

Diet, postprandial metabolism and endothelial function : effects of lutein-enriched eggs and trans-resveratrol

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Propositions

Belonging to the thesis

Diet, postprandial metabolism and endothelial function: effects of lutein-enriched eggs and trans-resveratrol

1. 150 mg of daily *trans*-resveratrol intake for 4 weeks does not change fasting metabolic risk markers related to cardiovascular health in overweight and slightly obese men and women. - *This thesis*
2. Postprandial FMD, glucose, insulin, triacylglycerol and inflammatory responses are not modified by daily *trans*-resveratrol intake for 4 weeks in overweight and slightly obese men and women. - *This thesis*
3. Consuming lutein-enriched egg yolks incorporated into a buttermilk drink daily for one year results in increased plasma lutein concentrations, without changing lipid or (apo)lipoprotein concentrations. - *This thesis*
4. The effects of lutein on cardiovascular risk warrant further investigation - *This thesis*
5. The relevance of functional foods or food supplements in general in promoting health can primarily be found in the prevention of disorders such as CVD and the MetS.
6. The relationship of egg consumption to coronary outcomes depends not only on the cholesterol content of eggs themselves, but also on the composition of the total diet. - *Njike et al. Nutr J, 2010*
7. Science never solves a problem without creating ten more. - *George Bernhard Shaw*
8. No disease that can be treated by diet should be treated with any other means. - *Maimonides*
9. Life is like riding a bicycle, to keep your balance you must keep moving. - *Albert Einstein*
10. Sometimes you have to reach in to someone else's world to find what's missing in your own. - *Intouchables*

Sanne van der Made
12 juni 2015