Principales sources et références

Pour en savoir plus sur les glucides rapides :

La glycation, un phénomène associé au diabète et au vieillissement, Thèse, http://aurore.unilim.fr/theses/nxfile/default/00738763-3c11-48b1-8b8d-f73ab856e717/blobholder:0/P20163315.pdf

Pour en savoir plus sur les molécules de Maillard et l'acrylamide :

www.sante-et-nutrition.com/corps-de-maillard-succulents-toxiques/

www.cuisson-basse-temperature.fr/cuisson-basse-temperature/reaction-maillard/

www.allodocteurs.fr/actualite-sante-quand-l-exces-de-cuisson-rend-les-aliments-toxiques_13313.html

Mucci, LA et al, Acrylamide intake and breast cancer risk in Swedish women, *JAMA*, 2005, 293 (11): 1326–7

Joe Cummins, *Acrylamide In Cooked Foods : The Glyphosate Connection*, ISIS (Institute of Science in Society) Report, 2002-08-01

Pour en savoir plus sur les graisses saturées et les acides gras trans :

Hulbert AJ et al, Dietary fats and membrane function: implications for metabolism and disease, *Biol Rev Camb Philos Soc.*, 2005, 80 (1) : 155-69

Wahrburg U et al, What are the health effects of fat? *Eur J Nutr*, 2004, 43, Suppl 1 : I/6-11

Grundy SM et al, What is the desirable ratio of saturated, polyunsaturated, and monounsaturated fatty acids in the diet ? *Am J Clin Nutr*, 1997, 66 (4 Suppl) : 988S-990S

Ma W et al, Prospective association of fatty acids in the de novo lipogenesis pathway with risk of type 2 diabetes: the Cardiovascular Health Study, *Am J Clin Nutr*, 2015, 101 (1) : 153-63

Mozaffarian D et al, Trans fatty acids - effects on systemic inflammation and endothelial function, *Atherosscler Suppl*, 2006, 7 (2) : 29-32

Teegala SM et al, Consumption and health effects of trans fatty acids : a review, *J AOAC* Int. 2009, 92 (5) :1250-7

Qianyi Wang et al, Plasma Phospholipid *Trans*-Fatty Acids Levels, Cardiovascular Diseases, and Total Mortality : the Cardiovascular Health Study, *J Am Heart Assoc*, 2014, 3(4): e000914.

OMS, *L'Europe, leader mondial en matière d'élimination des acides gras trans* www.euro.who.int/fr/media-centre/sections/press-releases/2014/europe-leads-the-world-in-eliminating-trans-fats

Acides gras trans, le risque invisible, Envoyé Spécial, France 2, www.dailymotion.com/video/xos9z8

www.anses.fr/fr/content/les-acides-gras-trans

Pour en savoir plus sur les avantages et désavantages du café :

Gunter MJ et a,, Coffee Drinking and Mortality in 10 European Countries : A Multinational Cohort Study, *Ann Intern Med.* [Epub ahead of print 11 July 2017].

Park S et al, Association of Coffee Consumption With Total and Cause-Specific Mortality Among Nonwhite Populations, *Ann Intern Med.* [Epub ahead of print 11 July 2017]

Shao-Bo Zeng et al, Long-Term Coffee Consumption and Risk of Gastric Cancer. A PRISMA-Compliant Dose–Response Meta-Analysis of Prospective Cohort Studies, *Medicine (Baltimore)*, 2015, 94(38): e1640.

Ganmaa D et al, Incidence and mortality of testicular and prostatic cancers in relation to world dietary practice, *Int J Cancer*, 2002, 98 (2) : 262-7

www.dangersalimentaires.com/2011/04/capsules-de-cafe-furane-danger-cancer-sante/

Chung Yang et al, Mechanisms of Body Weight Reduction and Metabolic Syndrome Alleviation by Tea, *Mol Nutr Food Res.* 2016, 60 (1) : 160–174

Zhang C et al, Tea consumption and risk of cardiovascular outcomes and total mortality : a systematic review and meta-analysis of prospective observational studies, *Eur J Epidemiol*, 2015, 30 (2) : 103-13

Ivey KL et al, Association of flavonoid-rich foods and flavonoids with risk of all-cause mortality, *Br J Nutr*, 2017, 117 (10) : 1470-1477

Pour en savoir plus sur la répartition des calories :

Olga Carlson et al, Impact of reduced meal frequency without caloric restriction on glucose regulation in healthy, normal-weight middle-aged men and women. Metabolism, 2007, 56 (12) : 1729–1734.

Katie Adolphus et al, The effects of breakfast on behavior and academic performance in children and adolescents, Front Hum Neurosci, 2013, 7 : 425.

Pour en savoir plus sur l'intérêt d'un petit déjeuner fourni et d'un dîner léger :

Jakubowicz D et al, High Caloric intake at breakfast vs. dinner differentially influences weight loss of overweight and obese women, *Obesity*, 2013; 21, 2504–2512

www.inserm.fr/content/download/10193/76063/.../ms_cancer_barouki06.pdf

Ruth E Patterson et al, INTERMITTENT FASTING AND HUMAN METABOLIC HEALTH, *J Acad Nutr Diet*, 2015, 115 (8) : 1203–1212

Megumi Hatori et al, Time restricted feeding without reducing caloric intake prevents metabolic diseases in mice fed a high fat diet, *Cell Metab*, 2012, 15 (6) : 848–860

Antunes LC et al, Obesity and shift work : chronobiological aspects. *Nutrition Research Reviews*, 2010, 23 : 155-168

Ekmekcioglu C, Touitou Y, Chronobiological aspects of food intake and metabolism and their relevance on energy balance and weight regulation, *Obesity*, 2011, 12 : 14-25

Garaulet M et al, Chronobiological aspects of nutrition, metabolic syndrome and obesity, *Advanced Drug Delivery Reviews*, 2010, 62 : 967-978

Garaulet M et al, Timing of food intake predicts weight loss effectiveness, *International Journal of Obesity*, 2013, 37 : 604-611

Tahara Y et Shibata S, Chronobiology and nutrition, *Neuroscience*, 2013, 253 : 78-88

Chowdhury EA et al, The causal role of breakfast in energy balance and health : a randomized controlled trial in obese adults, *Am J Clin Nutr*, 2016, 103 (3) : 747-56

Soghra Jarvandi et al, Breakfast intake among adults with type 2 diabetes : is bigger better ? *Public Health Nutr.* 2015, 18 (12) : 2146–2152

Pour en savoir plus sur la qualité des aliments consommés au petit déjeuner et au dîner :

Jonna C Sandberg et al, Rye-Based Evening Meals Favorably Affected Glucose Regulation and Appetite Variables at the Following Breakfast. A Randomized Controlled Study in Healthy Subjects, *PLoS One.* 2016, 11 (3) : e0151985

Nilsson A et al, Effects of a brown beans evening meal on metabolic risk markers and appetite regulating hormones at a subsequent standardized breakfast : a randomized cross-over study, *PLoS One.*, 2013, 8 (4) : e59985

Pour en savoir plus sur le nombre d'heures de jeûne nocturne :

Ruth E Patterson et al, INTERMITTENT FASTING AND HUMAN METABOLIC HEALTH, *J Acad Nutr Diet*, 2015, 115 (8) : 1203–1212

LeCheminant JD et al, Restricting night-time eating reduces daily energy intake in healthy young men : a short-term cross-over study, *Br J Nutr*, 2013, 110 (11) : 2108-13

Grant CL et al, Timing of food intake during simulated night shift impacts glucose metabolism : a controlled study, *Chronobiol Int.*, 2017 Jun 21:1-11

Allison KC et al, Delayed Timing of Eating : impact on Weight and Metabolism, *Curr Obes Rep*, 2014, 3 (1) : 91-100

Spaeth AM et al, Effects of Experimental Sleep Restriction on Weight Gain, Caloric Intake, and Meal Timing in Healthy Adults, *Sleep*, 2013, 36 (7) : 981-990

Gallant AR et al, The night-eating syndrome and obesity, *Obes Rev*, 2012, 13 (6) : 528-36

Gluck ME et al, Nighttime eating : commonly observed and related to weight gain in an inpatient food intake study, *Am J Clin Nutr*, 2008, 88 (4) : 900-5

Valter D Longo et al, Fasting, circadian rhythms, and time restricted feeding in healthy lifespan, *Cell Metab*, 2016, 23 (6) : 1048–1059

www.ncbi.nlm.nih.gov/pmc/articles/PMC5388543/

Shubhroz Gill et al, A smartphone app reveals erratic diurnal eating patterns in humans that can be modulated for health benefits, *Cell Metab*, 2015, 22 (5) : 789–798

Marinac CR et al, Prolonged Nightly Fasting and Breast Cancer Risk : findings from NHANES (2009–2010) *Cancer epidemiology, biomarkers & prevention* (a publication of the American Association for Cancer Research, cosponsored by the American Society of Preventive Oncology), 2015a, 24 : 783–789

Marinac CR et al, Frequency and Circadian Timing of Eating May Influence Biomarkers of Inflammation and Insulin Resistance Associated with Breast Cancer Risk, *PLoSOne*, 2015b, 10 : e0136240

Li M et al, Nighttime eating and breast cancer among Chinese women in Hong Kong, *Breast Cancer Res*, 2017, 19 (1) : 31

Amandine Chaix et al, Time-restricted feeding is a preventative and therapeutic intervention against diverse nutritional challenges, *Cell Metab*, 2014, 20 (6) : 991–1005

Mattson MP et al, Meal frequency and timing in health and disease, *Proc Natl Acad Sci U S A*, 2014, 111 (47) :16647-53

Marta Garaulet et al, Timing of food intake predicts weight loss effectiveness, *Int J Obes (Lond)*, 2013, 37 (4) : 604–611

Pour en savoir plus sur les aspects pratiques du petit déjeuner :

Un site très complet sur les farines sans gluten, les mix, les levures, les substituts au gluten www.cfait-maison.com/sansgluten/painssgluten.html

Cécile Decaux, *Pains bien-être*, Larousse

Alice et Laure Laffont, *Pains et brioches sans gluten*, La Plage

Valérie Cupillard, *Desserts et pains sans gluten*, La Plage

Valérie Cupillard, *Sans gluten naturellement*, La Plage

De très nombreuses recettes de tartinades http://vegemiam.fr/?tag=tartinade

De nombreuses recettes de tartinades salées maison www.cfaitmaison.com/sansgluten/tartinerssg.html

www.100-vegetal.com/2012/05/la-green-tartinade.html

http://recettes-vegetariennes.over-blog.com/tag/pates%20vegetaux%20%26%20tartinades/

De nombreuses recettes de tartinades sucrées maison où remplacer le sucre par de la purée de banane, des raisins secs ou des figues sèches broyées www.cfaitmaison.com/sansgluten/tartinerssg2.html

www.lesojami.com

www.jeanherve.fr/fr/67-puree-amande-complete-bio

www.elle.fr/Elle-a-Table/Les-dossiers-de-la-redaction/News-de-la-redaction/confiture-sans-sucre-2981413

Philippe Conticini et Anne-Sophie Lévy-Chambon, *Gâteaux et gourmandises sans sucre*