

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

1. Neufingerl N, Eilander A. Nutrient Intake and Status in Adults Consuming Plant-Based Diets Compared to Meat-Eaters: A Systematic Review. *Nutrients* 2022, 14(1):29. doi: 10.3390/nu14010029.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8746448/>
2. Salazar Cobo MI, Jager G, De Wijk RA, De Graaf C & Zandstra EH, Does portion size matter? Dynamic changes in hedonic and emotional responses to foods varying in portion size, *Food Quality & Preference*, 98, 104538.
<https://doi.org/10.1016/j.foodqual.2022.104538>
3. Verain MCD, Van den Puttelaar J, Zandstra EH, Lion R, De Vogel-Van Den Bosch J, Hoonhout HCM & Onwezen MC, Variability of Food Choice Motives: Two Dutch studies showing variation across meal moment, location and social context, *Food Quality & Preference*, 98, 104505.
<https://doi.org/10.1016/j.foodqual.2021.104505>
4. Dijksterhuis GB, van Bergen G, De Wijk RA, Zandstra EH, Kaneko D & Vingerhoeds M (2022), Exploring impact on eating behaviour, exercise and well-being during COVID-19 restrictions in the Netherlands, *Appetite*, 168, 105720. <https://doi.org/10.1016/j.appet.2021.105720>
5. Papiés EK, Stekelenburg Van, A, Smeets MAM, Zandstra EH & Dijksterhuis GB (2022), Situating desire: Situational cues affect desire for food through eating simulations, *Appetite*, 168, 105679.
<https://doi.org/10.1016/j.appet.2021.105679>

1. Fernanda de Oliveira Martins. Tropical bioeconomy: roadmaps and guidelines for bioeconomy development in Brazil. Food and beverage processing technologies – Industry. 2021. ISBN 978-65-994280-3-6
2. M.A. van Rooijen, J. Plat, P.L. Zock, W.A.M. Blom, R.P. Mensink. Effects of two consecutive mixed meals high in palmitic acid or stearic acid on 8-h postprandial lipemia and glycemia in healthy-weight and overweight men and postmenopausal women: a randomized controlled trial. *Eur J Nutr*. 2021 Mar 17 EJCN doi: 10.1007/s00394-021-02530-2
3. M.A. van Rooijen, J. Plat, W.A.M. Blom, P.L. Zock, R.P. Mensink. Dietary stearic acid and palmitic acid do not differentially affect ABCA1-mediated cholesterol efflux capacity in healthy men and postmenopausal women: A randomized controlled trial. *Clinical Nutrition* 2021;40:804-877
4. W.A.M. Blom, C. Goenee, L. Juliano, E.M. de Groene, F. de Oliveira Martins. Comparison of the efficacy of five front-of-pack nutrition labels in helping the Brazilian consumer make a healthier choice. *Food Science & Nutrition Research*. 2021 Accepted for publication
5. Heuven LA, Pyle S, Greyling A, Melse-Boonstra A, Eilander A. Gut Microbiota-Targeted Nutritional Interventions Improving Child Growth in Low- and Middle-Income Countries: A Systematic Review. *Curr Dev Nutr*. 2021 Sep 29;5(11):nzab124
6. Neufingerl N, Eilander A. Nutrient Intake and Status in Adults Consuming Plant-Based Diets Compared to Meat-Eaters: A Systematic Review. *Nutrients*. 2021 Dec 23;14(1):29
7. Van Lanen, A.S., de Bree, A. and Greyling, A., 2021. Efficacy of a low-FODMAP diet in adult irritable bowel syndrome: a systematic review and meta-analysis. *European Journal of Nutrition*, pp.3505-3522 <https://link.springer.com/article/10.1007/s00394-020-02473-0>
8. Hepsomali, P. and Groeger, J.A., 2021. Diet, Sleep, and Mental Health: Insights from the UK Biobank Study. *Nutrients*, 13(8), p.1-19 <https://www.mdpi.com/2072-6643/13/8/2573>
9. Hepsomali, P. and Groeger, J.A., 2021. Diet and general cognitive ability in the UK Biobank dataset. *Scientific reports*, 11(1), pp.1-10. <https://www.nature.com/articles/s41598-021-91259-3>
10. Hepsomali, P., Greyling, A., Scholey, A. and Vauzour, D., 2021. Acute effects of polyphenols on human attentional processes: A Systematic Review and

Meta-Analysis. *Frontiers in neuroscience*, 15, p.1-12.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8180591>

11. Iddrisu, I., Monteagudo-Mera, A., Poveda, C., Pyle, S., Shahzad, M., Andrews, S. and Walton, G.E., 2021. Malnutrition and Gut Microbiota in Children. *Nutrients*, 13(8), p.1-22. <https://www.mdpi.com/2072-6643/13/8/2727>
12. Lise AJ Heuven, Simone Pyle, Arno Greyling, Alida Melse-Boonstra, Ans Eilander, Gut Microbiota-Targeted Nutritional Interventions Improving Child Growth in Low- and Middle-Income Countries: A Systematic Review, *Current Developments in Nutrition*, Volume 5, Issue 11, November 2021, nzab124, <https://doi.org/10.1093/cdn/nzab124>
13. De Wijk RA, Zandstra EH, Visser H, Van Dijk BPM, Meijboom S & Vingerhoeds MH, Breaking breakfast habits: Strategies for healthier and more sustainable breakfast habits, *Journal of Human Nutrition & Food Science*, 9(2), 1142.
14. Van Bergen, G, Zandstra EH, Kaneko D, Dijksterhuis GB, De Wijk RA, Sushi at the beach: Effects of congruent and incongruent immersive contexts on food evaluation, *Food Quality & Preference*, 91, 104193, <https://doi.org/10.1016/j.foodqual.2021.104193>.

2020

1. Kdejian A, Alsema M, Van Der Beek EM, Greyling A, Vermeer MA, Mela DJ, Trautwein EA. Impact of isocaloric exchanges of carbohydrate for fat on postprandial glucose, insulin, triglycerides, and free fatty acid responses-a systematic review and meta-analysis. *Eur J Clin Nutr*. 2020 Jan;74(1):1-8.
2. van Eekelen E, Geelen A, Alsema M, Lamb HJ, de Roos A, Rosendaal FR, de Mutsert R. Adherence to dietary guidelines in relation to visceral fat and liver fat in middle-aged men and women: the NEO study. *Int J Obes (Lond)*. 2020 Feb;44(2):297-306.
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
4. de Groene EM, Dötsch-Klerk M. From Individual Nutrients to Sustainable Nutrition. *World Rev Nutr Diet*. 2020;121:73-80. Epub 2020 Oct 6. PMID: 33502373.
5. Igho-Osagie E, Cara K, Wang D, Yao Q, Penkert LP, Cassidy A, Ferruzzi M,

- Jacques PF, Johnson EJ, Chung M, Wallace T. Short-Term Tea Consumption Is Not Associated with a Reduction in Blood Lipids or Pressure: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *J Nutr.* 2020 Dec 10;150(12):3269-3279.
6. Vieux F, Maillot M, Rehm CD, Drewnowski A. Flavonoid Intakes in the US Diet Are Linked to Higher Socioeconomic Status and to Tea Consumption: Analyses of NHANES 2011-16 Data. *J Nutr.* 2020 Aug 1;150(8):2147-2155.
 7. Chung M, Zhao N, Wang D, et al. Dose-Response Relationship Between Tea Consumption and Risk of Cardiovascular Disease and All-Cause Mortality: A Systematic Review and Meta-Analysis of Population - Based Studies. *Adv Nutrition.* 2020 Feb 19:1-25
 8. Kalmpourtzidou A, Eilander A, Talsma EF. Global Vegetable Intake and Supply Compared to Recommendations: A Systematic Review. *Nutrients.* 2020 May 27;12(6):1558.
 9. Hepsomali, P, Groeger, JA, Nishihira, J & Scholey, A 2020, 'Effects of Oral Gamma-Aminobutyric Acid (GABA) Administration on Stress and Sleep in Humans: A Systematic Review', *Frontiers in neuroscience*, 14, pp.1-13. <https://www.frontiersin.org/articles/10.3389/fnins.2020.00923/full>

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.

10. 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.

2019

1. Sheila A. Wiseman, Mariska Dötsch-Klerk, Nicole Neufingerl, Fernanda de Oliveira Martins. Future Food: Sustainable Diets for Healthy People and a Healthy Planet (2019) *International Journal of Nutrology* 12(01): 023-028. DOI: 10.1055/s-0039-1695714

2. van Buren L, Grün CH, Basendowski S, Spraul M, Newson R, Eilander A. Nutritional Quality of Dry Vegetable Soups. *Nutrients*. 2019;11(6). pii: E1270. doi: 10.3390/nu11061270.
3. Calder PC, Campoy C, Eilander A, Fleith M, Forsyth S, Larsson PO, Schelkle B, Lohner S, Szommer A, van de Heijning BJM, Mensink RP. A systematic review of the effects of increasing arachidonic acid intake on PUFA status, metabolism and health-related outcomes in humans. *Br J Nutr*. 2019;121(11):1201-1214.
4. Eilander A, Funke OM, Moretti D, Zimmermann MB, Owojuyigbe TO, Blonk C, Murray P, Duchateau GS. High Bioavailability from Ferric Pyrophosphate-Fortified Bouillon Cubes in Meals is Not Increased by Sodium Pyrophosphate: a Stable Iron Isotope Study in Young Nigerian Women. *J Nutr*. 2019;149(5):723-729. doi: 10.1093/jn/nxz003.
5. de Roos B, Aura AM, Bronze M, Cassidy A, Conesa MG, Gibney ER, Greyling A, Kaput J, Kerem Z, Knežević N, Kroon P, Landberg R, Manach C, Milenkovic D, Rodriguez-Mateos A, Tomás-Barberán FA, van de Wiele T, Morand C. Targeting the delivery of dietary plant bioactives to those who would benefit most: from science to practical applications. *Eur J Nutr*. 2019 Nov;58(Suppl 2):65-73.
6. Gibney ER, Milenkovic D, Combet E, Ruskovska T, Greyling A, GonzálezSarrías A, de Roos B, Tomás-Barberán F, Morand C, Rodriguez-Mateos A. Factors influencing the cardiometabolic response to (poly)phenols and phytosterols: a review of the COST Action POSITIVE activities. *Eur J Nutr*. 2019 Nov;58(Suppl 2):37-47.
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8. Carter SE, Draijer R, Holder SM, Brown L, Thijssen DHJ, Hopkins ND. Effect of different walking break strategies on superficial femoral artery endothelial function. *Physiol Rep*. 2019 Aug;7(16):e14190.
9. Boers HM, Alsema M, Mela DJ, Peters HPF, Vonk RJ, Priebe MG. The Rate of Glucose Appearance Is Related to Postprandial Glucose and Insulin Responses in Adults: A Systematic Review and Meta-analysis of Stable Isotope Studies. *J Nutr*. 2019 Nov 1;149(11):1896-1903.
10. Schlicker L, Boers HM, Dudek CA, Zhao G, Barua A, Trezzi JP, Meyer-Hermann M, Jacobs DM, Hiller K. Postprandial Metabolic Effects of Fiber Mixes Revealed by in vivo Stable Isotope Labeling in Humans. *Metabolites*. 2019 May 7;9(5).
11. Fechner E, Bilet L, Peters HPF, Hiemstra H, Jacobs DM, Op 't Eyndt C, Kornips E, Mensink RP, Schrauwen P. Effects of a whole diet approach on metabolic

- flexibility, insulin sensitivity and postprandial glucose responses in overweight and obese adults - A randomized controlled trial. *Clin Nutr*. 2019 Dec 17. pii: S0261-5614(19)33179-6.
12. Koopman ADM, Beulens JW, van der Heijden A, Elders P, Dekker JM, Alsema M, Rutters F. A prospective study on glucagon responses to oral glucose and mixed meal and 7-year change in fasting glucose. *Clin Endocrinol (Oxf)*. 2019 Jul;91(1):82-86.
 13. van Eekelen E, Geelen A, Alsema M, Lamb HJ, de Roos A, Rosendaal FR, de Mutsert R. Sweet Snacks Are Positively and Fruits and Vegetables Are Negatively Associated with Visceral or Liver Fat Content in Middle-Aged Men and Women. *J Nutr*. 2019 Feb 1;149(2):304-313.
 14. Motta AC, Strassburg K, Oranje P, Vreeken RJ, Jacobs DM. Oxylipin profiling in endothelial cells in vitro - Effects of DHA and hydrocortisone upon an inflammatory challenge. *Prostaglandins Other Lipid Mediat*. 2019 Oct;144:106352.
 15. Oranje P, Gouka R, Burggraaff L, Vermeer M, Chalet C, Duchateau G, van der Pijl P, Geldof M, de Roo N, Clauwaert F, Vanpaeschen T, Nicolai J, de Bruyn T, Annaert P, IJzerman AP, van Westen GJP. Novel natural and synthetic inhibitors of solute carriers SGLT1 and SGLT2. *Pharmacol Res Perspect*. 2019 Jul 30;7(4):e00504.
 16. Burggraaff L, Oranje P, Gouka R, van der Pijl P, Geldof M, van Vlijmen HWT, IJzerman AP, van Westen GJP. Identification of novel small molecule inhibitors for solute carrier SGLT1 using proteochemometric modeling. *J Cheminform*. 2019 Feb 14;11(1):15.
 17. Ferruzzi MG, Tanprasertsuk J, Kris-Etherton P, et al. Perspective: The Role of Beverages as a Source of Nutrients and Phytonutrients *Adv Nutr* 2019; 00:1–17
 18. Vieux F, Maillot M, Rehm CD, Drewnowski A. Tea Consumption Patterns in Relation to Diet Quality among Children and Adults in the United States: Analyses of NHANES 2011–2016 Data. *Nutrients*. 2019 Nov 3;11(11):2635.

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.

1. Pieters DJ, Zock PL, Fuchs D, Mensink RP. Effect of α -linolenic acid on 24-h ambulatory blood pressure in untreated high-normal and stage I hypertensive subjects. *Br J Nutr*. 2019 Jan;121(2):155-163.

2. Joris PJ, Draijer R, Fuchs D, Mensink RP. Effect of α -linolenic acid on vascular function and metabolic risk markers during the fasting and postprandial phase: A randomized placebocontrolled trial in untreated (prehypertensive individuals). *Clin Nutr*. 2019 Nov 28. pii: S02615614(19)33159-0.
3. Wanders AJ, Blom WAM, Zock PL, Geleijnse JM, Brouwer IA, Alsema M. Plant-derived polyunsaturated fatty acids and markers of glucose metabolism and insulin resistance: a metaanalysis of randomized controlled feeding trials. *BMJ Open Diabetes Res Care*. 2019 Feb 8;7(1):e000585.
4. Pertiwi K, Kok DE, Wanders AJ, de Goede J, Zock PL, Geleijnse JM. Circulating n-3 fatty acids and linoleic acid as indicators of dietary fatty acid intake in post-myocardial infarction patients. *Nutr Metab Cardiovasc Dis*. 2019 Apr;29(4):343-350.
5. Guasch-Ferré M, Zong G, Willett WC, Zock PL, Wanders AJ, Hu FB, Sun Q. Associations of Monounsaturated Fatty Acids From Plant and Animal Sources With Total and Cause-Specific Mortality in Two US Prospective Cohort Studies. *Circ Res*. 2019 Apr 12;124(8):1266-1275.
6. Zong G, Liu G, Willett WC, Wanders AJ, Alsema M, Zock PL, Hu FB, Sun Q. Associations Between Linoleic Acid Intake and Incident Type 2 Diabetes Among U.S. Men and Women. *Diabetes Care*. 2019 Aug;42(8):1406-1413.
7. Pertiwi K, Küpers LK, Wanders AJ, de Goede J, Zock PL, Geleijnse JM. Associations of dairy and fiber intake with circulating odd-chain fatty acids in post-myocardial infarction patients. *Nutr Metab (Lond)*. 2019 Nov 13;16:78.
8. Blom WAM, Koppenol WP, Hiemstra H, Stojakovic T, Scharnagl H, Trautwein EA. A low-fat spread with added plant sterols and fish omega-3 fatty acids lowers serum triglyceride and LDLcholesterol concentrations in individuals with modest hypercholesterolaemia and hypertriglyceridaemia. *Eur J Nutr*. 2019 Jun;58(4):1615-1624.
9. Lin Y, Koppenol WP, Knol D, Vermeer MA, Hiemstra H, Friedrichs S, Lütjohann D, Trautwein EA. Serum Concentration of Plant Sterol Oxidation Products (POP) Compared to Cholesterol Oxidation Products (COP) after Intake of Oxidized Plant Sterols: A Randomised, PlaceboControlled, DoubleBlind Dose–Response Pilot Study. *Nutrients*. 2019 Sep 30;11(10).
10. Baumgartner S, Ras RT, Trautwein EA, Konings MCJM, Mensink RP, Plat J. Plasma oxyphytosterol concentrations are not associated with CVD status in Framingham Offspring Study participants. *J Lipid Res*. 2019 Nov;60(11):1905-1911.
11. Magriplis E, Sialvera TE, Papadopoulou A, Efstathiou SP, Trautwein EA, Goumas G, Dimakopoulos I, Papavasiliou K, Koutsouri A, Zampelas A. Effectiveness and easiness of adherence to behavioural guidelines for diet and lifestyle changes for cholesterol-lowering: the Increasing Adherence of

Consumers to Diet & Lifestyle Changes to Lower (LDL) Cholesterol (ACT) randomised controlled trial. *J Hum Nutr Diet*. 2019 Oct;32(5):607-618.

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2018

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) LDLCholesterol 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: 10.1093/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
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/s41387018-0047-8.
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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
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- 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
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 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 .
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 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-Huysmans 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
 25. Zandstra EH, Willems AA & Lion R. (2018) Making salt-reduced products more appealing to consumers – Impact of front-of-pack messages on liking and table salt use over time. *Public Health Nutrition*, 21(15): 2762-2772.

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
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