

Metabolic health, vascular function and cognition

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PROPOSITIONS

1. Dietary interventions with polyphenols elevate circulating BDNF concentrations – *This thesis*
2. The egg protein hydrolysate NWT-03 improves cognitive function within the executive function domain in individuals with the metabolic syndrome – *This thesis*
3. Diet-induced acute postprandial changes in glucose and insulin concentrations do not differently influence circulating BDNF concentrations – *This thesis*
4. Insulin resistance is linked to peripheral, but not central vascular disturbances in individuals with prediabetes – *This thesis*
5. A handful of almonds consumed daily without elaborated dietary advices has adverse effects on insulin sensitivity and glucose metabolism in individuals with prediabetes – *This thesis*
6. To avoid the future diabetes epidemic action is required to halt, reverse and prevent prediabetes – *adapted from Hostalek, Clinical Diabetes and Endocrinology 2019*
7. When following a healthy diet in accordance with the Wheel of Five, there are more important aspects to be considered than simply eating foods from the Wheel of Five in the recommended daily amounts – *Voedingscentrum*
8. Some of the information that has been conveyed has been hazy or exaggerated, and has contributed to people's apprehension of taking advantage of scientific advances – *Gómez-Pinilla, Nature Reviews Neuroscience 2008*
9. Werk hard in stilte en laat je succes herrie maken – *Frank Ocean*
10. Dicen que las personas no son las que hacen los viajes, sino que son los viajes los que hacen a las personas – Men zegt dat het niet de mensen zijn die de reizen maken, maar dat het de reizen zijn die de mensen maken – *Ramón Bilbao*