



NUTRIGENOMICS
ERA CHAIR | WELCOME2

Nutrigenomika – czyli jak dieta wpływa na nasze geny?

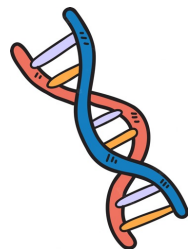
Dr inż.. Marianna Raczyk, 24.06.2023



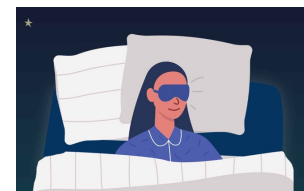
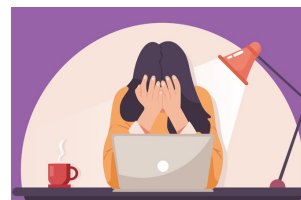
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This project has received funding from the European Union's Horizon 2020 research and innovation programme under grant agreement No 952601



GENY

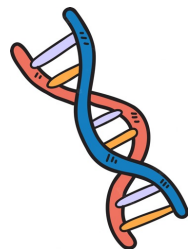


CZYNNIKI ŚRODOWISKOWE

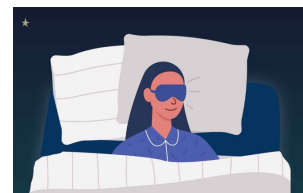
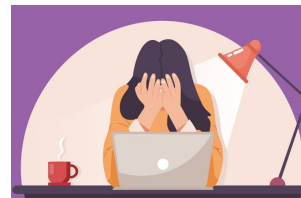


FENOTYP

20%



GENY



80%

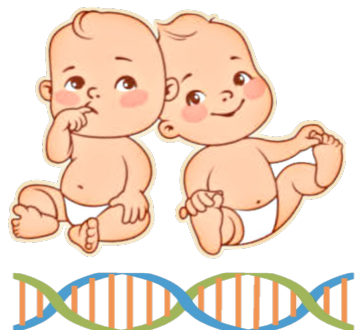


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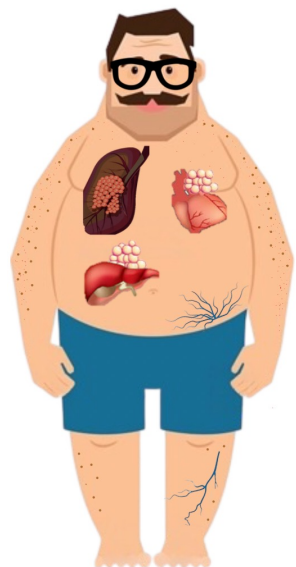


FENOTYP

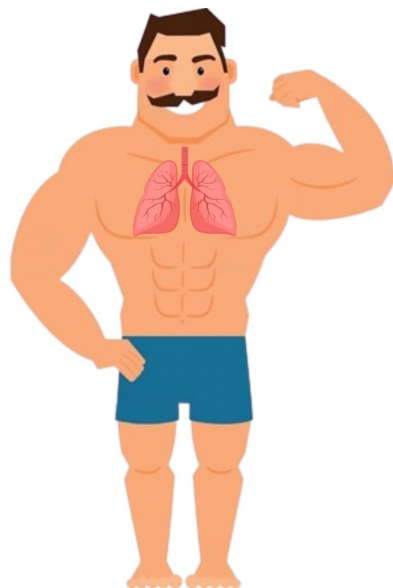
GENOTYP



FENOTYP



FENOTYP



Fenotyp = genom + epigenom + środowisko



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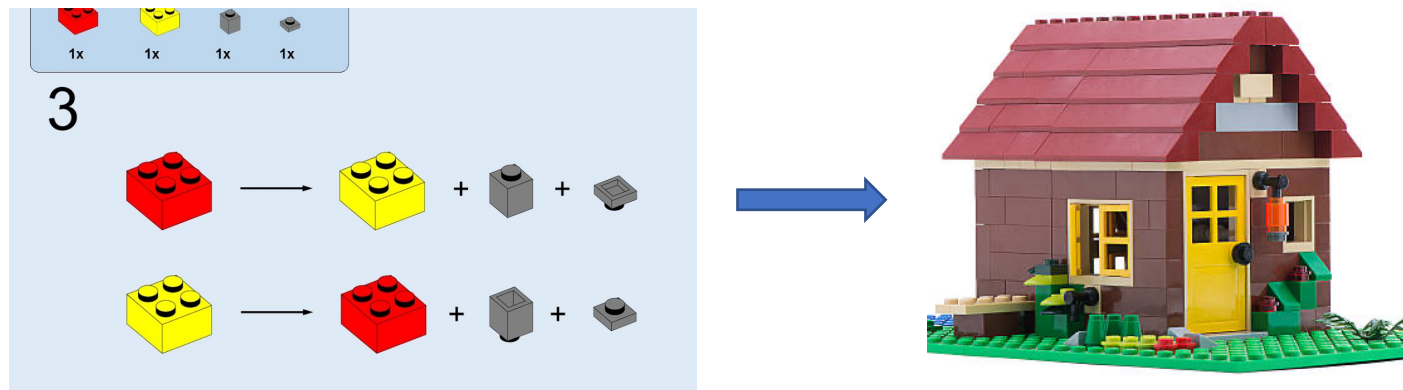
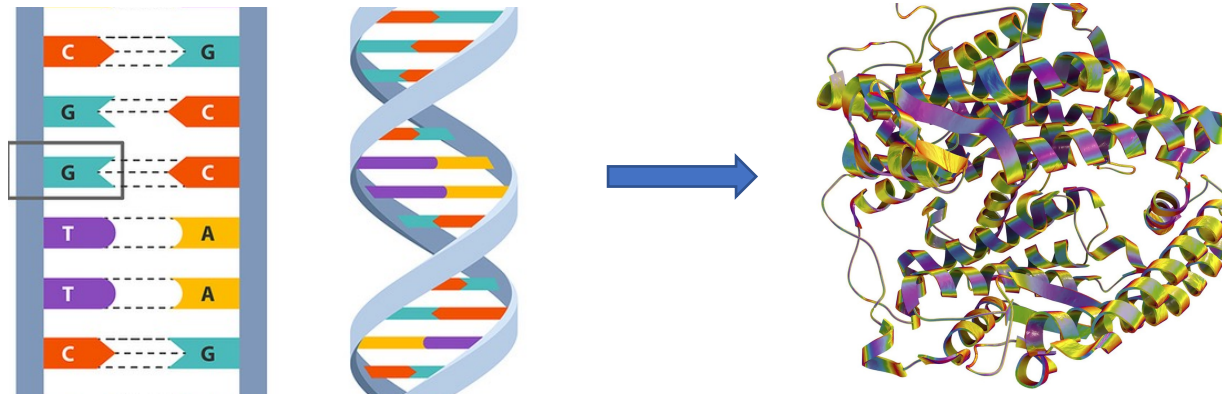


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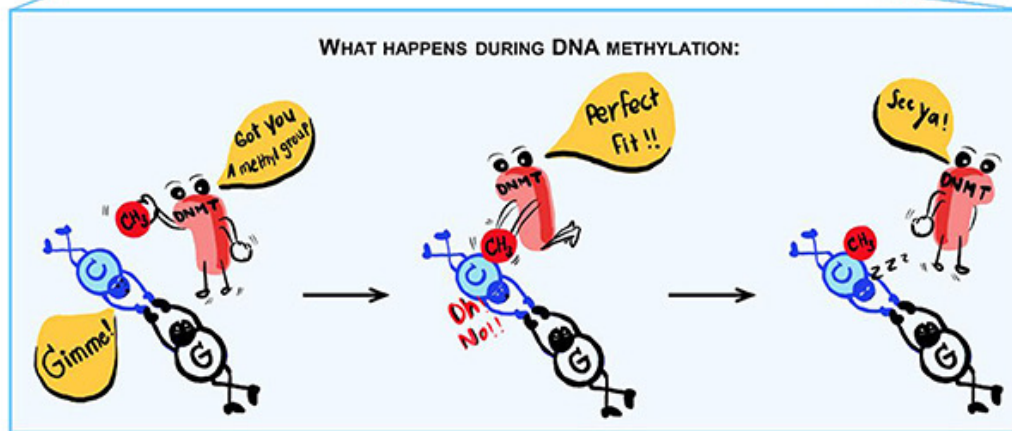
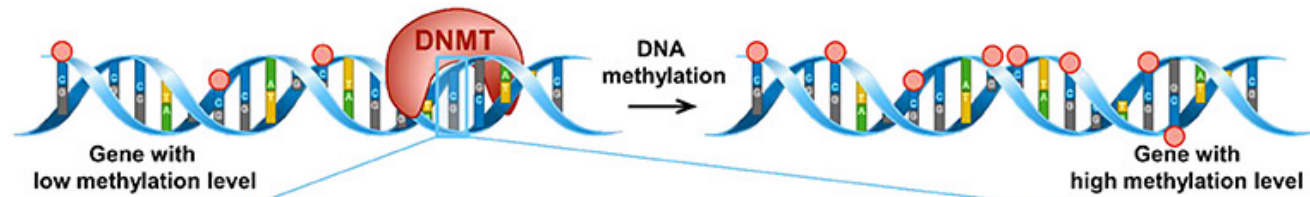
NutriGenomika



Genetyka



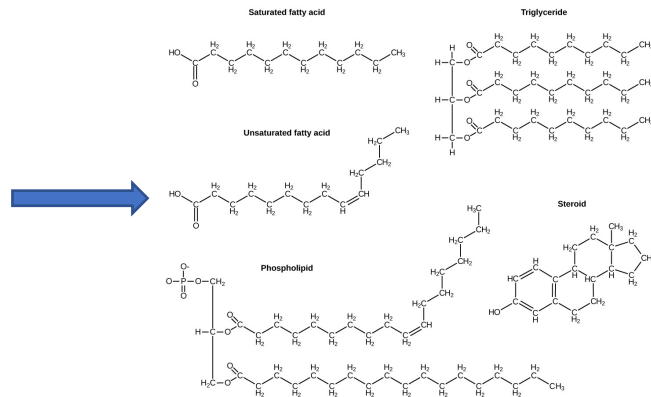
Epigenetyka – włączanie i wyłączenie genów



Nutrigenomika – jak to działa?



dieta



składniki odżywcze

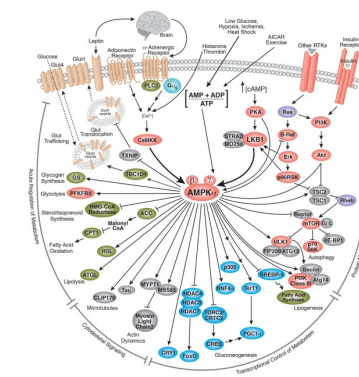


Proteins Carbo-hydrates Fats

CELLULAR RESPIRATION

ADP → ATP

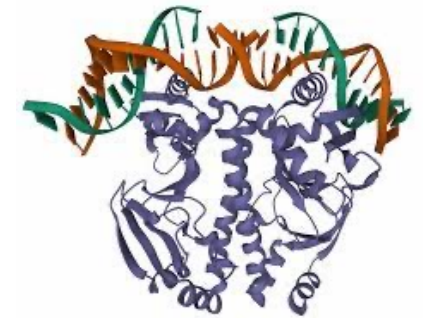
metabolizm



przykazywanie sygnałów



ekspresja genów



budowa białek

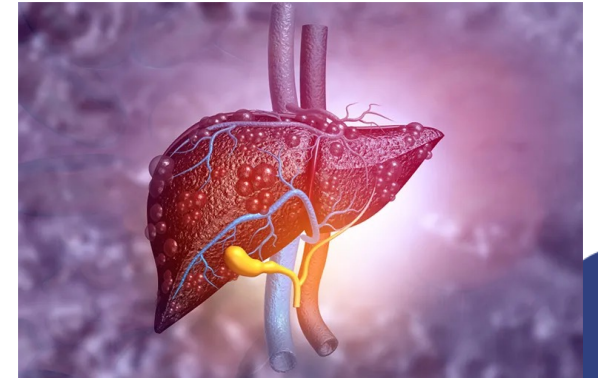


Dieta keto, a epigenetyka





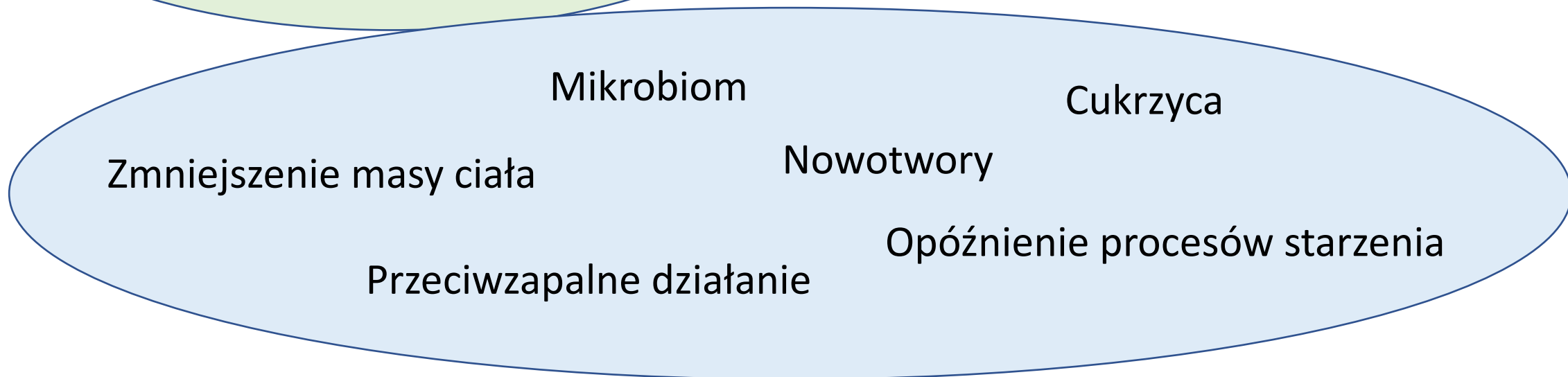
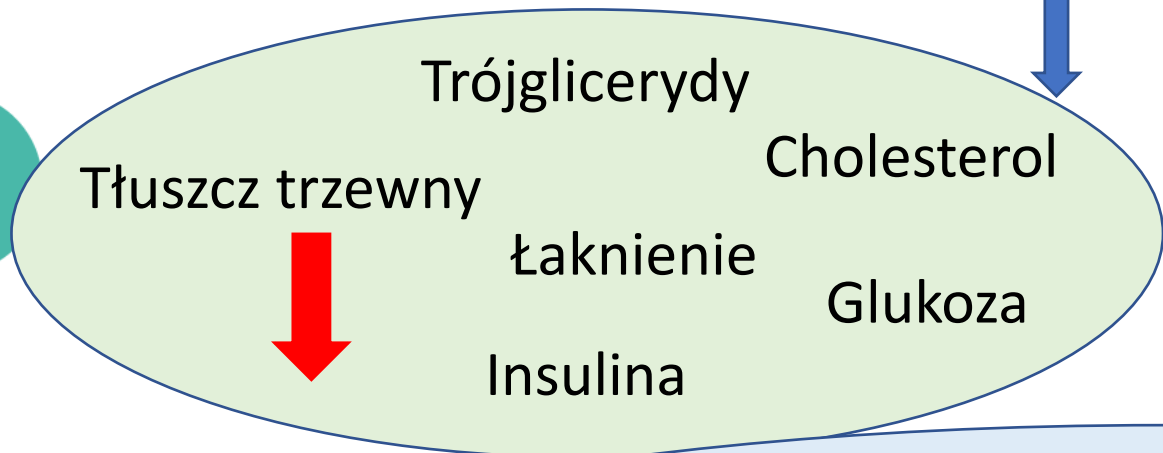
leczenie
/zapobieganie



Korzyści diety
ketogenicznej



Epigenom



Wnioski

- Z przeglądu literatury wynika, że wiele danych jest wstępnych i ograniczonych do kilku doniesień
- Związek między ketozą, a zmianami epigenetycznymi jest bardzo interesujący i wymaga dalszych badań



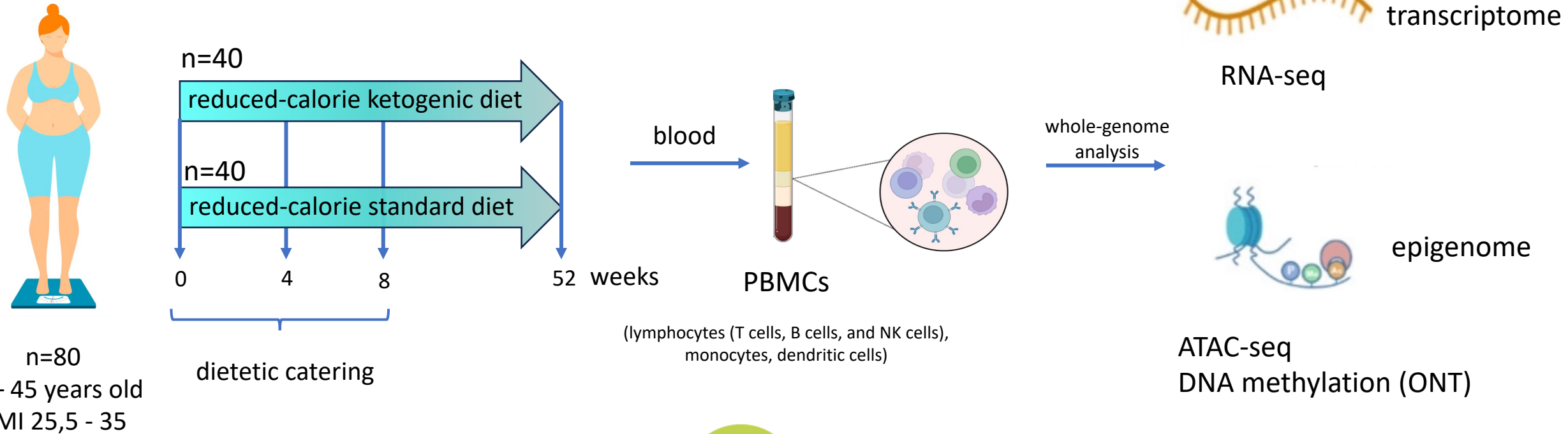


Prowadzone przez nas badania



Cel badań

Opisanie i zrozumienie, w jaki sposób zmiany stylu życia (np. zmiana diety) wpływają na transkryptom i epigenom komórek odpornościowych u kobiet z nadwagą lub otyłością.





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Dziękuję za uwagę!



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