

# Metabolic health and vascular function in adults

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## 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)*