

The interaction between inflammatory properties of diet and genetic variation in body weight regulation

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Propositions accompanying this doctoral thesis

“The Interaction between Inflammatory Properties of Diet and Genetic Variation in Body Weight Regulation”

1. As energy intake is restricted during a diet-induced weight loss program, people tend to reduce intake of essential nutrients as well. - This Thesis
2. Prevention of excessive energy intake is necessary to prevent weight regain after weight loss, however, improving the intake of defined nutrients (such as vitamins, minerals, and essential fats) is as important- This Thesis
3. Dietary intake and adiposity both influence systemic inflammation. - This Thesis
4. Genetic variation in pro-inflammatory genes could influence our body's response to inflammatory triggers, such as higher adiposity and dietary composition - This thesis
5. The reduction of inflammation by means of the diet, has the additional benefit to improve genomic health. - This thesis
6. Calorie deficit diets work for weight loss but it's not the solution to obesity - Dr Rupy Aujla
7. Try to get your nutrients from real whole foods, as Mother Nature has packaged up all these nutrients into our food in safer doses - Dr Megan Rossi
8. We spend a lot of time talking about what to eat but how you eat also matters for your health - Prof. Tim Spector
9. Success is not possessed by educated people. It belongs to those who keep trying. - Bacharuddin Jusuf Habibie.

Harry Freitag Luglio Muhammad, 09 December 2021