Propositions belonging to the PhD thesis:

**BIOACTIVE COMPOUNDS IN WHOLE GRAIN**

Nuria Mateo Ansón, 28th May 2010

1. Ferulic acid is the sparkle of the aleurone fraction. *(This thesis)*

2. Not just the fiber but also its phenolic co-passangers are healthy. *(This thesis)*

3. The definition of bioavailability in Nutrition differs from that in Pharmacology; it is broader, perhaps more valuable, but also more complicated to measure. *(This thesis)*

4. For a health benefit, there is an optimum in food processing. *(This thesis)*

5. Our million-years-old symbiotic relationship with colonic bacteria benefits us of a secondary metabolism we barely understand.

6. Food can be the best long-term investment in health.

7. In any system, biological, social or political, individual actions have little effect in absence of cooperation.

8. Working in vitro is the art of simplification; the catch is in the translation back to in vivo.

9. Personalized nutrition sounds healthy but not fun.

10. If chaos fosters creativity, no more concerns about messy bureaus!