

Human cardiometabolic health

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PROPOSITIONS

Belonging to the thesis

Human cardiometabolic health

The role of genetic variants, diurnal rhythms, and intermittent energy restriction diets

1. Endogenous cholesterol synthesis has a diurnal rhythm which peaks at night, while intestinal cholesterol absorption does not show a diurnal rhythm in humans – *This thesis*
2. Acute consumption of meals high in fats, carbohydrates, or proteins decreases intermediates in the endogenous cholesterol synthesis pathway, whereas intestinal cholesterol absorption markers are unaffected – *This thesis*
3. Single-nucleotide polymorphisms in various key genes in the regulation of cholesterol metabolism and circadian rhythms are associated with endogenous cholesterol synthesis and intestinal cholesterol absorption – *This thesis*
4. Postprandial triacylglycerol responses do not differ between individuals with abdominal obesity who alternate their daily calorie intake compared to those with an isoenergetic constant calorie intake each day – *This thesis*
5. Studies designed to compare intermittent energy restriction to continuous energy restriction should make sure that the degree of energy reduction is similar between the groups – *Impact of this thesis*
6. Fasting – abstaining from eating for some period of time – is an ancient practice that is safe when not taken to extremes – *Harvard Health Publishing, 2023*
7. Due to the current lack of superiority of intermittent fasting compared with traditional methods at the group level, the most appropriate diet is one that suits the habits and preferences of the individual – *Adapted from Santos et al., The American Journal of Clinical Nutrition, 2022*
8. Processed foods not only extend the shelf life, but they extend the waistline as well – *Karen Sessions*
9. Food can bring people together in a way nothing else could – *Yotam Ottolenghi*