

# The effects of chewing and flavour intensity on satiation

No registrations found.

<b>Ethical review</b>	Positive opinion
<b>Status</b>	Pending
<b>Health condition type</b>	-
<b>Study type</b>	Interventional

## Summary

### ID

NL-OMON20230

### Source

NTR

### Brief title

Gel-licious study

### Health condition

overweight, obesity, food intake  
Overgewicht, obesitas, voedsel inname

## Sponsors and support

**Primary sponsor:** Wageningen University

**Source(s) of monetary or material Support:** NWO

## Intervention

## Outcome measures

### Primary outcome

ad libitum intake in grams of each of the model foods

### Secondary outcome

number of chews and perceived sweetness

## Study description

### Background summary

Mastication and orosensory exposure are closely related. However, the respective roles of both factors in their effect on satiation are unknown.

The main objective of this study is to determine the independent and combined effects of mastication and orosensory stimulation intensity on satiation.

### Study objective

When magnitude of the oro-sensory stimulation intensity and mastication are increased this will lead to an equal and additive reduction on food intake.

### Study design

not applicable

### Intervention

chewing on either a soft or hard model food that is sweet or non sweet.

## Contacts

### Public

Wageningen University

Marlou Lasschuijt  
Biotechnion, Building 307, Room 107B

Wageningen  
The Netherlands  
tel +31 317 484586

### Scientific

Wageningen University

Marlou Lasschuijt  
Biotechnion, Building 307, Room 107B

## Eligibility criteria

### Inclusion criteria

- Good general health and appetite
- Between 18-55 years old at the day of inclusion
- Fluent in Dutch and able to read and understand English (because of a questionnaire tool only available in English)
- BMI 18.5-27 kg/m<sup>2</sup>
- Non-smoking
- Men: no facial hair or willing to shave (due to facial markers video)
- Liking of the model food by scoring at least once (out of the two) a score 4 on a nine point hedonic scale, with not more than a 2 point score difference between the two textures\*.

### Exclusion criteria

- Dental pathologies such as known caries, full dentures or planning to undergo dental treatment during the study
- Difficulties with swallowing and chewing
- Braces (not including a dental wire) or oral piercing
- Use of medication of which the taker notices (or has noticed in the past) that it influences appetite, taste, mastication and/or salivation or when the description of the medication describes effects on appetite, taste, mastication and or salivation.
- Allergies or intolerance to any ingredient of the model food of standardized pre-meal.
- Not willing to eat the model foods or standardized meal because of eating habits, (religious) believes or vegetarianism.

- Followed an energy restricted diet during the last 2 months
- Gained or lost 5 kg over the last half year
- Woman: not pregnant or planning to get pregnant within period of study or breastfeeding - High restrained eater according to the Dutch Eating Behaviour Questionnaire (men: score>2.9, women: score>3.4)\*.
- Dislike for any of the textures according to the texture preference questionnaire (score of 1)\*.
- Signed up for or participating in another research study (with the exception of the EetMeetWeet study).
- Employee of Human Nutrition (WUR)
- Thesis student or intern at the chair group of Sensory Science and Eating Behaviour Human Nutrition (WUR).

## Study design

### Design

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

### Recruitment

NL	
Recruitment status:	Pending
Start date (anticipated):	09-11-2015
Enrollment:	65
Type:	Anticipated

## Ethics review

Positive opinion

Date: 28-10-2015

Application type: First submission

## Study registrations

### Followed up by the following (possibly more current) registration

ID: 42808

Bron: ToetsingOnline

Titel:

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

No registrations found.

### In other registers

Register	ID
NTR-new	NL5398
NTR-old	NTR5523
CCMO	NL54634.081.15
OMON	NL-OMON42808

## Study results