

Tomato-lunch.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON20176

Source

NTR

Brief title

N/A

Health condition

Salt intensity, satiation, ad libitum intake, pre-load.

Sponsors and support

Primary sponsor: STW/NWO

Source(s) of monetary or material Support: STW/NWO

Intervention

Outcome measures

Primary outcome

The amount ad libitum intake of the tomato soup in grams.

Secondary outcome

1. Eating rate;

2. The effect of preload vs. mixed lunch on ad libitum intake of tomato soups.

Study description

Background summary

The prevalence of obesity is increasing world wide. Meal size is considered as a major cause of overweight. Sensory specific satiety (which refers to the decrease in pleasantness of the eaten foods relatively to the uneaten foods) contributes to meal termination. Taste intensity is a food property that may influence sensory specific satiety. An increased taste intensity may decrease the pleasantness faster, this can result in less ad libitum intake. We use salt to manipulate taste intensity. In our previous study, we found no effect of salt intensity on ad libitum intake of tomato soup. Participants were in a quite hungry state and only received the soup for lunch. It is possible that meal termination in our previous study was less determined by sensory processes and more by internal hunger-signals. Therefore, the hypothesis will be tested again but this time within two different meal settings. Subjects will eat a low, ideal and high intense salty tomato soup. In the first meal setting subjects will first receive a preload after which they will eat ad libitum from the tomato soup. In the second meal setting subjects will first eat ad libitum from the tomato soup and then eat ad libitum from a test meal including sandwiches and several sweet and savory fillings.

Study objective

A more salty taste will result in more sensory stimulation and therefore less ad libitum intake.

Study design

Seven weeks, subjects come app. once a week.

Intervention

Subjects come six times to the lab during lunch to eat from low salty, ideal salty and high salty tomato soup. There are two meal settings: in the first setting subjects receive a preload. In the second setting subjects receive sandwiches plus fillings afterwards (mixed lunch).

Contacts

Public

Bomenweg 2
Dieuwerke Bolhuis
Wageningen 6703 HD

The Netherlands
Scientific
Bomenweg 2
Dieuwerke Bolhuis
Wageningen 6703 HD
The Netherlands

Eligibility criteria

Inclusion criteria

1. Non smoking;
2. Healthy (as judged by the participants);
3. Young people (18-35 years old).

Exclusion criteria

1. Restraint eaters;
2. Pregnant or lactating women;
3. People suffering from: hypertension, kidney diseases, diabetes or other hormonal diseases.

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Non controlled trial
Masking:	Single blinded (masking used)
Control:	N/A , unknown

Recruitment

NL
Recruitment status: Recruiting
Start date (anticipated): 29-04-2009
Enrollment: 44
Type: Anticipated

Ethics review

Positive opinion
Date: 08-06-2009
Application type: First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 33375
Bron: ToetsingOnline
Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL1734
NTR-old	NTR1843
CCMO	NL27244.081.09
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON33375

Study results

Summary results

N/A