

Nutrition, body composition, and cardiometabolic health in children

1. A healthy diet in early childhood may be beneficial for body composition and cardiometabolic health, however, diet quality of toddlers is suboptimal. (*this thesis*)
2. Vitamin D deficiency is highly prevalent in young children, especially among children with a non-Western ethnic background. (*this thesis*)
3. High protein intake in early childhood may lead to adiposity. (*this thesis*)
4. Body mass index can be a misleading measure of adiposity in children, because no distinction is made between fat mass and fat-free mass. (*this thesis*)
5. There is little evidence for an effect of fatty acids in early life on child body composition or cardiometabolic health. (*this thesis*)
6. A null finding may be dull but is often no less important than a positive result, and must thus be established by adequate publication of the evidence. (*adapted from Austin Bradford Hill*)
7. The significance of p is often overestimated.
8. Ask a 100 people what a healthy diet is and 99 will give you an immediate answer. The one person who doubts is probably a nutrition scientist. (*adapted from 'Wat is nu gezond?', Martijn Katan*)
9. Nutrition can both cause and cure disease, and therefore deserves a more prominent place in medical education. (*Lisan Leermakers & Trudy Voortman*)
10. A constant element of enjoyment must be mingled with our studies, [...], for no activity can be continued for long if it does not to some extent afford pleasure. (*Desiderius Erasmus*)
11. If we knew what it is we are doing, it would not be called research, would it? (*attributed to Albert Einstein*)