

## **Parameter zur Untersuchung des Ernährungsstatus**

| <b>Parameter</b>  | <b>Untersuchungsmedium</b> |  |  |  |
|---|----------------------------|--|--|--|
| Vitamin A   | Plasma                     |  |  |  |
| Carotinoide   | Plasma                     |  |  |  |
| Vitamin D   | Plasma                     |  |  |  |
| Vitamin E   | Plasma                     |  |  |  |
| Phyllochinon  | Plasma                     |  |  |  |
| Thiamin   | Plasma                     |  |  |  |
| ETK   | Erythrocyten               |  |  |  |
| Riboflavin  | Plasma                     |  |  |  |
| EGR   | Erythrocyten               |  |  |  |
| Pyridoxin   | Plasma                     |  |  |  |
| EGOT  | Erythrocyten               |  |  |  |
| Cobalamin   | Plasma                     |  |  |  |
| Folsäure  | Plasma                     |  |  |  |
| Homocystein   | Plasma                     |  |  |  |
| Vitamin C   | Plasma                     |  |  |  |
|   |                            |  |  |  |
| Calcium   | Harn                       |  |  |  |
| Kalium  | Plasma                     |  |  |  |
| Natrium   | Plasma                     |  |  |  |
| Magnesium   | Plasma                     |  |  |  |
| Eisen   | Plasma                     |  |  |  |
| Ferritin  | Plasma                     |  |  |  |
| Zink  | Plasma                     |  |  |  |
| Jod   | Harn                       |  |  |  |
| Schilddrüsenhormone   | Plasma                     |  |  |  |
| Selen   | Plasma                     |  |  |  |
|   |                            |  |  |  |
| Lipidprofil   | Plasma                     |  |  |  |
| Gesamtcholesterin   |                            |  |  |  |
| HDL   |                            |  |  |  |
| LDL   |                            |  |  |  |
| TG  |                            |  |  |  |
| Essentielle Fettsäuren  | In Serumgesamtlipiden      |  |  |  |
| Linolsäure  |                            |  |  |  |
| alpha-Linolensäure  |                            |  |  |  |
| Arachidonsäure  |                            |  |  |  |
| EPA   |                            |  |  |  |
| DHA   |                            |  |  |  |
|   |                            |  |  |  |
| Blutbild (Hämoglobin, Hämatokrit, Erythrocyten, Leukocyten, Thrombocyten) | Vollblut                   |  |  |  |
|   |                            |  |  |  |
| Glucose   | Vollblut                   |  |  |  |
| HbA1c   | Vollblut                   |  |  |  |
| TRAP  | Plasma                     |  |  |  |
| Bilirubin   | Plasma                     |  |  |  |
| Prot/Alb  | Plasma                     |  |  |  |
| Harnsäure   | Plasma                     |  |  |  |