Dietary proteins and body weight regulation

Stellingen

behorende bij het proefschrift

“Dietary proteins and body weight regulation”

1. Alpha-lactalbumin induced satiety is not related to the plasma tryptophan:LNAA ratio and does not operate via the serotonin-pathway (*dit proefschrift*).

2. Satiety during a high-casein diet is partly due to increased sleeping metabolic rate (*dit proefschrift*).

3. Although carbohydrate and protein balances differ between complete and incomplete high protein diets, fat balances remain similarly (*dit proefschrift*).

4. Addition of gelatin to a minimum required daily protein intake from milk protein does not improve weight loss and maintenance (*dit proefschrift*).

5. Junk food turns rats into addicts (*Sanders, ScienceNews Nov 21st 2009;176(11):8*).

6. Fructose is hazardous to the cardiometabolic health of many children, adolescents and adults (*Bray, Current Opinion in Lipidology 2010;21:51–57*).

7. De reward-deficiency hypothese is onverenigbaar met de stelling van Socrates “Wij leven niet om te eten, wij eten om in leven te blijven”.

8. De wetenschap is ontstaan door de uitvinding van de kritische discussie (*Karl Popper*).

9. De overeenkomst tussen promoveren en voetballen is hard werken om ‘het doel’ te bereiken.

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