

Risks for dysregulated appetite : Texture, stress, food reward and inhibition -.

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STELLINGEN
BEHOREND BIJ HET PROEFSCHRIFT

‘RISICO’S VOOR ONTREGELDE EETLUST’

- TEXTUUR, STRESS, BELONENDE WAARDE VAN VOEDING EN INHIBITIE -

Het drinken van voedsel en het eten van water schept verwarring. - *Dit proefschrift*

Koolhydraatrijk voedsel dient gemeden te worden tijdens stress. - *Dit proefschrift*

Stress bederft plezier in het eten, speciaal bij overgewichtigen. - *Dit proefschrift*

Ook al hebben de overgewichtigen genoeg gegeten tijdens de maaltijd,
het verlies van controle wint op het einde. - *Dit proefschrift*

Dieetrouw aan een eiwit-dieet wordt sterker bevorderd door het drinken
van eiwit-drankjes, dan door het eten van eiwitrijk voedsel. - *Dit proefschrift*

Nieuwe inzichten in de werkingsmechanismen van RYGB vormen in de toekomst de basis
voor ‘snij-vrije’ behandelingen van obesitas via farmacologische en gedragsaanpassingen.
- *Shin AC en Berthoud HR*

In de toekomst kan fMRI gebruikt worden om obesitas patiënten te leren hun eigen
hersenactiviteit te trainen, en op deze manier hun controle over inhibitie te vergroten.

Als je een uitgehongerde hond mee thuis neemt en hem welvarend maakt zal
hij jou niet bijten. Dit is het grote verschil tussen een hond en de mens. - *Mark Twain*

Nothing is impossible; the word itself says I’m possible. - *Audrey Hepburn*

PROPOSITIONS
BELONGING TO THE THESIS

‘RISKS FOR DYSREGULATED APPETITE’
- TEXTURE, STRESS, FOOD REWARD AND INHIBITION -

Drinking food and eating water causes confusion. - *This thesis*

Carbohydrate rich meals should be avoided during stress - *This thesis*

Stress reduces liking of food, especially in the overweight. - *This thesis*

Even when the overweight consume enough food during the meal,
the loss of control wins in the end - *This thesis*

Dietary compliance is greater with drinking protein rich drinks compared
to eating protein rich food. - *This thesis*

New insights into the working mechanisms of RYGB are the base for future ‘knifeless’
pharmacological and behavioral approaches to obesity. - *Shin AC and Berthoud HR*

In the future fMRI may be used to teach obesity patients to modify their own
brain activity directly, in order increase inhibitory control.

If you pick up a starving dog and make him prosperous, he will not bite you.
This is the principle difference between a dog and a man. - *Mark Twain*

Nothing is impossible; the word itself says I’m possible. - *Audrey Hepburn*