

# Dietary manipulation of fat metabolism in relation to obesity and insulin resistance

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## Stellingen

Behorend bij het proefschrift:

### Dietary manipulation of fat metabolism in relation to obesity and insulin resistance

1. Resveratrol has considerable potential to improve health and prevent chronic disease in humans. However, it is not yet certain if long-term resveratrol supplementation results in similar physiological benefits. (*this thesis*)
2. Replacing SFA in a meal with PUFA acutely increases insulin sensitivity, which may be explained by a reduced uptake of TAG-derived FA by the muscle and a higher intramuscular lipid turnover. (*this thesis*)
3. Food products with incorporated functional fibers may increase fat oxidation and satiety. In the long term this may contribute to improvements in body weight control and insulin sensitivity. (*this thesis*)
4. Increased consumption of food products/supplements that improve the flexibility of fat metabolism, may contribute to intervention success and long-term maintenance of beneficial metabolic effects. (*this thesis*)
5. The challenge for the future is to develop a successful personalized dietary approach to tackle obesity-related health complications. (*this thesis*)
6. While “you are what you eat” may not be perfectly true, there is no doubt that the expanded “you are influenced by what you eat” is true (*Hulbert et al. Biol. Rev. 2005*)
7. Laat voedsel uw medicatie zijn en niet medicatie uw voedsel. (*Hippocrates*)
8. Learn from yesterday, live for today, hope for tomorrow. The important thing is not to stop questioning. (*Albert Einstein*)
9. Criticism may not be agreeable, but it is necessary. It fulfils the same function as pain in the human body. It calls attention to an unhealthy state of things. (*Winston S. Churchill*)
10. Werkverschaffing: natuurlijk vermeldt elke onderzoeker in zijn onderzoek dat verder onderzoek noodzakelijk is. (*Loesje*)