

Dietary proteins : their effect on insulin and glucagons in relation to body weight management

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Stellingen

behorende bij het proefschrift

Dietary proteins:

Their effects on insulin and glucagon in relation to body weight management

1. When protein ingestion is preceded by a carbohydrate load, carbohydrate-induced glucose and insulin secretion does not prevent amino-acid induced glucagon secretion *in vivo* (this thesis)
2. Proteins can induce similar insulin responses as an isocaloric carbohydrate load (this thesis)
3. High glycemic index carbohydrates can be consumed without inducing high blood glucose responses when they are preceded by protein ingestion (this thesis)
4. Consumption of a partially hydrolysed fast digestible proteins, such as whey protein, does not induce faster or higher postprandial insulin and/or glucagon responses than consumption of the intact protein (this thesis)
5. Habitual consumption of a high-protein diet does attenuate insulin stimulation after an acute high-protein meal (this thesis)
6. Macrophage-adipocyte interactions lead to decreased adipocyte glucose transport that can contribute to the generation of whole body insulin resistance (Lumeng 2007)
7. Smaak is als liefde: zij laat zich niet opdringen, noch dwingen
8. Als het niet kan zoals het moet, moet het maar zoals het kan
9. Later, als ik groot was, mocht ik allerlei dingen die ik nu niet mocht, maar het werd nooit later. Het was altijd nu. (Remco Campert, Een geschenk uit de hemel)
10. Als je altijd gelijk wilt hebben, moet je niks zeggen (Filosofisch statistische noot)

Mandy Claessens, 16 januari 2008