



# Problematiche dello sportivo celiaco (Italian Edition)

*Alex Facchini*

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## **Problematiche dello sportivo celiaco (Italian Edition)** Alex Facchini

Bachelor Thesis from the year 2013 in the subject Sport - Sport Medicine, Therapy, Prevention, Nutrition, grade: 1,0, University of Verona, language: Italian, abstract: I casi di celiachia in Italia e nel mondo sono in costante aumento. L'unica cura ad oggi resta ancora una rigorosa dieta aglutinata. Evitando il glutine si evitano svariati problemi di salute anche gravi.

Con la mia tesi vorrei analizzare la dieta senza glutine da diversi punti basandomi sulle attuali conoscenze scientifiche e capire se può essere una limitazione per chi pratica sport. inoltre vorrei dare alcuni consigli pratici e delle informazioni utili per gli sportivi celiaci.

La prima parte è dedicata alla storia e alla descrizione della malattia.

Nella seconda parte vengono analizzati i prodotti dietetici senza glutine da un punto di vista nutrizionale.

L'intento principale della parte successiva è quello di capire se i prodotti senza glutine possono soddisfare il fabbisogno di una persona che pratica sport. In questa parte viene trattato anche l'indice glicemico dei prodotti senza glutine e l'integrazione nello sport per un soggetto celiaco.

La quarta parte riguarda l'applicazione della dieta nello sport con esempi dal mondo dello sport professionistico e consigli per chi pratica sport a livello amatoriale.

Nell'ultima parte viene fatto un breve cenno sull'aspetto psicologico della dieta senza glutine.

Alla fine di alcuni capitoli viene fatto riferimento ad un questionario che ho sviluppato e condotto apposta per questa tesi. L'idea era quella di scoprire qualcosa sulle abitudini dei soggetti celiaci che praticano sport e di confrontarle con persone sane. Ad ogni riferimento ho aggiunto un commento personale sui risultati emersi dalle diverse domande. Il questionario è allegato in appendice.

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