

Room for dessert!

Citation for published version (APA):

Hendriks, A. E. M. (2022). *Room for dessert! A series of studies on sensory satiation and food variety*. [Doctoral Thesis, Maastricht University]. Ridderprint. <https://doi.org/10.26481/dis.20220422ah>

Document status and date:

Published: 01/01/2022

DOI:

[10.26481/dis.20220422ah](https://doi.org/10.26481/dis.20220422ah)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Propositions accompanying the dissertation

ROOM FOR DESSERT!

A series of studies on
sensory satiation and food variety

1. Less exposure to each food within a meal is what drives the variety effect. (this thesis)
2. Sensory-specific satiation is not context dependent. (this thesis)
3. Satiation labels affect food intake. (this thesis)
4. Flavour variety is preferred over complexity in ice cream choices. (this thesis)
5. Flavour variety is more important than portion size in ice cream choices. (this thesis)
6. Study preregistration and open data should be obliged.
7. The location of your experiment can contribute to selection bias. If it is hard to find, it can introduce intelligence bias. (based on quote Aalt Bast)
8. A bogus taste test is a terrible way to measure food intake.
9. Make variety your ally, not your enemy. Don't avoid variety in your diet, but include a wide variety of products with a low energy density. (based on quote Barbara Rolls)

Anouk Hendriks-Hartensveld
2022