

Novel insights into the health effects of fruits and vegetables

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Novel insights into the health effects of fruits and vegetables

Challenging the status quo

1. Lycopene depletion is one of the first signs of chronic low-grade inflammation. *This thesis*
2. Sulforaphane induces a mild pro-inflammatory effect during caloric overload, suggesting its hormetic response. *This thesis*
3. In the primary prevention of cardiovascular events, broccoli sprouts should be on the menu due to its antiaggregant effect via reduction of 11-dehydro-TXB₂. *This thesis*
4. Heart rate variability is a sensitive tool to assess inflammatory activity and can be used to investigate beneficial effects of phytonutrients. *This thesis*
5. Innovative integrative research approaches enhance our understanding of health effects of nutrition.
6. Searching for novel methods to substantiate health claims should be a continuous endeavor for both researchers and assessors.
7. The umbrella term ‘non-communicable diseases’ should be refined to better reflect the underlying pathophysiology, e.g. chronic inflammation.
8. A cross-over design in conjunction with a dynamic challenge is an optimal experimental approach to investigate subtle and pleiotropic effects of nutrition on an individual level.
9. In demonstrating causal relationships between whole foods and health, the design of a suitable placebo is key.
10. De échte waarde(n) van groenten en fruit zit in de samenstelling én het samenspel van de afzonderlijke componenten.
11. De terhandstellingskosten uit de basisverzekering zouden ook moeten gelden bij de groenteboer.