

Metabolic health and vascular function in adults

Citation for published version (APA):

Tischmann, L. (2021). *Metabolic health and vascular function in adults: effects of a high-protein diet and soy nuts*. [Doctoral Thesis, Maastricht University]. Gildeprint Drukkerijen. <https://doi.org/10.26481/dis.20210428lt>

Document status and date:

Published: 01/01/2021

DOI:

[10.26481/dis.20210428lt](https://doi.org/10.26481/dis.20210428lt)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

PROPOSITIONS

Belonging to the thesis

“Metabolic health and vascular function in adults:
Effects of a high-protein diet and soy nuts”

1. A higher dietary protein to carbohydrate ratio reduces hunger perception in overweight participants. *(This thesis)*
2. The rise in plasma endocannabinoid 2-arachidonoylglycerol (2-AG) concentrations after meal intake is enhanced when the dietary protein to carbohydrate ratio increases. *(This thesis)*
3. A higher dietary protein to carbohydrate ratio in the diet does not affect cardiometabolic risk or vascular function markers in overweight participants. *(This thesis)*
4. Consuming 67g soy nuts daily for 16 weeks improves vascular endothelial function and serum low-density lipoprotein cholesterol concentrations in older adults. *(This thesis)*
5. Improvement of lifestyle is a useful tool in preventing diabetes and cardiovascular disease development. *(This thesis – impact)*
6. Maintaining a healthy diet and lifestyle offers the greatest potential of all known approaches for reducing the risk for cardiovascular disease in the general public. *(American Heart Association, Circulation, 2006)*
7. Zwischen Essen und Ernährung liegt ein ganzes Universum. *(Bruno Schulz)*
8. Plant-based diets provide well-established physical and environmental health benefits. *(Lynch, Nutrients, 2018)*
9. Science and everyday life cannot and should not be separated. *(Rosalind Franklin)*
10. The question isn't how to get cured, but how to live. *(Joseph Conrad)*
11. Keep exploring. Keep dreaming. Keep asking why. Don't settle for what you already know. *(Barack Obama)*