

Energy metabolism in relation to diet and physical activity

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STELLINGEN

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“Energy metabolism in relation to diet and physical activity: a comparison between Asians and Caucasians”

- Fat oxidation does not differ between Asians and Caucasians when fed a similar diet in energy balance (*this thesis*).
 - Overfeeding with a high-fat diet increases liver fat similarly in South Asian and body fat-matched Caucasian men (*this thesis*).
 - Sedentary life style has a more adverse effect on glucose and insulin metabolism in South Asian than Caucasian men overfed with a high-fat diet (*this thesis*).
 - Overfeeding with a high-fat diet under sedentary conditions decreases mitochondrial- β oxidation inside the adipocyte, independent of ethnicity (*this thesis*).
 - Protein quality is equally essential as protein quantity for growth and development.
 - Our understanding of the pathways of metabolism has not changed much, but our understanding of how metabolism is regulated continues to develop (*adapted from K.N. Frayn, Metabolic Regulation: a Human perspective*).
 - Household food security does not necessarily lead to nutrition security.
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- ❖ Education must be made available, accessible and affordable for everyone with no exception.

*Siti Narsito Wulan
Maastricht_ The Netherlands, 12th November 2015*