

# IDIOMA: INGLÊS

Área 1

\* Indica uma pergunta obrigatória

---

1. E-mail \*

---

2. ÁREA \*

*Marcar apenas uma oval.*

1-CIÊNCIAS BIOLÓGICAS, CIÊNCIAS AGRÁRIAS, CIÊNCIAS DA SAÚDE

3. NOME DO CANDIDATO \*

---

4. NÚMERO DA INSCRIÇÃO \*

---

5. NÚMERO DO CPF \*

---

Leia o texto e responda as questões a seguir em Português. Todas as questões dever ser respondidas de acordo com o texto. As respostas digitadas neste formulário eletrônico constituirão o ÚNICO documento válido para correção da prova.

June 28, 2023/Diet, Food & Fitness/Nutrition

### **A Little of This and That: Your Guide to the AIP Diet**

The autoimmune protocol diet is designed to help identify inflammatory triggers

#### **What is the AIP diet?**

The autoimmune protocol (AIP) diet is an elimination diet designed to cut out and replace certain foods known for being inflammatory triggers with nutrient dense foods to improve gut health, hormone regulation and immune system regulation. It's perhaps most helpful for people who have chronic inflammation or autoimmune disorders like: Psoriatic arthritis; Rheumatoid arthritis; Celiac disease; Type 1 diabetes; Inflammatory bowel diseases (IBD) like Crohn's disease or ulcerative colitis; Hashimoto's thyroiditis; Psoriasis; Multiple sclerosis.

#### **How does the AIP diet work?**

The AIP diet works in three phases, with each phase focused on taking inventory of the foods you're eating and the symptoms you experience after eating those foods or removing those foods from your daily consumption.

#### **Phase 1: Elimination**

The first phase of the AIP diet can last from four to six weeks and up to a few months. During this phase, you eliminate certain foods, additives and medications believed to cause intestinal inflammation, an imbalance in your gut microbiota or worsen an immune system response. Some of the foods include: Grains (especially gluten-containing grains); Legumes (including beans, peas and lentils); Nightshade vegetables; Dairy products; Processed foods; Refined sugars; Eggs; Nuts and seeds; Coffee; Alcohol.

#### **Phase 2: Reintroduction**

The second phase of the AIP diet can begin when you've experienced significant improvement in your symptoms. You can do this in one of two ways: Reintroduce the foods in the order you miss the most; Reintroduce the foods starting with the ones that are the most beneficial and have the least negatives to them.

### Phase 3: Maintenance

This final phase of the AIP diet takes everything you've learned from the first two phases and combines them into a long-term maintenance plan. "During this phase, going off of the diet while traveling and during special events is encouraged, especially for the people who only have mild to moderate symptoms with trigger foods they've identified," notes [Gardinier](#), a registered dietitian.

**What can't you eat on the AIP diet?** - Examples of foods you should eliminate on the AIP diet include:

- Grains: Rice, oats, wheat, barley, rye, quinoa, corn and any products made with these ingredients, like cereal, pasta, bread, muffins and other baked goods.
- Nightshade vegetables: Tomatoes, potatoes, peppers, eggplant, tomatillos, jalapenos and spices made from these vegetables, like cayenne pepper or paprika.
- Processed foods: Deli meats, hot dogs, sausages, canned vegetables, canned soups, microwave meals, packaged snacks and processed vegetable oils like canola, corn or soybean oil.
- Refined sugars: sweets, sodas, candies, chocolate, cane sugar, corn syrup, brown rice syrup, etc.
- Nuts and seeds: all nuts, seeds and foods made from these ingredients including flours, butter or oils, cocoa, and seed-based spices like coriander, cumin, fennel, mustard and nutmeg.
- Food additives: Artificial sweeteners like stevia, saccharin or xylitol, food colorings, emulsifiers and thickeners.

**AIP diet food list** - Examples of foods you can eat while on the AIP diet include:

- Vegetables that aren't nightshade vegetables like cucumbers, spinach, sweet potatoes and zucchini.
- Natural sweeteners like honey, agave and maple syrup.
- Herbs and spices like ginger, garlic, cumin, coriander oregano, salt and black pepper.

Fonte: <https://health.clevelandclinic.org/aip-diet-autoimmune-protocol-diet> (adaptado de para fins educacionais)

## 6. QUESTÃO 01 – O que é a dieta *AIP* e em que ela pode ajudar? \*

---

---

---

---

---

## 7. QUESTÃO 02 – Quais são as fases da dieta *AIP* e para quais doenças ela pode ser benéfica? Cite duas delas. \*

---

---

---

---

---

8. **QUESTÃO 03 – Quem é Gardinier e qual é a observação que ele/ela faz sobre uma das fases?** \*

---

---

---

---

---

9. **QUESTÃO 04 – Em qual momento a segunda fase da dieta AIP pode começar e de que forma ela deve ocorrer?** \*

---

---

---

---

---

10. **QUESTÃO 05 – Dentre os itens que você não deve consumir durante a dieta, qual é a última categoria citada e quais são os alimentos apresentados por ela?** \*

---

---

---

---

---

---

Este conteúdo não foi criado nem aprovado pelo Google.

Google Formulários

