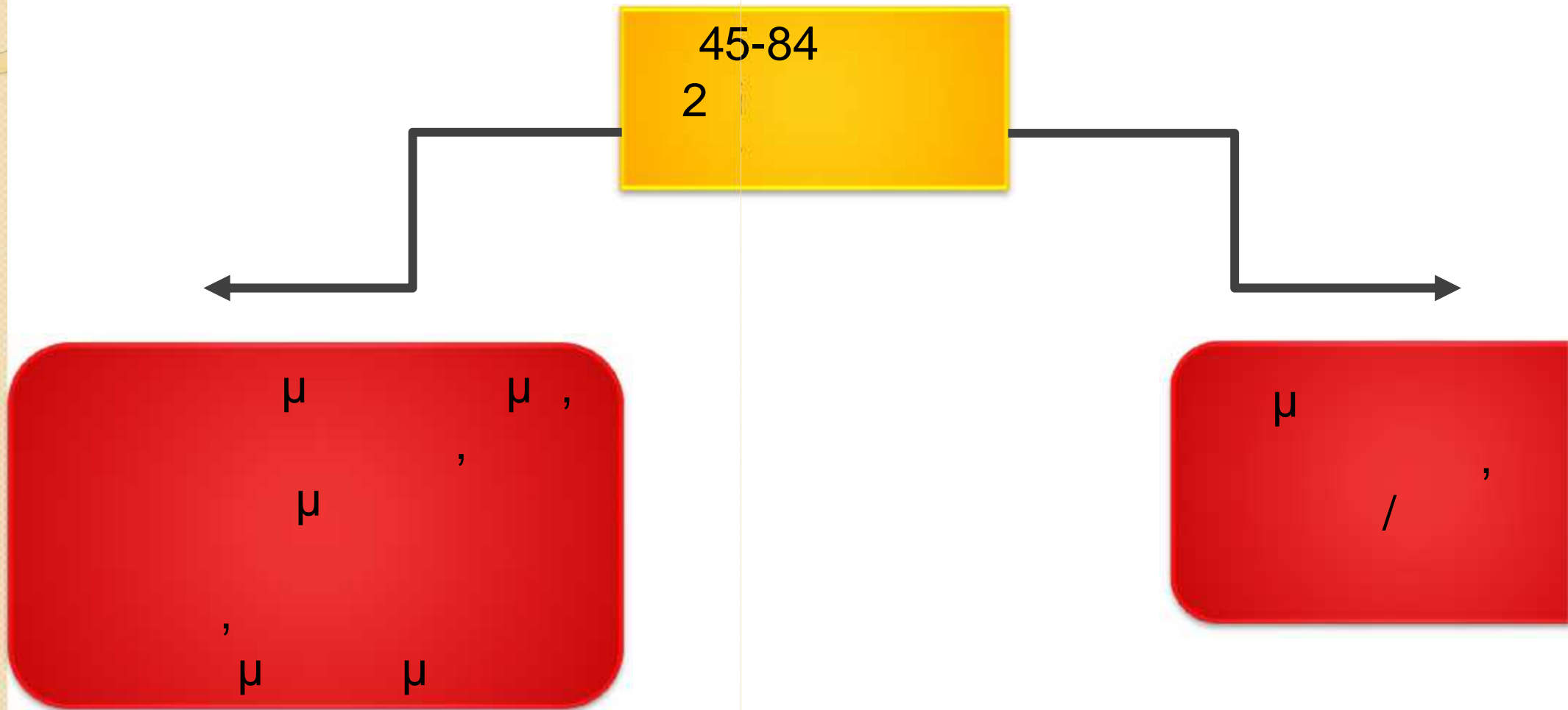
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- MESA (Multi-Ethnic Study of Atherosclerosis), 2008



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Nettleton JA et al, 2008



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Bauer F et al, 2013

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Buyken AE et al, 2001

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Gilbertson HR et al, 200

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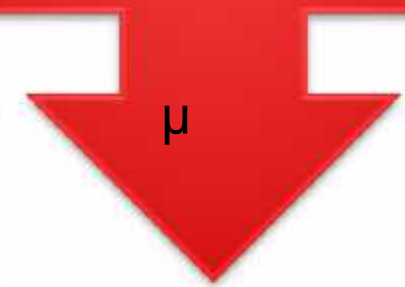
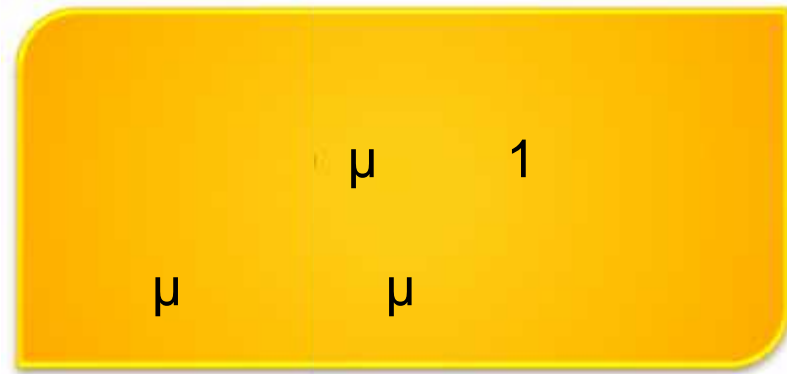
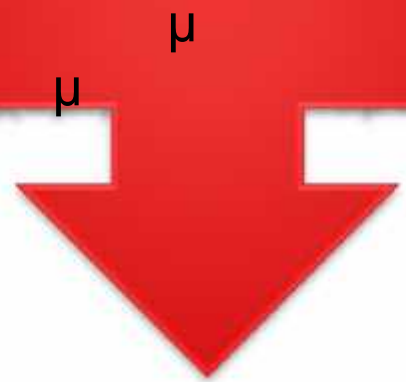
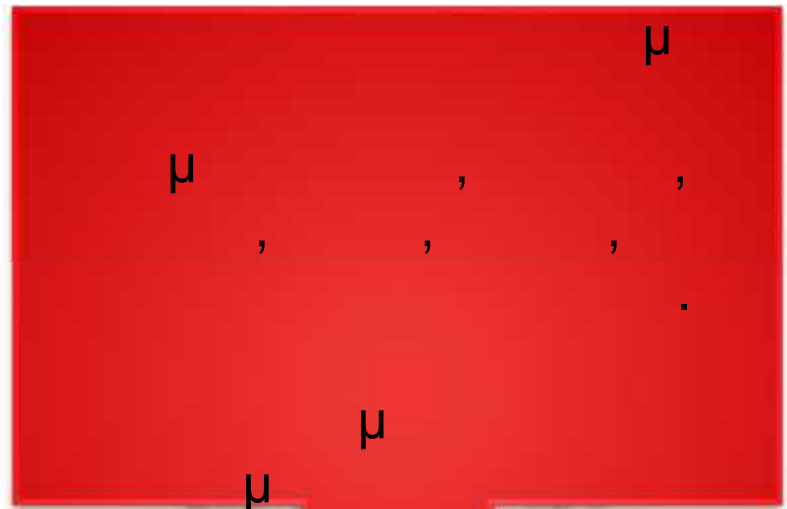


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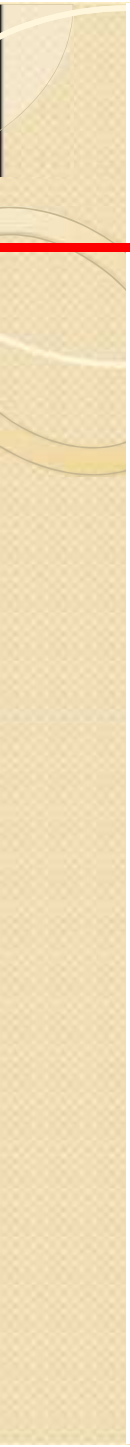
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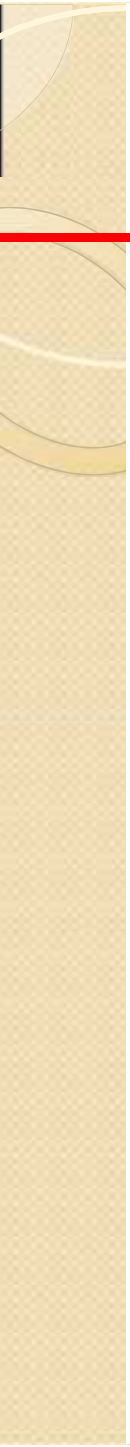
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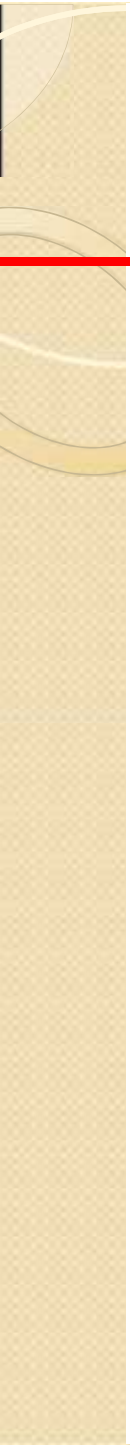
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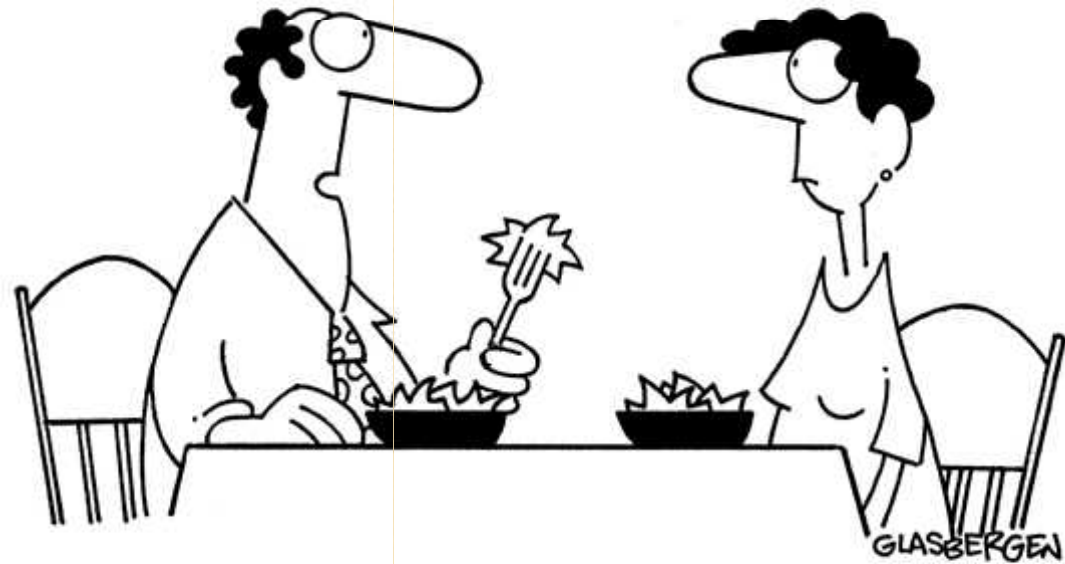
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**“My doctor says I’m a Type 8 diabetic...that’s a Type 2  
with four times more excuses for not exercising.”**