

# Gut bacterial fermentation of food by-products

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## Propositions

- 1 – Food by-products have the potential to become prebiotics and represent a promising tool to tackle obesity (this thesis).
- 2 – Differences in proportion of soluble to insoluble fibre fractions in two fruit by-products with similar chemical composition could be responsible for a profound difference in bacterial fermentation profile (this thesis).
- 3 – Structural features of pectins were found to affect the dynamics of the gut microbiota (this thesis).
- 4 – The primary composition of the test compounds (starch, pectin or fructan) influenced the gut microbiota in such a way that the initial separate clustering based on lean and obese individuals disappeared, and instead after fermentation, the primary composition drove the new clustering (this thesis).
- 5 – It is the actual complexity of dietary fibres within a food matrix that has an effect on the complexity of the gut microbiota, more so than the purified fibre fractions (*Williams et al. Int. J Mol Sc. 2017*).
- 6 – Nutrition will always be a priority topic as long as the human being exists, because men are what they eat. And the difference in nutrition in a beehive, transforms a larvae into a queen (Lieselotte Ornellas).
- 7 – Waste is not waste until it's wasted (Earth Summit – Rio de Janeiro, 1992).
- 8 – Sustainable diets are diets with low environmental impacts, which contribute to food and nutrition security and to a healthy life for present and future generations. Sustainable diets are protective and respectful of biodiversity and ecosystems, culturally acceptable, accessible, economically fair and affordable; nutritionally adequate, safe and healthy; while optimising natural and human resources (FAO, 2012).
- 9 – There is no impartiality. Every person is oriented on an ideological basis. The question is: is your ideological basis inclusive or excluding? (Paulo Freire).
- 10 – Greed has poisoned men's souls, has barricaded the world with hate, has goose-stepped us into misery and bloodshed. We have developed speed, but we have shut ourselves in. Machinery that gives abundance has left us in want. Our knowledge has made us cynical. Our cleverness, hard and unkind. We think too much and feel too little. More than machinery we need humanity. More than cleverness we need kindness and gentleness. Without these qualities, life will be violent, and all will be lost (Charlie Chaplin).

Propositions belonging to doctoral thesis:  
"Gut bacterial fermentation of food by-products"  
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