

Nutritional strategies to improve gastrointestinal and metabolic health

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Nutritional interventions to improve gastrointestinal and metabolic health

Exploring the effects of functional foods

1. Studies investigating the health effects of citrus flavonoids in the gastrointestinal tract should focus on the parent compounds as well as their *in vivo* generated metabolites. - *This thesis*
2. The carotenoid-producing *Bacillus indicus* strain PD01 improves compromised barrier function in early weaned piglets. - *This thesis*
3. Olive leaf extract supplementation does not improve blood lipid profiles in overweight/obese subjects with mildly elevated cholesterol levels. - *This thesis*
4. Future studies on the effects of food interventions on intestinal health should focus on populations with pronounced disturbances of intestinal health. - *This thesis*
5. Especially in those cases where it proves difficult to maintain lifestyle changes such as (strict) dietary regimens, intake of functional foods may be a more feasible option for consumers to improve their health. - *This thesis, impact*
6. The intestinal microbiota is involved in the regulation of host metabolism, energy balance and the central regulation of food intake, and can thereby play an important role in the development of metabolic disorders such as obesity - *Torres-Fuentes et al., Lancet Gastroenterol Hepatol, 2017*
7. Advanced *in vitro* models such as organ-on-a-chip systems are promising tools to reduce animal testing in the future. - *Garcia-Gutierrez et al., Critical Reviews in Microbiology, 2021*
8. (Nutritional) interventions targeted at modulation of the gut fungal community have the potential to affect overall host metabolic health. - *Shuai et al., Gut, 2022*
9. Work hard, be kind, and amazing things will happen. – *Conan O'Brien*
10. When you reach the end of your rope, tie a knot and hang out. – *Abraham Lincoln*
11. People who wonder if the glass is half empty or full miss the point. The glass is refillable. – *Unknown*