

Diet and celiac disease

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PROPOSITIONS
belonging to the thesis

Diet and Celiac Disease
From disease risk to management

Johanna Kreutz
Maastricht, 2024

1. Intestinal damage is present prior to disease onset and can be a risk factor for the development of celiac disease (this thesis).
2. Dietary factors other than gluten intake, can contribute to the onset of celiac disease by impairing intestinal barrier function (this thesis).
3. Children with celiac disease following a gluten free diet are at risk to develop nutrient deficiencies (this thesis).
4. Ensuring optimal nutritional status and Improving quality of life of patients with celiac disease requires monitoring and a comprehensive focus on nutrition beyond just the elimination of gluten (this thesis).
5. Dietary interventions can serve as both a preventive and therapeutic strategy.
6. To study the effects of dietary intake on intestinal permeability, exposure to dietary components resembling actual intake alone and in combination is important (this thesis).
7. Celiac disease research must diversify beyond Western demographics, enriching findings and broadening impact through varied ethnic and cultural perspectives.
8. Prioritizing education on sustainable and healthy food practices can yield major health benefits for families and future generations.
9. Werken en feesten vormt schoone geesten (Johanna Westerdijk; eerste vrouwelijke hoogleraar in Nederland).
10. What you do makes a difference, and you have to decide what kind of difference you want to make (Jane Goodall).
11. My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style (Maya Angelou).