



## **Our Nutrition Publications 2011 - 2018**

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-Spreuwenberg 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
15. The effect of protease inhibitors derived from potato formulated in a minidrink on appetite, food intake and plasma cholecystokinin levels in humans. Peters HP, Foltz M, Kovacs EM, Mela DJ, Schuring EA, Wiseman SA. *Int J Obes* 2011 Feb;35(2):244-50
16. In vivo methods to study uptake of nanoparticles into the brain. van Rooy I, Cakir-Tascioglu S, Hennink WE, Storm G, Schiffelers RM, Mastrobattista E. *Pharm Res* 2011 Mar;28(3):456-71
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
19. Effects of plant sterol esters in skimmed milk and vegetable-fat-enriched milk on serum lipids and non-cholesterol sterols in hypercholesterolaemic subjects: a randomised, placebo-controlled, crossover study. Casas-Agustench P, Serra M, Pérez-Heras A, Cofán M, Pintó X, Trautwein EA, Ros E. *Br J Nutr.* 2011 Oct 10:1-10. [Epub ahead of print]
20. Kromhout D, Geleijnse JM, de Goede J, Oude Griep LM, Mulder BJ, de Boer MJ, Deckers JW, Boersma E, Zock PL, Giltay EJ. N-3 Fatty Acids, Ventricular Arrhythmia-Related Events, and Fatal Myocardial Infarction in Postmyocardial Infarction Patients With Diabetes. *Diabetes Care* 2011 Dec;34(12):2515-20
21. Thomas T, Eilander A, Muthayya S, McKay S, Thankachan P, Theis W, Gandhe A, Osendarp SJM, Kurpad AV. The effect of a 1-year multiple micronutrient or n-3 fatty acid fortified food intervention on morbidity in Indian school children. *Eur J Clin Nutr.* 2011 Oct 19. doi: 10.1038/ejcn.2011.178. [Epub ahead of print].
22. Vyth EL, Hendriksen MAH, Roodenburg AJC, Steenhuis IHM, Raaij JMA van, Verhagen H, Brug J, Seidell JC. Consuming a diet complying with front-of-pack label criteria may reduce cholesterol levels: a modeling study. *European Journal of Clinical Nutrition* advance online publication, 16 November 2011; doi:10.1038/ejcn.2011.193.
23. Intragastic 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 doi:10.1016/j.physbeh.2011.07.003
24. Hoodia gordonii purified extract: effects of 15-day repeat consumption on ad libitum energy intake, body weight, percentage body fat and disease risk factors in healthy, overweight, women. WMA Blom, SL Abrahamse, R Bradford, GSMJE Duchateau, W Theis, A Orsi, CL Ward, DJ Mela.
25. Length and site of small intestine exposed to fat influences hunger and food intake. PWJ Maljaars, HPF Peters, A Kodde, M Geraedts, FJ Troost, E Haddeman, AAM. Masclee. *Br J Nutr* June 7 2011; advanced online publication doi:10.1017/S0007114511002054
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.
27. 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.

28. Clinical testing design for functional food claims: The link between study design and strength of evidence. Isabelle Demonty. *AgroFood Industry hi-tech* July/August 2011:22; 10-13.
29. Sandra L Huffman, Rajwinder K Harika, Ans Eilander, Saskia JM Osendarp. Essential fats: How do they affect growth and development of infants and young children in developing countries. *Maternal and Child Nutrition* (2011), 7 (Suppl. 3), pp. 44–65. DOI: 10.1111/j.1740-8709.2011.00356.x

## 2012

1. Triterpenic Acids Present in Hawthorn Lower Plasma Cholesterol by Inhibiting Intestinal ACAT Activity in Hamsters. Lin Y, Vermeer MA, Trautwein EA. *Evid.Based.Complement Alternat.Med.* 2011;2011:801272 (published in Jan 2012)
2. Effects of black tea on blood pressure: A randomized controlled trial. Jonathan M Hodgson, Ian B Puddey, Richard J Woodman, Theo PJ Mulder, Dagmar Fuchs, Kirtsy Scott, Kevin D Croft. *Arch Intern Med.* 2012;172(2):186-188.
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
4. The effect of plant sterols on serum triglyceride concentrations is dependent on baseline concentrations: a pooled analysis of 12 randomised controlled trials. Isabelle Demonty, Rouyanne T. Ras, Henk C. M. van der Knaap, Linsie Meijer, Peter L. Zock, Johanna M. Geleijnse, Elke A. Trautwein. *Eur J Nutr* 2012: DOI 10.1007/s00394-011-0297-x.
5. Measuring satiety with pictures compared to visual analogue scales: an exploratory study. B Sadoul, EAH Schuring, DJ Mela, HPF Peters. *Appetite* 58, 414-417, 2012
6. In vitro neutralisation of rotavirus Infection by two broadly specific recombinant monovalent llama-derived antibody fragments. Aladin F, Einerhand AWC, Bouma J, Bezemer S, Hermans P, Wolvers D, Bellamy K, Frenken LGJ, Gray J, Iturriza-Go'mara M. *PLoS ONE* 7(3): e32949. doi:10.1371/journal.pone.0032949 (Published March 5<sup>th</sup> 2012)
7. Red wine polyphenols do not lower peripheral or central blood pressure in high normal blood pressure and hypertension. Botden IP, Draijer R, Westerhof BE, Rutten JH, Langendonk JG, Sijbrands EJ, Danser AH, Zock PL, van den Meiracker AH. *Am J Hypertens.* 2012 Mar 15. doi: 10.1038/ajh.2012.25. [Epub ahead of print]
8. Levels and trends in cardiovascular risk factors and drug treatment in 4837 elderly Dutch myocardial infarction patients between 2002 and 2006. Soedamah-Muthu SS, Geleijnse JM, Giltay EJ, de Goede J, Oude Griep LM, Waterham E, Teitsma-Jansen AM, Mulder BJ, de Boer MJ, Deckers JW, Zock PL, Kromhout D; for the Alpha Omega Trial Group. *Neth Heart J.* 2012 Feb 8. [Epub ahead of print]
9. Impact of short-term intake of red wine and grape polyphenol extract on the human metabolome. Jacobs DM, Fuhrmann JC, van Dorsten FA, Rein D, Peters S, van Velzen EJ,

Hollebrands B, Draijer R, van Duynhoven J, Garczarek U. J Agric Food Chem. 2012 Mar 28;60(12):3078-85. Epub 2012 Mar 13

10. Nutrikinetics: Concept, technologies, applications, perspectives. J.P.M. van Duynhoven, E.J.J. van Velzen, J.A. Westerhuis, M. Foltz, D.M. Jacobs, A.K. Smilde. Trends in Food Science & Technology 2012. Online available January 14 2012
11. Van de Rest O, van Hooijdonk LWA, Doets E, Schiepers OJG, Eilander A, de Groot LCPMG. B Vitamins and n-3 Fatty Acids for Brain Development and Function: Review of Human Studies. Ann Nutr Metab. 2012;60:272-292
12. Alsema M, Newson RS, Bakker SJ, Stehouwer CD, Heymans MW, Nijpels G, Hillege HL, Hofman A, Witteman JC, Gansevoort RT, Dekker JM. One risk assessment tool for cardiovascular disease, type 2 diabetes, and chronic kidney disease. Diabetes Care. 2012 Apr;35(4):741-8.
13. van den Hurk K, Alsema M, Kamp O, Henry RM, Stehouwer CD, Smulders YM, Nijpels G, Paulus WJ, Dekker JM. Independent Associations of Glucose Status and Arterial Stiffness With Left Ventricular Diastolic Dysfunction: An 8-year follow-up of the Hoorn Study. Diabetes Care. 2012 Jun;35(6):1258-64.
14. Gregersen NT, Belza A, Jensen MG, Ritz C, Bitz C, Hels O, Frandsen E, Mela DJ, Astrup A. 2012. Acute effects of mustard, horseradish, black pepper and ginger on energy expenditure, appetite, *ad libitum* energy intake and energy balance. Br J Nutrition. doi:10.1017/S0007114512001201
15. Schuring E, Quadt F, Kovacs EMR, Meullenet J-F, Wiseman S, Mela DJ. 2012. A quantitative method for estimating and comparing the duration of human satiety responses: Statistical modeling and application to liquid meal replacers. Appetite 2012;59:601-609
16. Bilman EM, van Kleef E, Mela DJ, Hulshof T, van Trijp HCM. Consumer understanding, interpretation and ascription of personal responsibility in relation to satiety-related claims. Appetite 2012;59:912-920
17. Hodgson A, Randell R, Boon N, Mela DJ, Garczarek U, Jeukendrup A, Jacobs DM. The metabolic response to green tea extract during rest and moderate intensity exercise. J Nutr Biochem 2013; 24: 325-334 (on line publication 2012)
18. Impact of omega-3 fatty acids and/or plant sterol supplementation on non-HDL cholesterol levels of dyslipidemic Indian adults. Khandelwal S, Shidhaye S, Demonty I, Ramakrishnan L, Gupta R, Prabhakaran R, Reddy S. Journal of Functional Foods (2012). Online publication September 13, 2012. <http://dx.doi.org/10.1016/j.jff.2012.0>
19. Ras RT, Streppel MT, Draijer R and Zock PL. Flow-mediated dilation and cardiovascular risk prediction: A systematic review with meta-analysis. Int J Cardiol In press publication October 4th 2012.
20. JM, Woodman RJ, Puddey IB, Mulder T, Fuchs D, and Croft K. Short-term effects of polyphenol-rich black tea on blood pressure in men and women. Food Funct., 2013, 4, 111-115 (Published online October 2012)

21. Keszthelyi D, Knol D, Troost FJ, van Avesaat M, Foltz M, Masclee AA. Time of ingestion relative to meal intake determines gastrointestinal responses to a plant sterol-containing yoghurt drink. *Eur J Nutr.* 2012 Aug 23
22. Amiot MJ, Knol D, Cardinault N, Nowicki M, Bott R, Antona C, Borel P, Bernard JP, Duchateau G, Lairon D. Comparable reduction in cholesterol absorption after two different ways of phytosterol administration in humans. *Eur J Nutr.* 2012 Aug 10
23. Duchateau, G, Cochrane, B, Herudzinska, J, Sanghera, D, Burian, A, Müller, M, Zeitlinger, M and Lappin, G. Absolute oral bioavailability and metabolic turnover of  $\beta$ -sitosterol in healthy subjects *Drug Metabolism and Disposition* 2012, e-pub doi:10.1124/dmd.112.046623, 2012.

## 2013

1. Ilse C. Schrieks\*, Robin van den Berg, Aafje Sierksma, Joline W.J. Beulens, Wouter H.J. Vaes and Henk F.J. Hendriks. Effect of Red Wine Consumption on Biomarkers of Oxidative Stress. *Alcohol and Alcoholism* Vol. 48, No. 2, pp. 153–159, 2013
2. Rachel S Newson, Rene Lion, Robert J Crawford, Valerie Curtis, Ibrahim Elmadfa, Gerda IJ Feunekes, Cheryl Hicks, Marti van Liere, C Lowe, Gert W Meijer, BV Pradeep, K Reddy, Myriam Sidibe, Ricardo Uauy. Behaviour change for better health: nutrition, hygiene and sustainability. *BMC Public Health* 2013, 13(Suppl 1):S1 (21 March 2013)
3. Vidyasagar R, Greyling A, Draijer R, Corfield DR, Parkes LM. The effect of black tea and caffeine on regional cerebral blood flow measured with arterial spin labeling. *J Cereb Blood Flow Metab.* 2013 Mar 13. doi: 10.1038/jcbfm.2013.40
4. Hodgson JM, Woodman RJ, Puddey IB, Mulder T, Fuchs D, Croft KD. Short-term effects of polyphenol-rich black tea on blood pressure in men and women. *Food Funct.* 2013 Jan 19;4(1):111-5. doi: 10.1039/c2fo30186e
5. Hetherington MM, Cunningham K, Dye L, Gibson EL, Gregersen NT, Halford JCG, Lawton CL, Lluch A, Mela D, van Trijp HCM. 2013. Reviewing the evidence for the possible benefits of satiety from foods and diets. *Nutr Res Rev* 2013 26:22–38.
6. Randell RK, Hodgson AB, Lotito SB, Jacobs DM, Boon N, Mela DJ, Jeukendrup AE. No effect of 1 or 7 days green tea extract ingestion on fat oxidation during exercise. *Med Sci Sports Exercise* 2013 45(5):883-891.
7. Hodgson JM, Croft KD, Woodman RJ, Puddey IB, Fuchs D, Draijer R, Lukoshkova E , Head GA. Black tea lowers the rate of blood pressure variation: a randomized controlled trial. *Am J Clin Nutr* 2013 97: 5 943-950
8. Neufingerl N, Zebregs YEMP, Schuring EAH, Trautwein EA. Effect of cocoa and theobromine consumption on serum HDL-concentrations: a randomized controlled trial. *Am J Clin Nutr* 2013 97: 6 1201-1209
9. Cao XZ, Mi TY, Li L, Vermeer MA, Zhang CC, Huang N, Manoj JK. HPLC-FLD determination of NBD-cholesterol, its ester and other metabolites in cellular lipid extracts. *Biomed Chromatog* 2013 27:910-915

10. Ras RT, Zock PL, Zebregs YE, Johnston NR, Webb DJ, Draijer R. *Effect of polyphenol-rich grape seed extract on ambulatory blood pressure in subjects with pre- and stage I hypertension*. Br J Nutr. 2013 110(12):2234-41
11. Alsema M, Rijkelijhuizen JM, Holst JJ, Teerlink T, Scheffer PG, Eekhoff EM, Gastaldelli A, Mari A, Hart LM, Nijpels G, Dekker JM. *Preserved GLP-1 and exaggerated GIP secretion in type 2 diabetes and relationships with triglycerides and ALT*. Eur J Endocrinol. 2013 Sep 12;169(4):421-30. doi: 10.1530/EJE-13-0487
12. 't Hart LM, Fritsche A, Nijpels G, van Leeuwen N, Donnelly LA, Dekker JM, Alsema M, Fadista J, Carlotti F, Gjesing AP, Palmer CN, van Haeften TW, Herzberg-Schäfer SA, Simonis-Bik AM, Houwing-Duistermaat JJ, Helmer Q, Deelen J, Guigas B, Hansen T, Machicao F, Willemsen G, Heine RJ, Kramer MH, Holst JJ, de Koning EJ, Häring HU, Pedersen O, Groop L, de Geus EJ, Slagboom PE, Boomsma DI, Eekhoff EM, Pearson ER, Diamant M. *The CTRB1/2 locus affects diabetes susceptibility and treatment via the incretin pathway*. Diabetes. 2013 Sep;62(9):3275-81
13. R.S. Newson , I. Elmadfa, Gy. Biro, Y. Cheng, V. Prakash, P. Rust, M. Barna, R. Lion, G.W. Meijer, N. Neufingerl, I. Szabolcs, R. van Zweden, Y. Yang, G.I.J. Feunekes. *Barriers for progress in salt reduction in the general population. An international study*. Appetite 71 (2013) 22–31
14. Peters, H. P. F., Bouwens, E. C. M., Schuring, E. A. H., Haddeman, E., Velikov, K. P., and Melnikov, S. M. *The effect of submicron fat droplets in a drink on satiety, food intake, and cholecystokinin in healthy volunteers*. European Journal of Nutrition, 2013 Online. DOI 10.1007/s00394-013-0576-9 (online publication)
15. SHAFIQUL A. SARKER, MARTIN JÄKEL, SHAMIMA SULTANA, NUR H. ALAM, PRADIP K. BARDHAN, MOHAMMOD J. CHISTI, MOHAMMED A. SALAM, WINFRIED THEIS, LENNART HAMMARSTRÖM, and LEON G. J. FRENKEN. *Anti-Rotavirus Protein Reduces Stool Output in Infants With Diarrhea: A Randomized Placebo-Controlled Trial*. GASTROENTEROLOGY 2013;145:740–748
16. Daisuke Tokuhara, Beatriz Álvarez, Mio Mejima, Tomoko Hiroiwa, Yuko Takahashi, Shiho Kurokawa, Masaharu Kuroda, Masaaki Oyama, Hiroko Kozuka-Hata, Tomonori Nochi, Hiroshi Sagara, Farah Aladin, Harold Marcotte, Leon G.J. Frenken, Miren Iturriza-Gómara, Hiroshi Kiyono, Lennart Hammarström and Yoshikazu Yuki. *Rice-based oral antibody fragment prophylaxis and therapy against rotavirus infection* J Clin Invest. 2013 Online doi:10.1172/JCI70266 (online publication)
17. Rouyanne T. Ras, Harry Hiemstra, Yuguang Lin, Mario A. Vermeer, Guus S.M.J.E. Duchateau, Elke A. Trautwein. *Consumption of plant sterol-enriched foods and effects on plasma plant sterol concentrations e A meta-analysis of randomized controlled studies..* Atherosclerosis 230 (2013) 336-346
18. Roodenburg, A. J., A. J. van Ballegooijen, M. Dotsch-Klerk, H. van der Voet and J. C. Seidell. *Modelling of Usual Nutrient Intakes: Potential Impact of the Choices Programme on Nutrient Intakes in Young Dutch Adults*. PLoS One 8, no. 8 (2013): e72378.

19. Julie I. Willems, Mireille A.E. Blommaert, Elke A. Trautwein. *Results from a post-launch monitoring survey on consumer purchases of foods with added phytosterols in five European countries*. Food and Chemical Toxicology 62 (2013) 48–53
20. Harika RK, Eilander A, Alsema M, Osendarp SJM, Zock PL. *Intake of Fatty Acids in General Populations Worldwide Does Not Meet Dietary Recommendations to Prevent Coronary Heart Disease: A Systematic Review of Data from 40 Countries*. Ann Nutr Metab 2013;63:229-238
21. Van Duynhoven J, Vaughan EE, van Dorsten F, Gomez-Roldan V, de Vos R, Vervoort J, van der Hooft JJ, Roger L, Draijer R, Jacobs DM. *Interactions of black tea polyphenols with human gut microbiota: implications for gut and cardiovascular health*. Am J Clin Nutr. 2013 Dec; 98(6):1631S-41S. doi: 10.3945/ajcn.113.058263 (online publication)
22. Suzan Wopereis, Danielle Wolvers, Marjan van Erk, Michiel Gribnau, Bas Kremer, Ferdi A van Dorsten, Esther Boelsma, Ursula Garczarek, Nicole Cnubben, Leon Frenken, Paul van der Logt, Henk FJ Hendriks, Ruud Albers, John van Duynhoven, Ben van Ommen and Doris M Jacobs. *Assessment of inflammatory resilience in healthy subjects using dietary lipid and glucose challenges*. BMC Medical Genomics 2013, 6:44.
23. Roland WS, van Buren L, Gruppen H, Driesse M, Gouka RJ, Smit G, Vincken JP. *Bitter Taste Receptor Activation by Flavonoids and Isoflavonoids: Modeled Structural Requirements for Activation of hTAS2R14 and hTAS2R39*. J. Agric. Food Chem. 2013, 61, 10454–10466
24. Glube, N, von Moos, I, and Duchateau, G *Capsule shell material impacts the in vitro disintegration and dissolution behaviour of a green tea extract*” Results in Pharma Sciences, 2013, 3, 1-6.
25. Tania Anjos, Signe Altma, Pauline Emmett, Henning Tiemeier, Ricardo Closa-Monasterolo, Veronica Luque, Sheila Wiseman, Miguel Perez-Garcia, Eva Lattka, Hans Demmelmair, Bernadette Egan, Niels Straub, Hania Szajewska, Jayne Evans, Claire Horton, Tomas Paus, Elizabeth Isaacs, Jan Willem van Klinken, Berthold Koletzko, Cristina Campoy, The NUTRIMENTHE Research Group. *Nutrition and neurodevelopment in children: focus on NUTRIMENTHE project*. Eur J Nutr (2013) 52:1825–1842
26. Tim HA Schreuder, Thijs MH Eijsvogels, Arno Greyling, Richard Draijer, Maria TE Hopman, Dick HJ Thijssen. *Effect of black tea consumption on brachial artery flow-mediated dilation and ischaemia–reperfusion in humans*. Applied Physiology, Nutrition, and Metabolism 2013;39:1-7

## 2014

1. Hodgson A, Randell R, Mahabir-Jagessar-T K, Lotito S, Mulder T, Mela DJ, Jeukendrup AE, Jacobs DM. *Acute effects of green tea extract intake on exogenous and endogenous metabolites in human plasma*. J Agric Food Chem 2014;62(5):1198-1208.
2. Astrid Rauh-Pfeiffer, Uschi Handel, Hans Demmelmair, Wolfgang Peissner, Mareile Niesser, Diego Moretti, Vanessa Martens, Sheila Wiseman, Judith Weichert, Moritz Heene, Markus Buhner, Berthold Koletzko. *Three-month B vitamin supplementation in pre-school children*



affects folate status and homocysteine, but not cognitive performance . Eur J Nutr 2014 DOI 10.1007/s00394-013-0647-y

3. Grün CH, Sanders P, Burg-Koorevaar, MCD van der, Schuurbijs JAE, Adrichem JA van, Velzen EJ van, de Roo N, Brunt K, Westphal Y, Schols HA. Strategy to identify and quantify polysaccharide gums in gelled food concentrates Food Chemistry 2015, Vol. 166, no.0, p. 42-49.
4. Roland WSU, Gouka RJ, Gruppen H, Driesse M, van Buren L, Gerrit Smit, Jean-Paul Vincken. 6-Methoxyflavanones as Bitter Taste Receptor Blockers for hTAS2R39. PLoS ONE 2014 9(4): e94451. doi:10.1371/journal.pone.0094451
5. Bøhn SK1, Croft KD, Burrows S, Puddey IB, Mulder TP, Fuchs D, Woodman RJ, Hodgson JM. Effects of black tea on body composition and metabolic outcomes related to cardiovascular disease risk: a randomized controlled trial. Food Function 2014 Jun 25;5(7):1613-20.
6. Rouyanne T. Ras, Johanna M. Geleijnse and Elke A. Trautwein LDL-cholesterol-lowering effect of plant sterols and stanols across different dose ranges: a meta-analysis of randomised controlled studies. British Journal of Nutrition 2014 Jul;112(2):214-9
7. Arno Greyling, Rouyanne T. Ras, Peter L. Zock, Mario Lorenz, Maria T. Hopman, Dick H. J. Thijssen, Richard Draijer. The effect of black Tea on blood pressure: A systematic review with meta-analysis of randomized controlled trials. PloS ONE July 31, 2014 •DOI: 10.1371/journal.pone.0103247
8. Sergey M Melnikov, Simeon D. Stoyanov, Eva MR Kovacs, Luben Arnaudov, Peter de Groot, Ewoud AH Schuring, Sheila A Wiseman, David J Mela and Harry HPF Peters. Sustained hunger suppression from stable liquid foams. Obesity July 3rd 2014 00, 00-00. doi:10.1002/oby.20828
9. Rouyanne T Ras, Isabelle Demonty, Yvonne EMP Zebregs, Johan FA Quadt, Johan Osson, Elke A Trautwein. Low doses of eicosopentaenoic acid and docosohexaenoic acid from fish oil dose-dependently decrease serum triglyceride concentrations in the presence of plant sterols in hypercholesterolaemic men and women. J Nutr doi:10.3945/jn.114.192229
10. Nicole Neufingerl, Mark R Cobain, Rachel S Newson. Web-based self-assessment health tools: Who are the users and what is the impact of missing input information? J Med Internet Res 2014;16(9):e215
11. Imelda Angeles-Agdeppa, Nicole Neufingerl, Clarita Magsadia, Harry Hiemstra, Chona Patalen, Ans Eilander. Energy and nutrient intake and acceptability of nutritionally balanced school meals in Filipino students. Food and Nutrition Bulletin 2014;35:361- 371
12. Randell RK, Hodgson AB, Lotito SB, Jacobs DM, Rowson M, Mela DJ, Jeukendrup AE. Variable duration of decaffeinated green tea extract ingestion on exercise metabolism. Med Sci Sports Exercise 2014 DOI: 10.1249/MSS.0000000000000205
13. Hussein MO, CL Hoad, M Stephenson, EF Cox, E Placidi, S Pritchard, C Costigan, H Ribeiro, E Ciampi, P Rayment, A Nandi, N Hedges, P Sanderson, HPF Peters, I Kruse, L Marciani, RC Spiller, PA Gowland. Magnetic resonance spectroscopy measurements of intragastric fat fraction of oil emulsions in humans. Eur J Lipid Sci Tech 2014 DOI:10.1002/ejlt.201400058

14. Sadoul BC, Schuring EAH, Mela DJ, Peters HPF The relationship between appetite scores and subsequent energy intake: An analysis based on 23 randomized controlled studies. *Appetite* 2014;83:153-159
15. Peters HPF, Koppenol W, Schuring EAH, Abrahamse SL, Mela DJ Repeated foam consumption reduces appetite during a dieting day. *Int J Obesity* 2014 DOI: 10.1038/ijo.2014.151
16. Walczyk T, Muthayya S, Wegmüller R, Thankachan P, Sierksma A, Frenken LG, Thomas T, Kurpad A, Hurrell RF. Inhibition of iron absorption by calcium is modest in an iron-fortified casein- and whey-based drink in Indian children and is easily compensated by ascorbic acid. *J Nutr* 2014;144:1703-9
17. Rouyanne T Ras, Yvonne T van Schouw, Elke A Trautwein, Isabelle Sioen, Geertje W Dalmeijer, Peter L Zock and Joline WJ Beulens. Intake of phytosterols from natural sources and risk of cardiovascular disease in the European Prospective Investigation into Cancer and Nutrition – the Netherlands (EPIC-NL) population. *Eur J Prev Cardiol* Published online 10 October 2014. DOI: 10.1177/2047487314554864
18. Dagmar Fuchs, Young de Graaf, Roeland van Kerckhoven and Richard Draijer. Effect of Tea Theaflavins and Catechins on Microvascular Function. *Nutrients* 2014 doi:10.3390/nu6125772#sthash.WA48SAAtA.dpuf
19. Alsema M, Boers HM, Ceriello A, Kilpatrick ES, Mela DJ, Priebe MG, Schrauwen P, Wolffenbuttel BH, Pfeiffer AFH. Diet and Glycaemia: The markers and their meaning. A report of the Unilever Nutrition Workshop. *Br J Nutr* 2014 doi: 10.1017/S0007114514003547
20. Murray K, Placidi E, Schuring EAH, Hoad CL, Koppenol W, Arnaudov L, Blom WAM, Pritchard SE, Stoyanov SD, Gowland PA, Spiller RC, Peters HPF and Marciani L. Aerated drinks increase gastric volume and reduce appetite as assessed by MRI: a randomized, balanced, crossover trial. *Am J Clin Nutr* 2014 doi: 10.3945/ajcn.114.096974

## 2015

1. Roland, W.S.U., Sanders, M.P.A., Van Buren, L., Gouka, R.J., Gruppen, H., Vincken, J.-P., Ritschel, T. Snooker structure-based pharmacophore model explains differences in agonist and blocker binding to bitter receptor hTAS2R39. *2015 PLoS ONE*, 10 (3)
2. Zandstra, E.H., Lion, R., Newson, R.S. Salt Reduction: Moving From Consumer Awareness to Action, Food Quality and Preference. *Food Quality and Preference* 2015 doi: <http://dx.doi.org/10.1016/j.foodqual.2015.03.005>
3. R.S. Newson, R. van der Maas, A. Beijersbergen, L. Carlson, C. Rosenbloom. International consumer insights into the desires and barriers of diners in choosing healthy restaurant meals. *Food Quality and Preference* 2015 doi: <http://dx.doi.org/10.1016/j.foodqual.2015.02.016>
4. Geng Zong, Ann E Scott, Helen R Griffiths, Peter L Zock, Thomas Dietrich and Rachel S Newson. Serum a-Tocopherol Has a Nonlinear Inverse Association with Periodontitis among US Adults. *Journal of Nutrition* 2015 DOI: 10.3945/jn.114.203703
5. James I Dower, Johanna M Geleijnse, Lieke Gijsbers, Peter L Zock, Daan Kromhout and Peter CH Hollman. Effects of the pure flavonoids epicatechin and quercetin on vascular function and cardiometabolic health: a randomized double-blind, placebo-controlled, crossover trial.

Am J Clin Nutr 2015. doi: 10.3945/ajcn.114.098590

6. Rouyanne T Ras, Dagmar Fuchs, Wieneke P Koppenol, Ursula Garczarek, Arno Greyling, Christian Keicher, Carole Verhoeven, Hakim Bouzamondo, Frank Wagner and Elke Trautwein. The effect of a low-fat spread with added plant sterols on vascular function markers: results of the Investigating Vascular Function Effects of Plant Sterols (INVEST) study. *Am J Clin Nutr* 2015 doi: 10.3945/ajcn.114.102053
7. Grassi D, Draijer R, Desideri G, Mulder T, Ferri C. Black tea lowers blood pressure and wave reflections in fasted and postprandial conditions in hypertensive patients: a randomized study. *Nutrients*. 2015 Feb 4;7(2):1037-51. doi: 10.3390/nu7021037
8. Greyling A, Schreuder TH, Landman T, Draijer R, Verheggen RJ, Hopman MT, Thijssen DH. Elevation in blood flow and shear rate prevents hyperglycemia-induced endothelial dysfunction in healthy subjects and those with type 2 diabetes. *J Appl Physiol*. 2015 Mar 1;118(5):579-85. doi: 10.1152/jappphysiol.00936.2014. Epub 2015 Jan 15.
9. Mariska Dötsch-Klerk, David J Mela and Mary Kearney. Sustainable Diets. *Int J Food Sci Tech* 2015; 29:2-6
10. Mahamoud O Hussein, Caroline L Hoad, Jeff Wright, Gulzar Singh, Mary C Stephenson, Eleanor F Cox, Elisa Placidi, Susan E Pritchard, Carolyn Costigan, Henelyta Ribeiro, Elisabetta Ciampi, Asish Nandi, Nick Hedges, Paul Sanderson, Harry PF Peters, Pip Rayment, Robin C Spiller, Penny A Gowland, Luca Marciari. Fat Emulsion Intragastric Stability and Droplet Size Modulate Gastrointestinal Responses and Subsequent Food Intake in Young Adults. *J Nutr* 2015 DOI:10.3945/jn.114.204339
11. Lora Mak, David Marcus, Andrew Howlett, Galina Yarova, Guus Duchateau, Werner Klaffke, Andreas Bender and Robert C Glen. Metrabase: a cheminformatics and bioinformatics database for small molecule transporter data analysis and (Q)SAR modeling. *Journal of Cheminformatics* 2015, 7:31 doi:10.1186/s13321-015-0083-5
12. Ras R, Kuipers RS, Schaafsma G. Leidt verlaging van serum cholesterol tot minder hartinfarcten? (Does lowering of serum cholesterol lead to fewer heart attacks?). *Ned Tijdschr voor Voeding & Dietetiek* 2015;70(3):24-26
13. Boers HM, Seijen ten Hoorn J, Mela DJ. A systematic review of the influence of rice characteristics and processing methods on postprandial glycaemic and insulinaemic responses. *Br J Nutr* 2015;114(7):1035-45
14. Rogers PJ, Hogenkamp PS, de Graaf K, Higgs S, Lluch A, Ness AR, Penfold C, Perry R, Putz P, Yeomans MR, Mela DJ. Does low-energy sweetener consumption affect energy intake and body weight? A systematic review, including meta-analyses, of the evidence from human and animal studies. *Int J Obesity* 2015 Sep 14. doi: 10.1038/ijo.2015.177.
15. Maaïke J. Bruins, Mariska Dötsch-Klerk, Joep Matthee, Mary Kearney, Kathelijn van Elk, Peter Weber and Manfred Eggersdorfer. A Modelling Approach to Estimate the Impact of Sodium Reduction in Soups on Cardiovascular Health in the Netherlands *Nutrients* 2015, 7, 8010-8019; doi:10.3390/nu7095375
16. Eilander A, Harika RK, Zock PL. Intake and sources of dietary fatty acids in Europe: Are current population intakes of fats aligned with dietary recommendations? *Eur J Lipid Sci Tech*

2015;117(9):1370-7

17. Riethorst D, Mols R, Duchateau G, Tack J, Brouwers J, Augustijns P. Characterization of human duodenal fluids in fasted and fed state conditions. *J Pharmaceutical Sciences*. 2015 DOI 10.1002/jps.24603
18. van der Pijl PC, Foltz M, Glube ND, Peters S, Duchateau GSMJE. Pharmacokinetics of black tea-derived phenolic acids in plasma. *J Functional Foods* 2015 DOI.org/10.1016/j.jff.2015.06.020
19. Menendez-Carreño M, Knol D, Janssen H-G. Development and validation of methodologies for the quantification of phytosterols and phytosterol oxidation products in cooked and baked food products. *J Chromatography A* 2015 <http://dx.doi.org/10.1016/j.chroma.2015.09.073>
20. Yuguang Lin, Diny Knol and Elke A. Trautwein. Phytosterol oxidation products (POP) in foods with added phytosterols and estimation of their daily intake: A literature review. *Eur J Sci Technol* 2015 doi: 10.1002/ejlt.201500368
21. Wendy AM Blom, Wieneke P Koppenol, Ewoud AH Schuring, Salomon L Abrahamse, Luben N. Arnaudov, David J Mela, Simeon D Stoyanov. Sustained satiety induced by food foams is independent of energy content in healthy adults. *Appetite* 2016 97:64-71 (first published online November 2015)
22. Yuguang Lin, Diny Knol, Maria Menéndez-Carreño, Wendy Blom, Joep Matthee, Hans-Gerd Janssen and Elke A Trautwein. Formation of plant sterol oxidation products in foods during baking and cooking using margarine with and without added plant sterol esters. *J Agric Food Chem* 2015 doi: 10.1021/acs.jafc.5b04952
23. Ras RT, Koppenol WP, Garczarek U, Otten-Hofman A, Fuchs D, Wagner F, Trautwein EA. Increases in plasma plant sterols stabilize within four weeks of plant sterol intake and are independent of cholesterol metabolism. *Nutr Metab Cardiovasc Dis*. 2015 Dec 12. pii: S0939-4753(15)30184-8. doi: 10.1016/j.numecd.2015.11.007. [Epub ahead of print]
24. Fernanda de Oliveira Martins, Robin van den Berg, Anne-Roos Hoogenraad, Ewoud Schuring, Carole Verhoeven, Oscar Giese Laverdy Neto, Raul Cavalcante Maranhao, Petra Verhoef. Mayonnaise increases the relative bioavailability of fat-soluble (non)-nutrients from a salad. *International Journal of Nutrition and Food Sciences* 2015;4:644-649
25. Draijer R, Duchateau G. Capsule formats may hamper green tea catechin bioavailability. *J Nutr* 2015;145:2797-2799

## 2016

1. Zong G, Holtfreter B, Scott AE, Völzke H, Petersmann A, Dietrich T, Newson RS, Kocher T. Serum vitamin B12 is inversely associated with periodontal progression and risk of tooth loss: a prospective cohort study. *J Clin Periodontol*. 2016 Jan;43(1):2-9. doi: 10.1111/jcpe.12483. Epub 2016 Jan 18.
2. Rocha VZ, Ras RT, Gagliardi AC, Mangili LC, Trautwein EA, Santos RD. Effects of phytosterols on markers of inflammation: a systematic review and meta-analysis. *Atherosclerosis* 2016:

doi 10.1016/j.atherosclerosis.2016.01.035

3. Praagman J, Beulen JW, Alsema M, Zock PL, Wanders AJ, Sluijs I, van der Schouw YT. The association between dietary saturated fatty acids and ischemic heart disease depends on the type and source of fatty acid in the European Prospective Investigation into Cancer and Nutrition-Netherlands cohort. *Am J Clin Nutr* 2016;103:356-65.
4. Neufingerl Nicole, Djuwita Ratna, Otten-Hofman Anke, Nurdiani Reisi, Garczarek Ursula, Sulaeman Ahmad, Zock Peter L, Eilander Ans. Intake of essential fatty acids in Indonesian children: secondary analysis of data from a nationally representative survey. *Br J Nutr.* 2016 Feb;115(4):687-93. doi: 10.1017/S0007114515004845.
5. Arno Greyling, Anke CCM van Mil, Peter L Zock, Daniel J Green, Lorenzo Ghiadoni, Dick H Thijssen, on behalf of the TIFN International Working Group on Flow Mediated Dilation. Adherence to guidelines strongly improves reproducibility of brachial artery flow-mediated dilation. *Atherosclerosis* 2016; 248:196-202
6. Cercamondi CI, Duchateau GS, Harika RK, van den Berg R, Murray P, Koppenol WP, Zeder C, Zimmermann MB, Moretti D. Sodium pyrophosphate enhances iron bioavailability from bouillon cubes fortified with ferric pyrophosphate. *Br J Nutr.* 2016
7. Fuchs, D, Nyakayiru, J, Draijer, R, Mulder, TP, Hopman, MT, Eijvogels, TM & Thijssen, DH. Impact of flavonoid-rich black tea and beetroot juice on postprandial peripheral vascular resistance and glucose homeostasis in obese, insulin-resistant men: a randomized controlled trial. *Nutr Metab (Lond).* 2016 May 13;13:34.
8. Garsetti M, Balentine DA, Zock PL, Blom WA, Wanders AJ. Fat composition of vegetable oil spreads and margarines in the USA in 2013: a national marketplace analysis. *Int J Food Sci Nutr.* 2016 Jun;67(4):372-82.
9. Greyling A, van Mil AC, Zock PL, Green DJ, Ghiadoni L, Thijssen DH; TIFN International Working Group on Flow Mediated Dilation. Assessing the perceived quality of brachial artery Flow Mediated Dilation studies for inclusion in meta-analyses and systematic reviews: Description of data employed in the development of a scoring ;tool based on currently accepted guidelines. *Data Brief.* 2016 May 13;8:73-7.
10. Neufingerl N, Djuwita R, Otten-Hofman A, Nurdiani R, Garczarek U, Muhardi L, Eussen S, Alles M, Sulaeman A & Eilander A. Generating fatty acid and vitamin D composition data of Indonesian foods. *Journal of Food Composition and Analysis*, 2016; 50:36-48.
11. Wanders AJ, Alsema M, van Greevenbroek MJ, Elshorbagy A, Zock PL, Dekker JM, Brouwer IA. Comment on Sergeant et al.: Impact of methods used to express levels of circulating fatty acids on the degree and direction of associations with blood lipids in humans. *Br J Nutr.* 2016 Jun;115(11):2077-8. Epub 2016 Apr 15.
12. van Buren L, Dötsch-Klerk M, Seewi G, Newson RS. Dietary Impact of Adding Potassium Chloride to Foods as a Sodium Reduction Technique. *Nutrients.* 2016 Apr 21;8(4).

13. Baumgartner, A., Ras, R.T., Trautwein, E.A., Mensink, R.P. & Plat, J. (2016). Plasma fat-soluble vitamin and carotenoid concentrations after plant sterol and plant stanol consumption: a meta-analysis of randomized controlled trials. *European Journal of Nutrition*. DOI 10.1007/s00394-016-1289-7.
14. Boers, H.M., MacAulay, K., Murray, P., Seijen ten Hoorn, J., Hoogenraad, A., Peters, H.P.F., Vente, M.A.M. & Mela, D.J. (2016). Efficacy of different fibres and flour mixes in South-Asian flatbreads for reducing post-prandial glucose responses in healthy adults. *European Journal of Nutrition*. DOI: 10.1007/s00394-016-1242-9016-1242-9
15. Cabout M, Alsema M Nijpels G, Stehouwer CD, Zock PL, Brouwer IA, Elshorbagy AK, Refsum H, Dekker JM. (2016). Circulating linoleic acid and alpha-linolenic acid and glucose metabolism: the Hoorn Study. *European Journal of Nutrition*. DOI: 10.1007/s00394-016-1261-6
16. Hulman A., Simmons, R.K., Vistisen, D., Tabák, A.G., Dekker, J.M., Alsema, M. et al., (2016). Heterogeneity in glucose response curves during an oral glucose tolerance test and associated cardiometabolic risk. *Endocrine*. DOI: 10.1007/s12020-016-1126-z
17. Peters, H.P.F., Koppenol, W., Schuring, E.A.H., Gouka, R., Mela, D.J. & Blom, W.A.M. (2016). The effect of two weeks ingestion of a bitter tastant mixture on energy intake in overweight females. *Appetite*, 107, 268-273.
18. Zock, P.L., Blom, W.A.M., Nettleton, J.A. & Hornstra, G.. (2016). Progressing Insights into the Role of Dietary Fats in the Prevention of Cardiovascular Disease. *Current Cardiology Reports*, 18:111.
19. Draijer R, van Dorsten FA, Zebregs YE, Hollebrands B, Peters S, Duchateau GS & Grun CH. (2016). Impact of proteins on the uptake, distribution and excretion of phenolics in the human body. *Nutrients* 8, 814, doi:10.3390/nu8120814.
20. Grassi D, Draijer R, Schalkwijk C, Desideri G, D'Angeli A, Francavilla S, Mulder T, Ferri C. (2016). Black Tea Increases Circulating Endothelial Progenitor Cells and Improves Flow Mediated Dilatation Counteracting Deleterious Effects from a Fat Load in Hypertensive Patients: A Randomized Controlled Study. *Nutrients*. 8(11), E727.
21. Harika RK, Dotsch-Klerk M, Zock PL, Eilander A. Compliance with Dietary Guidelines and increased Fortification can Double Vitamin D Intake: A Simulation Study. *Ann Nutr Metab*. 2016 DOI:10.115/000454930
22. Hulman A, Simmons RK, Vistisen D, Tabák AG, Dekker JM, Alsema M, Rutters F, Koopman AD, Solomon TP, Kirwan JP, Hansen T, Jonsson A, Gjesing AP, Eiberg H, Astrup A, Pedersen O, Sørensen TI, Witte DR, Færch K. (2016). Heterogeneity in glucose response curves during an oral glucose tolerance test and associated cardiometabolic risk. *Endocrine*. DOI: 10.1007/s12020-016-1126-z.
23. Ras R.T., Fuchs D., Koppenol W.P., Schalkwijk C.G., Otten-Hofman A. & Garczarek U. (2016). Effect of a plant sterol-enriched spread on biomarkers of endothelial dysfunction and low-

grade inflammation in hypercholesterolaemic subjects. *Journal of Nutritional Science*, 5, 1-5.

24. Greyling A, Wagner F and Trautwein, EA. (2016). Effect of a plant sterol-enriched spread on biomarkers of endothelial dysfunction and low-grade inflammation in hypercholesterolaemic subjects. *Journal of Nutrition Science*, 5, 1-6.
25. Wanders AJ, Alsema M, de Koning EJP, le Cessie S, de Vries JH, Zock PL, Rosendaal FR, den Heijer M & de Mutsert R. (2016). Fatty acid intake and its dietary sources in relation with markers of type 2 diabetes risk: The NEO study. *European Journal of Clinical Nutrition*. doi:10.1038/ejcn.2016.204.
26. Woodward KA, Hopkins ND, Draijer R, de Graaf Y, Low DA, Thijssen DH. (2016). Acute black tea consumption improves cutaneous vascular function in healthy middle-aged humans. *Clin Nutr*, 16, 31354-1. doi: 10.1016/j.clnu.2016.12.013
27. Zong G, Li, Y, Wanders AJ, Alsema M, Zock PL, Willett WC, Hu FB, Sun Q. (2016). Intake of individual saturated fatty acids and risk of coronary heart disease in US men and women: two prospective longitudinal cohort studies. *BMJ*; 355:i5796. doi.org/10.1136/bmj.i5796

## 2017

1. Lin Y, Knol D, Valk I, van Andel V, Friedrichs S, Lütjohann D, Hrnčirik K, Trautwein EA (2017) Thermal stability of plant sterols and formation of their oxidation products in vegetable oils and margarines upon controlled heating. DOI: 10.1016/j.chemphyslip.2017.01.007
2. Simone P Rauh, Femke Rutters, Amber AWA van der Heijden, Thomas Luimes, Marjan Alsema, Martijn W Heymans, Dianna J Magliano, Jonathan E Shaw, Joline W Beulens, Jacqueline M Dekker (2017) External validation of a tool predicting 7-year-risk of developing cardiovascular disease, type 2 diabetes or chronic kidney disease *J Gen Intern Med*. 2018 Feb;33(2):182-188. doi: 10.1007/s11606-017-4231-7. Epub 2017 Dec 4.
3. Hanny M. Boers, Theo H. van Dijk, Harry Hiemstra, Anne-Roos Hoogenraad, David J. Mela, Harry P.F. Peters, Roel J Vonk, Marion G. Priebe (2017) Effect of fibre additions to flatbread flour mixes on glucose kinetics: a randomized controlled trial *Br J Nutr*. 2017 Nov;118(10):777-787. doi: 10.1017/S0007114517002781. Epub 2017 Nov 7.
4. Rouyanne T Ras, Elke A Trautwein (2017) Consumer purchase behaviour of foods with added phytosterols in six European countries: Data from a post-launch monitoring survey *Food Chem Toxicol* 110: 42-48.
5. Ruijgrok C, Dekker JM, Beulens JW, Brouwer IA, Coupé VM, Heymans MW, Sijtsma FP, Mela DJ, Zock PL, Olthof MR, Alsema M (2017) Size and shape of the association of glucose, HbA1c, insulin, and HOMA-IR with incident type 2 diabetes – the Hoorn Study *Diabetologia* 61(1):93-100. doi: 10.1007/s00125-017-4452-7
6. Poutanen KS, Dussort P, Erkner A, Fiszman S, Karnik K, Kristensen M, Marsaux CFM, Miquel-Kergoat S, Pentikäinen SP, Putz P, Slavin J, Steinert RE, Mela DJ. (2017) A review of the characteristics of dietary fibers relevant to appetite and energy intake outcomes in human intervention trials *Am J Clin Nutr* 106 (3): 747-754.
7. T. E. Sialvera, A. Papadopoulou, S. P. Efstathiou, E. A. Trautwein, R. T. Ras, N. Kollia, P. Farajian, G. Goumas, I. Dimakopoulos, K. Papavasiliou, A. Koutsouri & A. Zampelas Structured advice provided by a dietitian increases adherence of consumers to diet and lifestyle changes

and lowers blood low-density lipoprotein (LDL)-cholesterol: the Increasing Adherence of Consumers to Diet & Lifestyle Changes to Lower (LDL) Cholesterol (ACT) randomised controlled trial. *J Human Nut Dietetics*

8. Doris M. Jacobs, Lotte Smolders, Yuguang Lin, Niels de Roo, Elke A. Trautwein, John van Duynhoven, Ronald P. Mensink, Jogchum Plat and Velitchka V. Mihaleva Effect of Theobromine Consumption on Serum Lipoprotein Profiles in Apparently Healthy Humans with Low HDL-Cholesterol Concentrations *Front Mol Biosci* doi.org/10.3389/fmolb.2017.00059
9. Famke Mölenberg, Janette de Goede, Anne Wanders, Peter Zock, Daan Kromhout, Marianne Geleijnse. (2017) Dietary fatty acid intake after myocardial infarction: a theoretical substitution analysis of the Alpha Omega Cohort. *Am J Clin Nutr* Aug 9. pii: ajcn157826. doi: 10.3945/ajcn.117.157826
10. Anne Wanders, Peter Zock, Ingeborg Brouwer. (2017) Trans Fat Intake and Its Dietary Sources in General Populations Worldwide: A Systematic Review *Nutrients*. Aug 5;9(8). pii: E840. doi: 10.3390/nu9080840.
11. Harika R, Faber M, Samuel F, Mulugeta A, Kimiywe J, Eilander A. Are Low Intakes and Deficiencies in Iron, Vitamin A, Zinc, and Iodine of Public Health Concern in Ethiopian, Kenyan, Nigerian, and South African Children and Adolescents. (2017) *Food Nutr Bulletin* 28(3): 405-427.
12. Duvivier BMFM, NC Schaper, A Koster, L van Kan, HPF Peters, JJ Adam, T Giesbrecht, E Kornips, M Hulsbosch, P Willems, MKC Hesselink, P Schrauwen, HHCM Savelberg (2017) Substituting Sitting with Standing and Stepping in Free-Living Conditions: Benefits for Cardiometabolic Risk Markers, Cognition and Mood in Overweight Adults. *Frontiers Physiol*. <https://doi.org/10.3389/fphys.2017.00353>
13. Harry PF Peters, Patrick Schrauwen, Petra Verhoef, Christopher D Byrne, David J Mela, Andreas FH Pfeiffer, Ulf Risérus, Frits R Rosendaal, Vera Schrauwen-Hinderling (2017) Liver fat: a relevant target for dietary intervention? Summary of a Unilever workshop. *J. Nutr Sci* doi.org/10.1017/jns.2017.13
14. Boers HM, MacAulay K, Murray P, Dobriyal R, Mela DJ, Spreeuwenberg MAM (2017) Efficacy of fibre additions to flatbread flour mixes. *Br J Nutr*. 117 (3): 386-394
15. Calder PC, Boobis A, Braun D, Champ CL, Dye L, Einöther S, Greyling A, Matthys C, Putz P, Wopereis S, Woodside JV, Antoine JM (2017) Improving selection of markers in nutrition research: evaluation of the criteria proposed by the ILSI Europe Marker Validation Initiative. *Nutr Res Rev* 30 (1): 73-8
16. Menezes R, Rodriguez-Mateos A, Kaltsatou A, González-Sarrías A, Greyling A, Giannaki C<sup>6</sup>, Andres-Lacueva C, Milenkovic D, Gibney ER, Dumont J, Schär M, Garcia-Aloy M, Palma-Duran SA, Ruskovska T, Maksimova V, Combet E, Pinto P. Analysis of Randomised Controlled Human Trials to Explore the Role of Inter-individual Variability. *Nutrients* 9(2): E117 doi: 10.3390/nu9020117.
17. Skinner M, Lim M, Tarrega A, Ford R, Linforth R, Thomas A, Hort J. (2017) Investigating the oronasal contributions to metallic perception. *Int J Food Sci Technol* 52: 1299-1306.



1. Trautwein EA, Peters HPF, Mela DJ, Edwards C, Herrema H, Fu J, Geldof M, Albers R. (2018) Is gut microbiota a relevant and competitive dietary target for cardio-metabolic health? Proceedings of an expert workshop. Trends in Food Sci Tech 81: 146-154
2. Elke A. Trautwein, Mario A. Vermeer, Harry Hiemstra and Rouyanne T. Ras (2018) LDL-Cholesterol Lowering of Plant Sterols and Stanols—Which Factors Influence Their Efficacy? Nutrients 10, 1262; doi:10.3390/nu10091262
3. Peter J.H. Jones, Maryam Shamloo, Dylan S. MacKay, Todd C. Rideout, Semone B. Myrie, Jogchum Plat, Jean-Baptiste Rouillet, David J. Baer, Kara L. Calkins, Harry R. Davis, P. Barton Duell, Henry Ginsberg, Helena Gylling, David Jenkins, Dieter Luetjohann, Mohammad Moghadasian, Robert A. Moreau, David Mymin, Richard E. Ostlund Jr, Rouyanne T. Ras, Javier Ochoa Reparaz, Elke A. Trautwein, Stephen Turley, Tim Vanmierlo, and Oliver Weingartner (2018) Progress and perspectives in plant sterol and plant stanol research Nutrition Reviews OO Vol. 0(0):1 - 22; doi: 10.1 093/nutritinuy032
4. Buyken AE, Mela DJ, Dussort P, Johnson IT, Macdonald IA, Stowell JD, Brouns FJPH (2018) Dietary carbohydrates: A review of international recommendations and the methods used to derive them Eur J Clin Nutr doi: 10.1038/s41430-017-0035-4. [Epub ahead of print]
5. Anna Wittekind, Kelly Higgins, Lauren McGale, Camille Schwartz, Nikoleta S Stamataki, Gary K Beauchamp, Angela Bonnema, Pierre Dussort, Sigrid Gibson, Cees de Graaf, Jason CG Halford, Cyril FM Marsaux, Richard D Mattes, John McLaughlin, David J Mela, Sophie Nicklaus, Peter J Rogers, Ian A Macdonald (2018) A workshop on 'Dietary Sweetness—Is It an Issue?' Int J Obesity 42(4):934-938. doi:10.1038/ijo.2017.296
6. Mela DJ, Woolner EM (2018) Perspective: Total, added or free? What kind of sugars should we be talking about? Advances in Nutrition 9(2):63-69.
7. Halford JCG, Masic U, Marsaux CFM, Jones AJ, Lluch A, Marciani L, Mars M, Vinoy S, Westerterp -Plantenga M, Mela DJ (2018) Systematic Review of the Evidence for Sustained Efficacy of Dietary Interventions for Reducing Appetite or Energy Intake. Obesity Reviews doi 10.1111/obr.12712.
8. Elke A. Trautwein, Wieneke P. Koppenol, Arienne de Jong, Harry Hiemstra, Mario A. Vermeer, Manny Noakes and Natalie D. Luscombe-Marsh (2018) Plant sterols lower LDL-cholesterol and triglycerides in dyslipidemic individuals with or at risk of developing type 2 diabetes; a randomized, double-blind, placebo-controlled study Nutr Diab 8:30
9. Poutanen KS, Fiszman S, Marsaux CFM, Pentikäinen SP, Steinert RE, Mela DJ (2018) Recommendations for characterization and reporting of dietary fibers in nutrition research Am J Clin Nutr 2018; doi 10.1093/ajcn/nqy095
10. W.A.M. Blom, W.P. Koppenol, H. Hiemstra, T. Stojakovic, H. Scharnagle, E.A. Trautwein. (2018) A low-fat spread with added plant sterols and fish omega-3 fatty acids lowers serum triglyceride and LDL-cholesterol concentrations in individuals with modest hypercholesterolaemia and hypertriglyceridaemia European Journal of Nutrition. May 3, 2018 <https://doi.org/10.1007/s00394-018-1706-1>
11. Kristine Færch, Marjan Alsema, David J. Mela, Rikke Borg, Dorte Vistisen (2018) Relative contributions of preprandial and postprandial glucose exposures and glycaemic variability to HbA1c in individuals with and without diabetes Nutr Diabetes. 2018 Jun 1;8(1):38. doi: 10.1038/s41387-018-0047-8.
12. Koopman ADM, Rutters F, Rauh SP, Nijpels G, Holst JJ, Beulens JW, Alsema M, Dekker JM (2018) Incretin responses to oral glucose and mixed meal tests and changes in fasting glucose

levels during 7 years of follow-up: the Hoorn meal study PLoS One. 2018 Jan 11;13(1):e0191114. doi: 10.1371/journal.pone.0191114.

13. Appleton KM, Tuorila H, Bertenshaw E, de Graaf C, Mela DJ. (2018) Sweet taste exposure and the subsequent acceptance and preference for sweet taste in the diet: Systematic review of the published literature. *Am J Clin Nutr* 2018;107(3):405–419
14. Wanders A.J. Alsema M. De Hoon S.E.M. Feskens E.J.M. van Woudenberg G.J. van der Kallen C.J. Zock P.L. Refsum H. Drevon C.A. Elshorbagy A. Schalkwijk C.G. Stehouwer C.D.A. Dekker J.M. van Greevenbroek M.M.J. (2018) Circulating Polyunsaturated Fatty Acids as Biomarkers for Dietary Intake across Subgroups: The CODAM and Hoorn Studies *Ann Nutr Metab* 2018;72:117–125
15. Zong G, Li Y, Sampson L, Dougherty LW, Willett WC, Wanders AJ, Alsema M, Zock PL, Hu FB, Sun Q. (2018) Monounsaturated fats from plant and animal sources in relation to risk of coronary heart disease among US men and women. *Am J Clin Nutr*. Mar 1;107(3):445-453. doi: 10.1093/ajcn/nqx004
16. Carter SE, Draijer R, Holder SM, Brown L, Thijssen DHJ, Hopkins ND. (2018) Regular walking breaks prevent the decline in cerebral blood flow associated with prolonged sitting. *J Appl Physiol* 125 (3): 790-798 doi: 10.1152/jappphysiol.00310.2018. Epub 2018 Jun 7.
17. Ibrahimi K, De Graaf Y, Draijer R, Jan Danser AH, Maassen VanDenBrink A, van den Meiracker AH. (2018) Reproducibility and agreement of different non-invasive methods of endothelial function assessment. *Microvasc Res* 117: 50-56 . doi: 10.1016/j.mvr.2018.01.004. Epub 2018 Jan 12.
18. Woodward KA, Draijer R, Thijssen DHJ, Low DA. (2018) Polyphenols and microvascular function in humans: A systematic review *Curr Pharm Des* 24 (2): 203-226 doi: 10.2174/1381612823666171109103939.
19. Greyling A, Wolters TLC, de Bresser DM, Roerink SHPP, Riksen NP, Mulder TP, Rowson MJ, Hopman MT, Thijssen DHJ (2018) The effect of black tea consumption on resistance artery endothelial function in healthy subjects. A randomised controlled trial. *Clin Nutr ESPEN* 23:41-47 doi: 10.1016/j.clnesp.2017.10.011. Epub 2017 Nov 8.
20. Davidson GR, Giesbrecht T, Thomas AM, Kirkham TC. (2018) Pre- and postprandial variation in implicit attention to food images reflects appetite and sensory-specific satiety. *Appetite* 125 : 24-31
21. Skinner M, Eldeghaidy S, Ford R, Giesbrecht T, Thomas A, Francis S, Hort J. (2018) Variation in thermally induced taste response across thermal tasters. *Physiol Behav* 188: 67-78.
22. Eldeghaidy S, Thomas D, Skinner M, Ford R, Giesbrecht T, Thomas A, Hort J, Francis S. (2018) An automated method to detect and quantify fungiform papillae in the human tongue: Validation and relationship to phenotypical differences in taste perception. *Physiol Behav* 184: 226-234.
23. Van Opstal AM, van den Berg-Haysmans AA, Hoeksma M, Blonk C, Pijl H, Rombouts SARB, van der Grond J. (2018) The effect of consumption temperature on the homeostatic and hedonic responses to glucose ingestion in the hypothalamus and the reward system. *Am J Clin Nutr* 107: 20-25.
24. Van Opstal AM, Hafkemeijer A, van den Berg-Huysmans AA, Hoeksma M, Blonk C, Pijl H, Rombouts SARB, van der Grond, J. (2018) Brain activity and connectivity changes in response to glucose ingestion. *Nutritional Neuroscience* DOI:10.1080/1028415X.2018.1477538