
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

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**Papers in the area of nutrient profiling describing the rationales and application or illustrating the potential impact on health as estimated by dietary intake modeling**


**Research in the area of weight management**


B Sadoul, EAH Schuring, DJ Mela, HPF Peters Measuring satiety with pictures compared to visual analogue scales: an exploratory study. Appetite 2012; 58: 414-417


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

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

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

Publications on the effects of tea and other flavonoid-rich beverages on blood pressure and vascular reactivity (the ability of blood vessels to dilate) which are independent predictors for cardiovascular events such as myocardial infarction and stroke


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: 943-950


Dietary fats and health: recent publications show that intake of essential fats in children and adults globally do not meet recommendations.


A significant number of studies have investigated the mechanism of plant sterol action and demonstrated their lipid-lowering efficacy in relation to cardiovascular health


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 2013; 62:48–53


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


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

Publications related to the bioavailability and pharmacokinetics of tea flavonoids


Flavonoids may have health benefits but they can also have negative taste issues. Published papers aimed to understand the activation of bitter taste receptors by these compounds.


Publications on micronutrient fortification and (cognitive) development in children


Publications (also together with the International Union of Nutrition Sciences [IUNS]) on understanding the barriers for behaviour change for better health


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/10.1016/j.foodqual.2015.03.005


Two studies carried out with external partners on the application of llama antibodies to prevent symptoms of viral infections in young children


Publications exploring new approaches in cardio-metabolic health (eg glucose control)


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


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

Publications in the emerging science of sustainable diets


Publications exploring the relationship between diet and oral health


Publications on chemo- and bio-information
