Our Nutrition Publications

2009 – 2022

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 2009.

2022


2020


3. Machiel J. Reinders, Lilou van Lieshout, Gerda K. Pot, Nicole Neufingerl, Eva van den Broek, Marieke Battjes-Fries, Joris Heijnen (2019 epub) Portioning meat and vegetables in four different out of home settings : A win-win for guests, chefs and the planet. Appetite 147, April 2020


5. Igho-Osagie E, Cara K, Wang D, Yao Q, Penkert LP, Cassidy A, Ferruzzi M,


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.


2019


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.


2018


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


2017


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


2016


24. Greyling A, Wagner F and Trautwein, EA. (2016). Effect of a plant sterolenriched spread on biomarkers of endothelial dysfunction and low-


2015


6. Rouyanne T Ras, Dagmar Fuchs, Wieneke P Koppenol, Ursula Garczarek, Arno Greyling, Christian Keicher, Carole Verhoeven, Hakim Bouzamondo, Frank


15. Maaike 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


2014


10. Nicole Neufingerl, Mark R Cobain, Rachel S Newson. Web-based selfassessment health tools: Who are the users and what is the impact of missing input information? J Med Internet Res 2014;16(9):e215


2013


22. Suzan Wopereis, Danielle Wolves, Marjan van Erk, Michiel Gribnau, Bas


2012


2011


8. Black tea reduces diarrhoea prevalence but decreases growth performance in enterotoxigenic Escherichia coli-infected post-weaning piglets. Bruins


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


29. Sandra L Huffman, Rajwinder K Harika, Ans Eilander, Saskia JM Osendarp. Essential fats: How do they affect growth and development of infants and


2010


4. Undernutrition, fatty acid and micronutrient status in relation to cognitive performance in Indian school children: a cross-sectional study. Eilander A,


2009
