

Retro-nasal aroma release and satiation

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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 leiye. (*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.