Een blik op de toekomst

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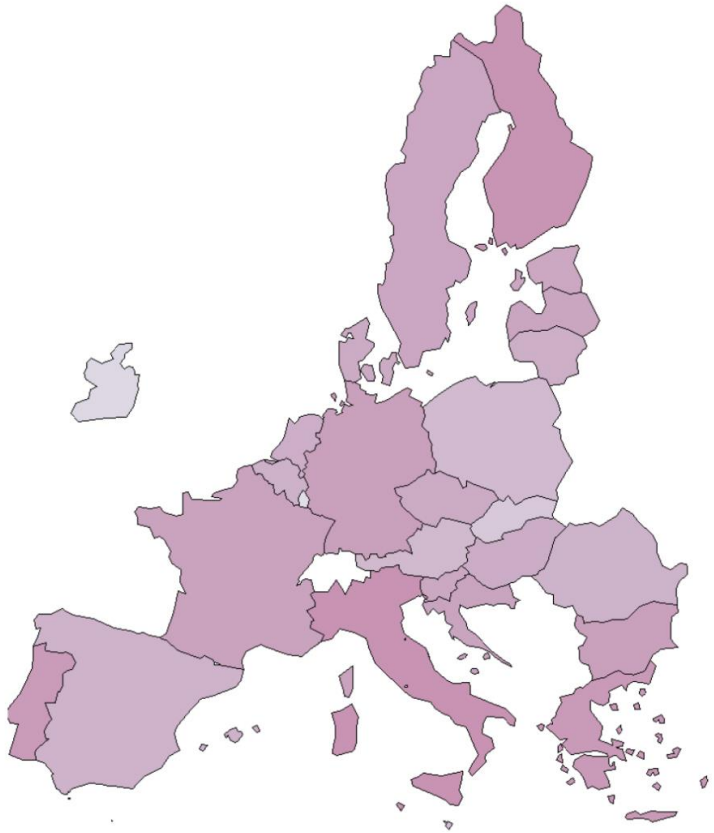
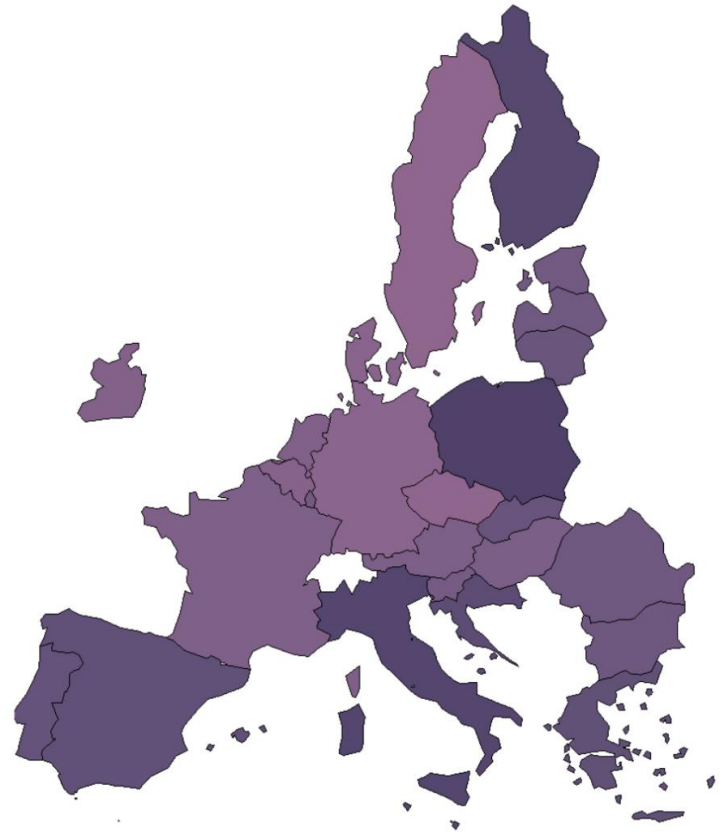
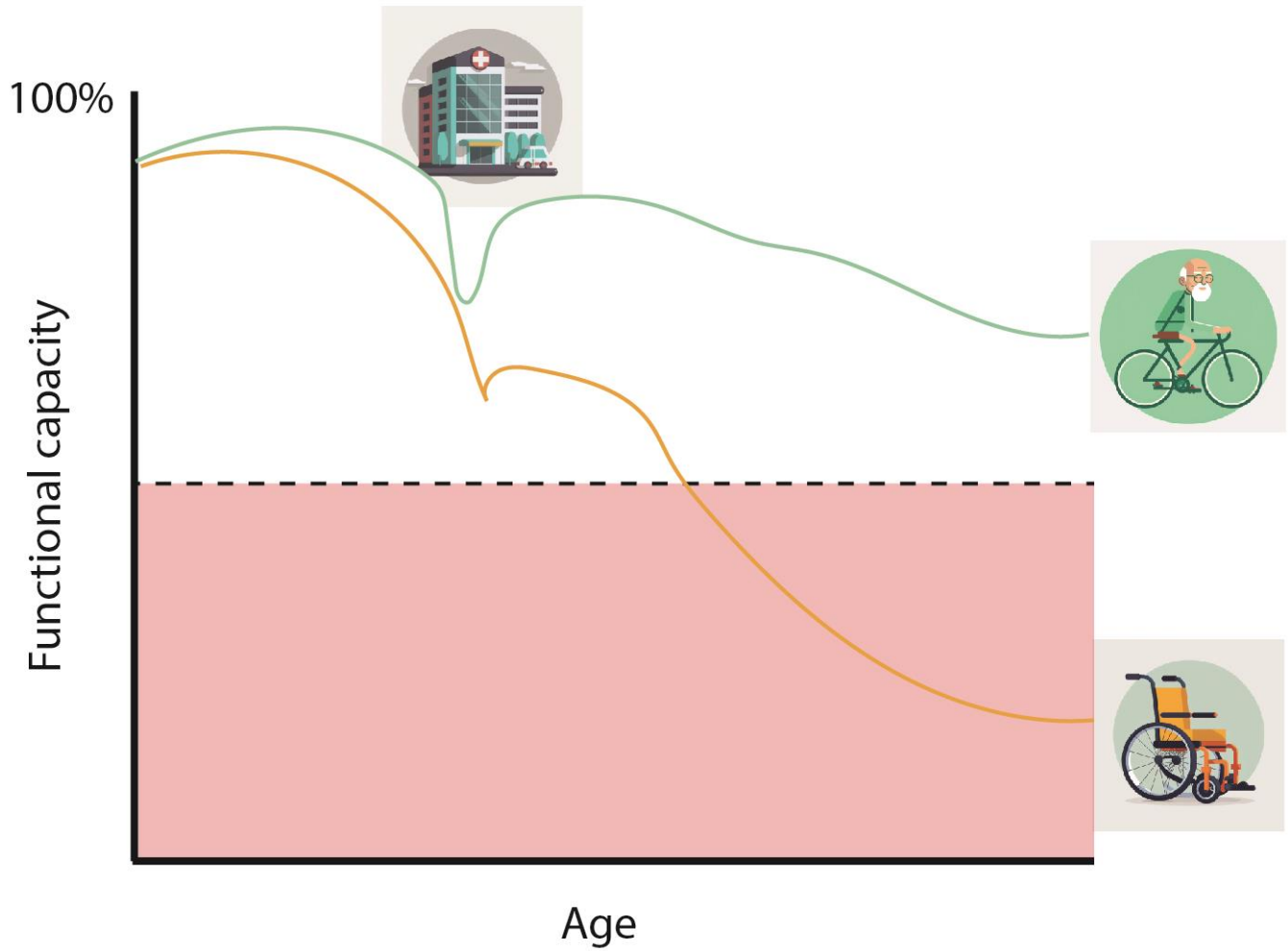
WAGENINGEN
UNIVERSITY & RESEARCH

Dependency ratio 2021



Dependency ratio 2100




100%
Functional capacity
Age

UNI2MOVE

https://www.clever-move.nl/uni2move.html

	Start	Eind
Kracht 1RM:	74.5 kg	86 kg
5x Chair stand:	6s	4s
Eiwitinname:	79g	89g
Eiwit bij ontbijt:	17g	24g


Noordwest
Ziekenhuisgroep
Noordwest Pijncentrum
Noordwest Pijnce

Benefits

lower GHG emissions

lower T2D risk

Phytochemicals and antioxidants

More fibre less SFA

lower CVD risk

Risks

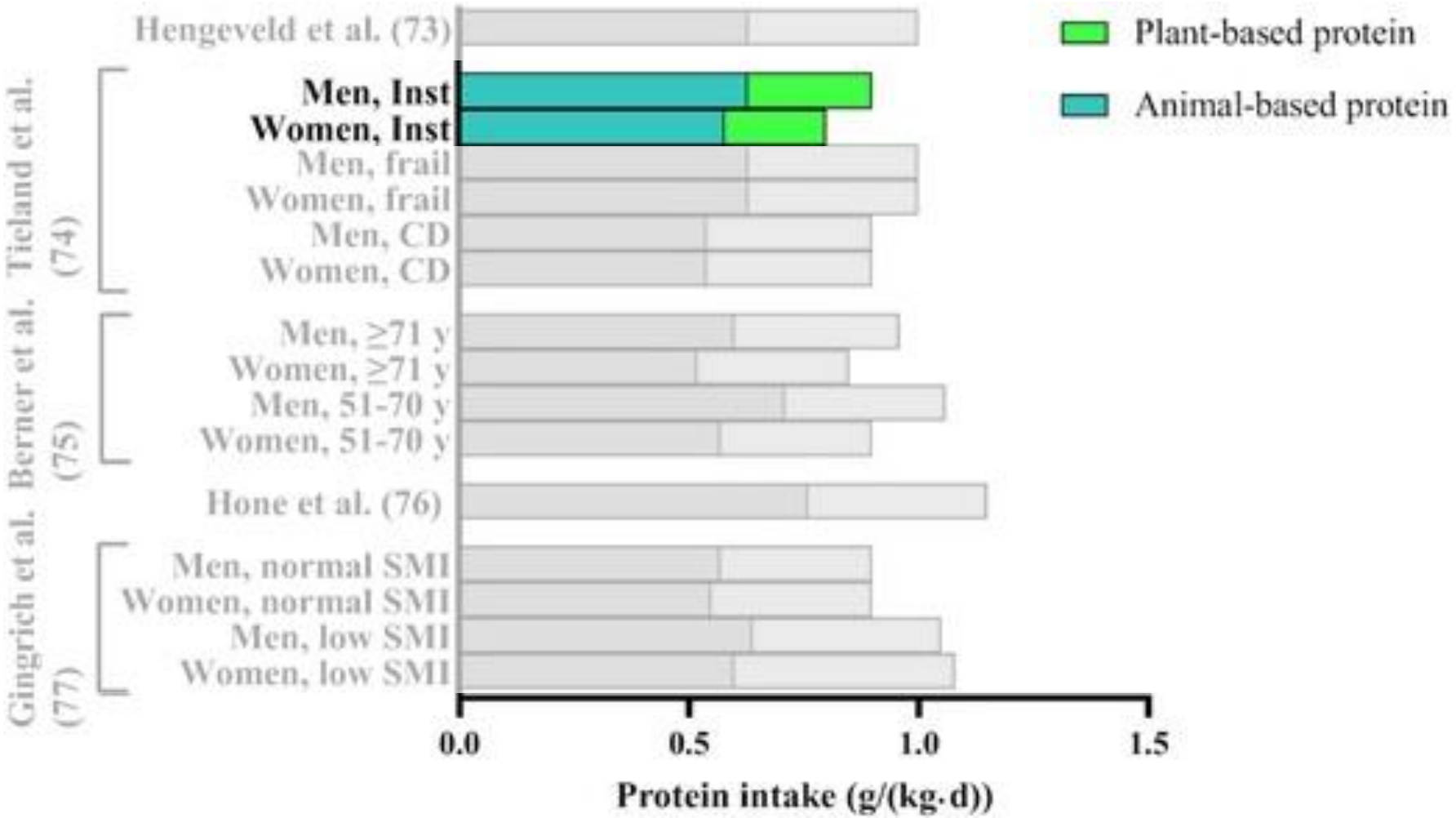
Lower protein quantity

Lower protein quality

Decreased cognitive functioning

Lower BMD

Decreased muscle health



Domić, Grootswagers, van Loon, de Groot, 2022


SOY

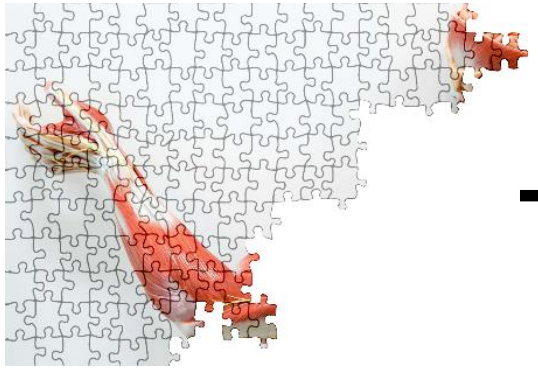
+ methionine
- lysine

+

- methionine
+ lysine

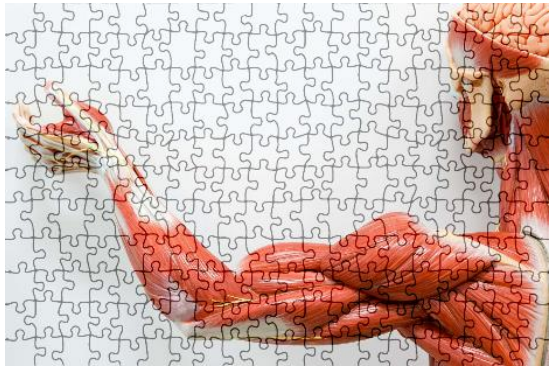
=

+ methionine
+ lysine



+

=



Incompleet

Koolstof-skelet

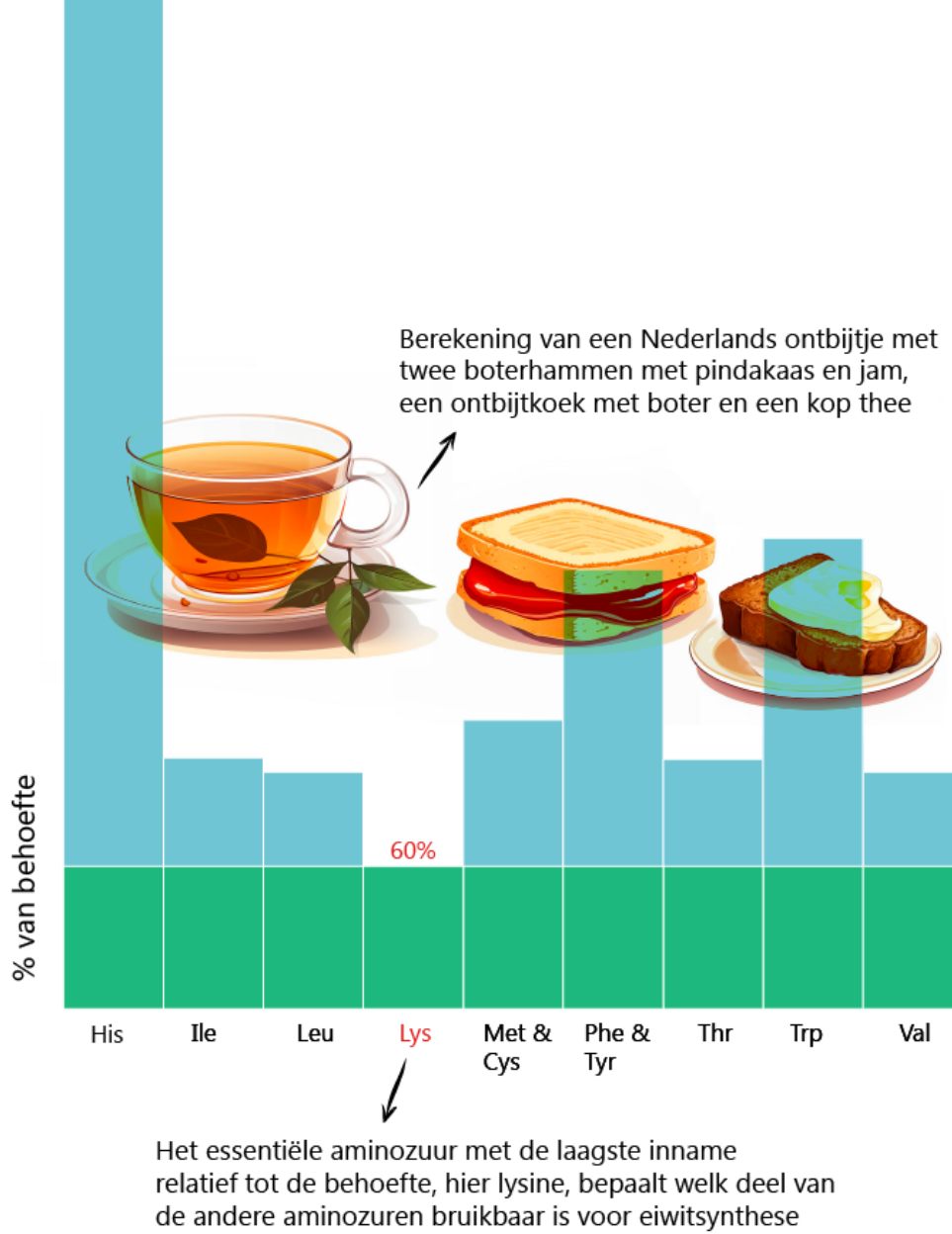
- Directe verbranding
- Omzetting naar glucose
- Omzetting naar vetzuren
- Omzetting naar NEAA

Ammoniakexcretie via urine

Compleet

Aanmaak lichaamseiwit

- Spier
- Bot
- Immuuncellen
- Orgaanweefsel
- etc.



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https://alpha-tool.eu/

NEVO-cod	Engelse na	ProtInRecept	Isoleucine	Leucine	Lysine	Methionin	Cysteine	Phenylalar	Tyrosine	Threonine
189	Peaches in syrup tinned		0	0	0	0	0	0	0	0
190	Prunes		34.81	54.07	44.44	8.89	2.22	37.78	16.3	31.85
191	Plums in syrup tinned		0	0	0	0	0	0	0	0
192	Fruit mixe	2.8	72.15	121.08	104.56	18.14	3.03	70.93	32.89	60.14
193	Figs dried		100	137	129	26	52	79	137	100
194	Fruit in syrup tinned		0	0	0	0	0	0	0	0
195	Infant food fruit 8 months		0	0	0	0	0	0	0	0
196	Peas marrowfat canned		273.3	457.5	418.63	78.04	87.91	352.84	175.82	234.13
197	Beans white baked in tomato sau		241.86	430.99	372.68	81.13	58.82	294.08	155.41	224.62
198	Almonds blanched unsalted		873.12	1617.26	681.71	191.41	290.7	1238.54	707.3	678.64
199	Cashew nuts unsalted		1001.95	1804.52	1123.1	381.1	392.45	1082.71	681.43	841.69
200	Hazelnuts unsalted		550.45	1081.82	461.36	213.18	259.85	707.42	460.3	485.76
201	Chestnuts raw		165.65	270.87	150.43	97.83	105.22	210.43	143.04	127.83
202	Coconut meat		134.77	267.08	193.23	75.08	73.23	181.54	99.69	136.62
203	Brazil nuts unsalted		582	1220	527	1080	416	666	416	416
204	Peanuts unsalted		1071.56	1951.33	977.89	372.42	372.42	1449.56	977.89	744.85
205	Mixed nut	11	398	772.5	356.5	331.34	194.3	492.67	292.94	328.53
206	Walnuts unsalted		631.49	1195.32	475.87	285.3	294.32	748.77	535.64	567.21
207	Nuts mixe	21.4	923.74	1686.97	875.72	356.67	352.81	1167.41	772.43	701.34
208	Flour buckwheat		322.5	606.75	557.25	186.75	195.75	437.25	253.5	357.75
209	Breakfast cereal Cornflakes Kellog		267.87	1110.67	53.2	145.6	88.67	368.67	190.4	212.8

+

```
unsigned int levens
    const size_t len1 = s1.size(),
    vector<unsigned int> col(len2+1), prevCol(len2+1);

    for (unsigned int i = 0; i < prevCol.size(); i++)
        prevCol[i] = i;
    for (unsigned int i = 0; i < len1; i++) {
        col[0] = i+1;
        for (unsigned int j = 0; j < len2; j++)
            col[j+1] = std::min( std::min(prevCol[1 + j] + 1, col[j] +
                                 prevCol[j] + (s1[i]==s2[j] ? 0 : 1) );
        col.swap(prevCol);
    }
    return prevCol[len2];
}
template <typename T> static void
```

Project Alpha

Belangrijkste realiteiten: vergrijzing & klimaatverandering

Gebruik beweging, goede voedingsstatus en eiwitinname om langer zelfstandig te blijven.

E-Health is nodig met relatief minder mensen in de zorg

Meer plantaardig eten goed plannen, aandacht voor eiwitkwantiteit, eiwitkwaliteit en micronutriënten