

Dietary proteins and body weight regulation

Citation for published version (APA):

Hochstenbach-Waelen, A. (2010). *Dietary proteins and body weight regulation*. [Doctoral Thesis, Maastricht University]. Datawyse / Universitaire Pers Maastricht. <https://doi.org/10.26481/dis.20100707ah>

Document status and date:

Published: 01/01/2010

DOI:

[10.26481/dis.20100707ah](https://doi.org/10.26481/dis.20100707ah)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Stellingen

behorende bij het proefschrift

“Dietary proteins and body weight regulation”

1. Alpha-lactalbumin induced satiety is not related to the plasma tryptophan:LNAAs 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.

Ananda Hochstenbach-Waelen
Maastricht, 7 juli 2010