



## Our Nutrition Publications 2011 - 2019

We believe that the nutrition we promote through our brands and products is based on sound, scientific evidence. This is why we actively conduct scientific research, perform reviews and publish in peer-reviewed publications.

The list below is an example of the work we have performed and published, mostly in the context of collaborations with leading academic groups, since 2011.

### 2011

1. Effects of calcium-fortified ice cream on markers of bone health. Ferrar L, van der Hee RM, Berry M, Watson C, Miret S, Wilkinson J, Bradburn M, Eastell R. *Osteoporos Int* 2011 Oct;22(10):2721-31
2. Soy isoflavones and other isoflavonoids activate the human bitter taste receptors hTAS2R14 and hTAS2R39. Roland WS, Vincken JP, Gouka RJ, van Buren L, Gruppen H, Smit G. *J Agric Food Chem* 2011 Nov 9;59(21):11764-71
3. Effects of 15-d repeated consumption of Hoodia gordonii purified extract on safety, ad libitum energy intake, and body weight in healthy, overweight women: a randomized controlled trial. Blom WA, Abrahamse SL, Bradford R, Duchateau GS, Theis W, Orsi A, Ward CL, Mela DJ *Am J Clin Nutr* 2011 Nov;94(5):1171-81
4. Effect of milk and brewing method on black tea catechin bioaccessibility. van der Burg-Koorevaar MC, Miret S, Duchateau GS. *J Agric Food Chem* 2011 Jul 27;59(14):7752-8
5. Absolute bioavailability of a Hoodia gordonii steroid glycoside from different physicochemical formats in the pig. Brigitte A. Graf, Chris J. van Platerink, Gabriella A.M. Ten Have, Nicolaas E.P. Deutz, Krassimir P. Velikov, Leonard M. Flendrig, Sergey M. Melnikov, Ursula M. Garczarek, Salomon L. Abrahamse, Guus S.M.J.E. Duchateau. *J Funct Foods* Volume 3, Issue 3, Pages 135-148
6. Intra-gastric infusion of pea-protein hydrolysate reduces test-meal size in rats more than pea protein. Häberer D, Tasker M, Foltz M, Geary N, Westerterp M, Langhans W. *Physiol Behav* 2011 Oct 24;104(5):1041-7
7. Molecular Structures of Citrus Flavonoids Determine Their Effects on Lipid Metabolism in HepG2 Cells by Primarily Suppressing ApoB Secretion. Lin Y, Vermeer MA, Bos W, van Buren L, Schuurbiens E, Miret-Catalan S, Trautwein EA. *J Agric Food Chem* 2011 May 11;59(9):4496-503

8. Black tea reduces diarrhoea prevalence but decreases growth performance in enterotoxigenic *Escherichia coli*-infected post-weaning piglets. Bruins MJ, Vente-Spreeuwenberg MA, Smits CH, Frenken LG. *J Anim Physiol Anim Nutr (Berl)* 2011 Jun;95(3):388-98
9. Quantification of steroid glycosides from *Hoodia gordonii* in porcine plasma using high performance liquid chromatography–mass spectrometry. van Platerink CJ, Janssen HG, Graf B, Abrahamse L, Haverkamp J. *J Chromatogr B Analyt Technol Biomed Life Sci.* 2011 Apr 1;879(11-12):819-25
10. Phytosterol ester processing in the small intestine: impact on cholesterol availability for absorption and chylomicron cholesterol incorporation in healthy humans. Amiot MJ, Knol D, Cardinault N, Nowicki M, Bott R, Antona C, Borel P, Bernard JP, Duchateau G, Lairon D. *J Lipid Res* 2011 Jun;52(6):1256-64.
11. Action of Plant Sterol Intervention on Sterol Kinetics in Hypercholesterolemic Men with High versus Low Basal Circulatory Plant Sterol Concentrations. Zhao HL, Houweling AH, Vanstone CA, Jew S, Trautwein EA, Duchateau GS, Jones PJ. *J Am Coll Nutr* 2011 Apr;30(2):155-65
12. Black tea improves attention and self-reported alertness. De Bruin EA, Rowson MJ, Van Buren L, Rycroft JA, Owen GN. *Appetite* 2011 Apr;56(2):235-40
13. Can multi-micronutrient food fortification improve the micronutrient status, growth, health, and cognition of schoolchildren? A systematic review. Best C, Neufingerl N, Del Rosso JM, Transler C, van den Briel T, Osendarp S. *Nutr Rev* 2011 Apr;69(4):186-204.
14. Food-dependent disintegration of immediate release fosamprenavir tablets: In vitro evaluation using magnetic resonance imaging and a dynamic gastrointestinal system. Brouwers J, Anneveld B, Goudappel GJ, Duchateau G, Annaert P, Augustijns P, Zeijdner E. *Eur J Pharm Biopharm* 2011 Feb;77(2):313-9
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17. Let's put claims in the right context. Comment on "Satiety. No way to slim". Mela DJ *Appetite* 2011; 57: 774-777
18. A lipidomic analysis approach to evaluate the response to cholesterol-lowering food intake Ewa Szyman'ska, Ferdinand A. van Dorsten, Jorne Troost, Iryna Paliukhovich, Ewoud J. J. van Velzen, Margriet M. W. B. Hendriks, Elke A. Trautwein, John P. M. van Duynhoven, Rob J. Vreeken, Age K. Smilde *Metabolomics* DOI 10.1007/s11306-011-0384-2
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26. A reappraisal of the mechanism by which plant sterols promote neutral sterol loss in mice. Brufau G, Kuipers F, Lin Y, Trautwein EA, Groen AK. *PLoS One*. 2011;6(6):e21576. Epub 2011 Jun 30.
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3. The effect of lipid droplet size on satiety and peptide secretion is intestinal site-specific. P.W. Jeroen Maljaars, Robert J.P. van der Wal, Tom Wiersma, Harry P.F. Peters, Edward Haddeman, Ad A.M. Masclee. *Clin Nutr* 31, 535-42, 2012
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**Upfield (spreads related) publications\***

**\* with contributions made by at least one of the authors who was employed by Unilever R&D at the time the study was conducted. Upfield is divested from Unilever and operating as a separate spreads business since 2 July 2018.**

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### Upfield (spreads related) publications\*

**\* with contributions made by at least one of the authors who was employed by Unilever R&D at the time the study was conducted. Upfield is divested from Unilever and operating as a separate spreads business since 2 July 2018.**

4. Pertiwi K, Wanders AJ, Harbers MC, Küpers LK, Soedamah-Muthu SS, de Goede J, Zock PL, Geleijnse JM. Plasma and Dietary Linoleic Acid and 3-Year Risk of Type 2 Diabetes After Myocardial Infarction: A Prospective Analysis in the Alpha Omega Cohort. Diabetes Care. 2020 Feb;43(2):358-365.