

# Dietary proteins and energy balance

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## Stellingen

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### **'Dietary proteins and energy balance'**

1. Postprandial increases in amino acids are directed into brain signaling for satiety. (*dit proefschrift, Mellinkoff et al., J Appl Physiol 1956; 8 (5): 535-538*)
2. Concentrations of (an)orexigenic hormones are not a representative biomarker for protein-induced satiety. (*dit proefschrift*)
3. Proteins with an inadequate essential amino acid composition, for instance gelatin, suppress hunger. (*dit proefschrift, Gietzen et al., Ann Rev Nutr 2007; 27: 63-78*)
4. A ketogenic state at a high protein, carbohydrate-free diet suppresses appetite. (*dit proefschrift*)
5. The increase in energy expenditure after a high protein diet is for nearly 50% explained by increased gluconeogenesis. (*dit proefschrift*)
6. Protein intake has a leverage effect that plays a central role in the development as well as the treatment of human obesity. (*Simpson and Raubenheimer, Obesity Reviews 2005; 6: 133-142*)
7. It is not bad to eat chocolates. (*Corti et al., Circulation 2009; 119: 1433-1441*)
8. If you can explain scientific research simply, you understand it well enough. (*based on Einstein*)
9. Wie rijk wil zijn moet niet zijn vermogen vermeerderen, maar zijn hebzucht verminderen. (*Plato*)
10. Van het lezen van een boek valt altijd iets te leren.
11. Hoewel fietsen lichamelijke inspanning vergt, levert het geestelijke ontspanning.

Margaretha Adeleida Bernadette Veldhorst  
Maastricht, 30 oktober 2009