

# Triggers for food intake regulation : sensory and metabolic effects of specific food components

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### TRIGGERS FOR FOOD INTAKE REGULATION

#### Sensory and metabolic effects of specific food components

1. Een sensorische ervaring verlaagt sensorisch specifieke eetlust, zonder sensorisch specifieke verzadiging. *(dit proefschrift)*
2. Het toevoegen van MSG en IMP'5 aan een eiwitrijk dieet vermindert de eetlust, maar niet de honger. *(dit proefschrift)*
3. Aan het verzadigende effect van een lunch met relatief veel eiwit dragen veranderingen in plasma concentraties van GLP-1, PYY of ghreline niet specifiek bij. *(dit proefschrift)*
4. De pasta zo heet eten als hij geserveerd wordt, gooit niet meteen olie op het vuur. *(dit proefschrift)*
5. Het verdubbelen van de normale hoeveelheid onverteerbaar zetmeel in 1 maaltijd heeft geen acuut effect op verzadiging, metabolisme en verzadigingsgerelateerde hormonen. *(dit proefschrift)*
6. Modified shamfeeding is a relief.
7. The importance of taste being significant for males and insignificant for females, suggests that females are more likely to be willing to compromise. *(Kuchler & Lin, Int J Obes 2002;26:1017-1022)*
8. Proefpersonen die het protocol van een studie niet begrijpen brengen eerder het onderzoek dan zichzelf in gevaar.
9. Als je onvervangbaar wilt zijn, moet je je altijd onderscheiden. *(Coco Chanel)*
10. There is a bit of insanity in dancing that does everybody a great deal of good. *(Edwin Denby)*

Astrid Smeets  
Maastricht, 19 juni 2008