

Quellen FF 4/22

Focus

Heike Kreuzt: Die bunte Welt der sekundären Pflanzenstoffe,
www.bzfe.de/ernaehrung/ernaehrungswissen/essen-und-wissen/sekundaere-pflanzenstoffe

Heike Kreuzt: Mit Flavonoiden den Blutdruck senken, www.bzfe.de

Amy Jennings et al: Microbial Diversity and Abundance of Parabacteroides Mediate the Associations Between Higher Intake of Flavonoid-Rich Foods and Lower Blood Pressure. In: Hypertension Vol 78, 2021

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Dr. oec. troph. Antonie Danz: Phytoöstrogene - Pflanzenstoffe mit Hormonwirkung, www.ugb.de

Dr. Thomas Kurscheid, Dr. Karin Henke-Wendt: Bunte Biokraft im Mikroformat, **FOODFORUM** Spezial 2/2020

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Alltagshelfer Trinken

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<https://www.dge.de/uploads/media/DGE-Pressemeldung-aktuell-07-2015-trinken-senioren.pdf> (zuletzt geprüft am 10.7.2022)

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Bio Promo Einleitung

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Fakten-Check

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