

# Distinct metabolic phenotypes towards cardiometabolic diseases

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Stellingen behorend bij het proefschrift getiteld:

**Distinct metabolic phenotypes towards cardiometabolic diseases:  
implications for precision nutrition strategies**

Door Inez Trouwborst

1. Modulation of dietary macronutrient composition according to an individual's tissue-specific insulin resistant phenotype can further improve the beneficial effects of a healthy diet on cardiometabolic health – *this thesis*
2. Circulating immune cell populations as well as inflammatory gene expression in abdominal subcutaneous adipose tissue show distinct associations with muscle and liver insulin sensitivity – *this thesis*
3. Body weight and liver fat were associated with reduced liver insulin sensitivity while in women, but not in men, muscle fat was associated with reduced muscle insulin sensitivity – *this thesis*
4. Men lost more weight and improved more in several cardiometabolic risk parameters following a low-calorie diet, while women were better in maintaining the improvements during follow-up after weight loss on ad libitum diets varying in protein content and glycemic index – *this thesis*
5. Precision nutrition represents a promising approach for both the prevention and management of the metabolic syndrome – *adapted from Toro-Martin et al. Nutrients, 2017*
6. De preventieparadox; terwijl preventie op populatieniveau de grootste gezondheidswinst oplevert, is het effect voor een individu veel minder zichtbaar. Het belang van gezond eten ter voorkoming van ziekte is daarom soms lastig in te zien.
7. To treat everyone fairly, treat them differently – *unknown*
8. The findings in this thesis may provide direct leads for precision-based dietary guidelines to contribute to more successful prevention or treatment of obesity-related diseases.
9. If you don't like something, change it. If you can't change it, change your attitude – *Maya Angelou*
10. I think this would be a good time for a beer (or two) – *Adapted from the NIMO research group & Franklin Roosevelt*