

Interaction of dietary protein with energy balance

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PROPOSITIONS

Belonging to the thesis

Interaction of dietary protein with energy balance

Eveline Martens, Maastricht 11 december 2014

1. Energy intake with unbalanced diets is not adjusted towards an individual-specific protein target intake. - *This thesis*
2. Habituation enables the consumption of a high-protein diet in energy balance. - *This thesis*
3. High-protein diets prevent the development of a positive energy balance. - *This thesis*
4. High carbohydrate-low protein diets increase the susceptibility for a metabolically unhealthy fat deposition. - *This thesis*
5. The metabolic demands for amino acids comprise a small fixed component and a variable adaptive component. - *Millward. Br J Nutr, 2003.*
6. The regulation of food intake is one of the most essential phenomena in biology. - *Morrison et al. Am J Physiol Regul Integr Comp Physiol, 2012*
7. The doctor of the future will no longer treat the human frame for chronic diseases with drugs. - *Thomas Edison*
8. Knowledge is power (*Scientia Potentia Est*), but sharing knowledge is powerful. - *Francis Bacon*
9. There is a powerful dividing force inside every human being that can make any vision, dream, or desire a reality. - *Anthony Robins*
10. Failure is an opportunity. - *Henry Ford*

STELLINGEN

Behorend bij het proefschrift

Interactie tussen eiwitten in de voeding en de energiebalans

Eveline Martens, Maastricht 11 december 2014

1. Energie-inname met ongebalanceerde diëten wordt niet aangepast aan de individuele benodigde eiwitinname. - *Dit proefschrift*
2. Gewenning maakt het mogelijk om een hoog-eiwit dieet te consumeren in energiebalans. - *Dit Proefschrift*
3. Hoog-eiwit diëten voorkomen een positieve energiebalans. - *Dit proefschrift*
4. Hoog koolhydraat-laag eiwit diëten vergroten de gevoeligheid voor een metabool ongezonde vetopslag. - *Dit proefschrift*
5. De metabole behoefte aan aminozuren bestaat uit een kleine vastliggende component en een variabele adaptieve component. - *Millward. Br J Nutr, 2003.*
6. De regulatie van de voedselinname is een van de meest essentiële verschijnselen in de biologie. - *Morrison et al. Am J Physiol Regul Integr Comp Physiol, 2012*
7. De arts van de toekomst zal de mens niet langer genezen van chronische ziekten met medicatie. - *Thomas Edison*
8. Kennis is macht (*Scientia Potenta Est*), maar kennis delen is kracht. - *Francis Bacon*
9. Er is een invloedrijke drijfveer in ieder mens die iedere visie, droom, of wens werkelijkheid kan laten worden. - *Anthony Robins*
10. Falen is een kans. - *Henry Ford*