Maastricht University

The anabolic properties of plant-derived proteins

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Propositions related to the dissertation entitled:

THE ANABOLIC PROPERTIES OF **PLANT-DERIVED PROTEINS**

1. The essential amino acid composition of plant-derived proteins does not restrict the capacity to stimulate post-prandial muscle protein synthesis in healthy, young adults. – *This thesis*

2. The proposed lower anabolic potential of plant-based protein sources may be compensated for by ingesting more protein, using protein blends, or protein fortification. – *This thesis*

3. Ingestion of 30 g of a plant-derived protein increases muscle protein synthesis rates in healthy, young adults. – *This thesis*

4. Post-prandial increases in plasma amino acid availability do not necessarily translate to equivalent changes in muscle protein synthesis rates. – *This thesis*

5. You are what you just ate. – *Bart Groen et al. 2015*

6. We don't need a more plant-based diet, but a diet with better plants. – *Donald K. Layman, Nutrition 2020*

7. Protein powders are not whole-food meals.

8. A shift towards a diet with more plant-based and less animal-based proteins does not *per se* compromise muscle health in healthy, young adults.

9. I would not have gone this far, this fast, on my own. – *Philippe Pinckaers*

10. Life is like riding a bicycle. In order to keep your balance, you must keep moving. – *Albert Einstein*

11. When words become unclear, I shall focus with photographs. When images become inadequate, I shall be content with silence. – *Ansel Adams*

Philippe J.M. Pinckaers

April 10, 2024