

# Dietary strategies to modulate the metabolic profile and substrate partitioning

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## **'Dietary strategies to modulate the metabolic profile and substrate partitioning'**

1. Whole genome expression profiling is a useful tool to get a broader mechanistic view into the effects of nutritional interventions. (this thesis)
2. A low meal frequency diet may be an effective dietary strategy to improve metabolic flexibility, chronic inflammatory status and body weight control in subjects with impaired glucose tolerance. (this thesis)
3. The lower 24 h glycemic profile as a result of the high dairy protein diet did not lead to changes in 24 h fat oxidation in insulin sensitive subjects. (this thesis)
4. A lower energy intake can be achieved with the use of diet sweetened-beverages, especially in individuals who are frequent consumers of sugar-sweetened-beverages and are overweight. (this thesis)
5. If we could give every individual the right amount of nutrition and exercise, not too little and not too much, we would have found the safest way to health. (Hippocrates)
6. A fact is a simple statement that everyone believes. It is innocent, unless found guilty. A hypothesis is a novel suggestion that no one wants to believe. It is guilty, until found effective. (*Edward Teller*)
7. Men moet eten om te leven, niet leven om te eten. (Socrates)
8. Food for thought is no substitute for the real thing. (Walt Kelly)
9. Het bouwen van je eigen huis bevordert niet het afronden van je proefschrift, maar wel het maken van stellingen.
10. Ambition is the path to success. Persistence is the vehicle you arrive in. (Bill Bradley)

Marjet Munsters, 17 April 2014