

Immune health

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Propositions belonging to the thesis

Immune health

Effects of dietary approaches and determinants throughout life

1. It needs to be explored whether dietary approaches to improve asthma-related outcomes should be optimized based on asthma pheno- and endotypes. *This thesis*
2. Non-cholesterol sterol transport into breast milk is regulated. Therefore, non-cholesterol sterols have a role in infant health; otherwise the body would not invest ATP in this process. *This thesis*
3. Plant stanols are safe and promising dietary approaches to improve immune health in those with compromised immune responses. *This thesis*
4. The underlying mechanism by which plant stanols modulate immune function is independent of their serum LDL-cholesterol lowering properties. *This thesis*
5. Those with both a compromised immune health as well as elevated serum LDL-cholesterol concentrations in particular benefit from plant stanol interventions. *Impact of this thesis*
6. If dietary approaches that modulate the immune system would be applied early in life, this could represent a new strategy to prevent non-communicable diseases. *Adapted from Peroni et al., Frontiers in Nutrition (2023)*
7. Attention should be focused on addressing current nutritional inadequacies that are widespread in the population in order to better support immune responses. *Adapted from Calder, Nutrition & Diabetes (2021)*
8. Functional foods, food supplements, and nutraceuticals open the doors for seeking new strategies for the prevention of nutrition-related diseases. *Adapted from Domínguez Díaz et al., Critical Reviews in Food Science and Nutrition (2020)*
9. It is health that is real wealth and not pieces of gold and silver – *Mahatma Gandhi*
10. Nieuwsgierigheid brengt je waar je met weten nooit komt – *OMDENKEN*
11. Met genoeg koffie is niets onmogelijk – *Onbekend*