

Targeting obesity and metabolic health

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Propositions

Belonging to the thesis

“Targeting obesity and metabolic health - a sweet, energy-restricted, and a family-based approach”

1. Weight loss decreases intrahepatic lipid content and, in particular, the lipid saturated fatty acid fraction – ***This thesis***
2. Inclusion of parents in family-based dietary approaches for weight management of their children is effective regardless of the child’s weight status – ***This thesis***
3. Prolonged use of sweeteners and sweetness enhancers improves body weight control, via a reduction in energy intake, without affecting cardiometabolic health – ***This thesis***
4. Sweeteners and sweetness enhancers shift gut microbial composition towards a higher abundance of short-chain fatty acid-producing taxa, possibly contributing to improvements in energy balance or body weight control – ***This thesis***
5. The findings on the impact of sweeteners and sweetness enhancers on body weight control and metabolic health, described in this thesis, challenge the existing guidelines of the World Health Organization (WHO) regarding sweeteners, emphasizing the need for reconsideration of these guidelines – ***Impact of this thesis***
6. Weight loss can be achieved through a variety of modalities, but long-term maintenance of lost weight is much more challenging – *Hall et al. Med. Clin. N., 2018*
7. Research on obesity has focused on what is eaten, *how much* is eaten, and *when* food is taken. It is also important to study the mechanisms on *why* food is taken and the circumstances where the individuals cannot restrain their behaviors and/or overcome their behaviors and challenge the bodies – *Prakash. IJO, 2023*
8. Given the multitude of factors that regulate body weight, it is probable that different phenotypes, not only for obesity but also for weight loss and weight regain, exist and personalization of treatment could help further improve the effectiveness of treatment – *van Baak et al. Nat. Rev. Endocrinol, 2023*
9. An ounce of prevention is worth a pound of cure – *Benjamin Franklin*
10. I drink diet coke so I can have regular cake – *Gabriel Iglesias*
11. If we knew what it was we were doing, it would not be called research, would it? – *Albert Einstein*