

Triggers for energy expenditure: Thermogenic ingredients & circadian aspects

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STELLINGEN

behorende bij het proefschrift

Triggers for energy expenditure: thermogenic ingredients & circadian aspects

1. De inefficiëntie van groene thee bevordert lichaamsgewicht regulatie (*dit proefschrift*)
2. Eiwitten, zoals alfa-lactalbumine en wei, welke een grotere kwantiteit van essentiële aminozuren bevatten, stimuleren de thermogenese meer dan melkeiwit (*dit proefschrift*)
3. De complexe relatie tussen polyfenolen en eiwitten voorkomt een synergistisch effect ter bevordering van gewichtsbehoud (*dit proefschrift*)
4. Een scheutje melk in je thee, is niet altijd een goed idee (*dit proefschrift*)
5. 'Gefragmenteerde slaap' veroorzaakt een verschuiving in de substraatoxidatie, hetgeen kan bijdragen aan de ontwikkeling van insuline ongevoeligheid (*dit proefschrift*)
6. Tea is liquid wisdom (*Anonymous*)
7. If you are cold, tea will warm you; If you are too heated, it will cool you; If you are depressed, it will cheer you; If you are excited, it will calm you. (*Gladstone, 1865*)
8. Obesitas vereist inefficiëntie in een efficiënte maatschappij
9. Een dag niet gelachen, is een dag niet geleefd
10. Reizen maakt je dromen waar