

Theobromine

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Propositions

Belonging to the thesis

Theobromine: effects on postprandial metabolism, vascular function and intestinal gene expression in humans

1. The potential beneficial effects of cocoa on metabolic health and cardio-vascular diseases cannot be ascribed to theobromine alone. (*This thesis*)
2. One of the effects of theobromine on the vascular system is dilatation of the small and medium-sized peripheral arteries in the postprandial state. (*This thesis*)
3. Theobromine does not change fasting and postprandial high-density lipoprotein cholesterol and apolipoprotein A-I concentrations in an overweight/obese population with low high-density lipoprotein cholesterol concentrations. (*This thesis*)
4. Theobromine unfavorably affects postprandial glucose and insulin responses and fasting high sensitivity C-reactive protein concentrations in an overweight/obese population with low high-density lipoprotein cholesterol concentrations. (*This thesis*)
5. Theobromine does not affect gene expression related to lipid metabolism and inflammation in the duodenum. (*This thesis*)
6. The components of cocoa that cause the beneficial effects on human health can be used as compounds in functional foods. (*Valorization of this thesis*)
7. *In vitro* screening of natural compounds provides guidance to establish the safety, tolerability and health effects of promising natural compounds in well-controlled human intervention studies.
8. Well-controlled human intervention studies are important in nutrition research, because they can help to discover nutrients or food components that cause beneficial health effects.
9. Let food be the medicine and medicine be the food. (*Hippocrates*)
10. Chocolate is the answer; who cares about the question? (*Anonymous*)
11. Education is the most powerful weapon, which you can use to change the world. (*Nelson Mandela*)