1. The postprandial rise in muscle protein synthesis is delayed in older when compared with young men. (*dit proefschrift*)

2. Despite the variation in macronutrient composition and texture, milk and beef do not differ in their capacity to stimulate postprandial muscle protein synthesis rates in young men during recovery from resistance type exercise. (*dit proefschrift*)

3. Ingesting a greater amount of wheat protein is required to stimulate muscle protein synthesis to the same extend as observed after the ingestion of dairy protein. (*dit proefschrift*)

4. The gut plays and important role in maintaining a normal postprandial muscle protein synthetic response following a low protein diet by allowing more of the dietary protein-derived amino acids to be released into the circulation. (*dit proefschrift*)

5. No decline in structure and function is more dramatic than the decline in lean body mass or muscle mass over the decades of life. (*Irwin Rosenberg, J. Nutr. 1997*)

6. A proteomic approach to examine the wide range of changes in skeletal muscle protein synthesis in response to an anabolic therapy can identify early biomarkers of muscle mass gain. (*Shankaran et al., Am J Physiol Endocrinol Metab. 2016*)

7. Neuromuscular junction instability is an important cause of age-related muscle atrophy. (*Hepple and Rice, J Physiol. 2015*)

8. Consumption of protein blends combining dairy and plant-based proteins is a sustainable and cost-effective nutritional strategy that supports muscle mass preservation.

9. Soms denk ik uren na en heb ik nog niks op papier, een andere keer bereik ik precies datzelfde in vijf minuten. (*Herman Finkers*)

10. Travel is the only thing you buy that makes you richer.

11. In the end, it's not the years in your life that count. It's the life in your years. (*Abraham Lincoln*)

Stefan Gorissen, 23 juni 2016