

Retro-nasal aroma release and satiation

Citation for published version (APA):

Ruijschop, R. M. (2009). *Retro-nasal aroma release and satiation*. [Doctoral Thesis, Maastricht University]. Maastricht University. <https://doi.org/10.26481/dis.20090702rr>

Document status and date:

Published: 01/01/2009

DOI:

[10.26481/dis.20090702rr](https://doi.org/10.26481/dis.20090702rr)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

STELLINGEN

1. Retro-nasale aroma-afgifte versterkt de perceptie van verzadiging (*dit proefschrift*).
2. Retro-nasale aroma-afgifte is een uniek persoonskenmerk (*dit proefschrift*).
3. Zich verzadigd voelen is geen garantie voor maaltijdbeëindiging.
4. De deelnemers aan de verschillende studies over aroma-geïnduceerde verzadiging kunnen zich met recht “proef”-personen noemen (*dit proefschrift*).
5. Innovatief onderzoek op het gebied van aroma is essentieel voor de ontwikkeling van langdurig verzadigende voedingsmiddelen (*dit proefschrift*).
6. Door eten afvallen is optimistisch.
7. In een maatschappij waar automatisering een steeds belangrijkere plaats inneemt, blijft perceptie mensenwerk.
8. Anders dan het proces doet vermoeden, legt het toevoegen van lucht aan voedingsmiddelen om voedselinname te beïnvloeden ook gewicht in de schaal.
9. 't Limburgs is a good veurbild van sensorische varrejasie en zal den ouch neet flot tót verzaediging leije. (*De Limburgse taal is een goed voorbeeld van sensorische variatie, en zal dan ook niet snel tot verzadiging leiden.*)

Stellingen behorende bij het proefschrift getiteld:

'Retro-nasal aroma release and satiation'

Rianne M.A.J. Ruijschop, Maastricht, 2 juli 2009.

PROPOSITIONS

1. Retro-nasal aroma release increases the perception of satiation (*this thesis*).
2. Retro-nasal aroma release is a unique personal characteristic (*this thesis*).
3. Feeling satiated does not guarantee meal termination.
4. The participants in the different aroma-induced satiation studies can justly call themselves “taste”-persons (*this thesis*).
5. Innovative research in the field of aroma is essential for the development of foods for long term suppression of appetite (*this thesis*).
6. Losing weight by eating is optimistic.
7. In a society where automation is becoming more and more important, perception remains people’s work.
8. In contrast to what the process suggests, aeration in food to influence food intake also carries weight.
9. ’t Limburgs is a good veurbild van sensorische varrejasie en zal den ouch neet flot tót verzaediging leije. (*The Limburg language is a good example of sensory variation and will therefore not turn into satiation very fast.*)

Propositions belonging to the thesis entitled:

‘Retro-nasal aroma release and satiation’

Rianne M.A.J. Ruijschop, Maastricht, July 2nd 2009.