

# Bioactive compounds in whole grain wheat

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Propositions belonging to the PhD thesis:

BIOACTIVE COMPOUNDS IN **WHOLE GRAIN**  
**EAT**

Nuria Mateo Ansón, 28<sup>th</sup> May 2010

- 1 Ferulic acid is the sparkle of the aleurone fraction. (*This thesis*)
- 2 Not just the fiber but also its phenolic co-passangers are healthy. (*This thesis*)
- 3 The definition of bioavailability in Nutrition differs from that in Pharmacology; it is broader, perhaps more valuable, but also more complicated to measure. (*This thesis*)
- 4 For a health benefit, there is an optimum in food processing. (*This thesis*)
- 5 Our million-years-old symbiotic relationship with colonic bacteria benefits us of a secondary metabolism we barely understand.
- 6 Food can be the best long-term investment in health.
- 7 In any system, biological, social or political, individual actions have little effect in absence of cooperation.
- 8 Working in vitro is the art of simplification; the catch is in the translation back to in vivo.
- 9 Personalized nutrition sounds healthy but not fun.
- 10 If chaos fosters creativity, no more concerns about messy bureaus!