Effect of exposure time in the mouth on the amount eaten.

No registrations found.

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

Summary

ID

NL-OMON23284

Source
NTR

Brief title
exposure

Health condition

Obesity, satiation, ad libitum intake, salt

Sponsors and support

Primary sponsor: Wageningen University
Source(s) of monetary or material Support: NWO-STW FrieslandCampina, Danone, Unilever, CSM, TIFN

Intervention

Outcome measures

Primary outcome

Ad libitum intake.

Secondary outcome

Ratings of hunger, fullness, prospective consumption, pleasantness, desire-to-eat.

Study description

Background summary

The duration of food in the mouth, the orosensory exposure time, was shown to have an influence on satiation. This was illustrated mostly by using sweet products and not by savoury or salty products. Tasting sweetness causes a cephalic phase response (i.e. the metabolic and endocrine responses directly after the first contact with the food) that is different from salty tastes. In addition, tasting sweetness is considered to be a strong predictor of energy. These influences may have increased the effect of orosensory exposure time on satiation. It is questionable whether orosensory exposure time by itself produces a faster satiation or that it only plays a role with an energy-associating tastant. The objective is to determine the effect of orosensory exposure time, in combination with salt intensity, on satiation in a low energetic tomato soup.

Study objective

A long oral exposure time results in less ad libitum intake.

Study design

Subjects will consumed ad libitum six times during six week. Once a week during lunch time.

Intervention

Oral exposure time will be manipulated by small vs. large bite sizes. Subjects receive tomato soup low and high in salt, from which they consumed once in a short oral exposure time condition and once in a long oral expsosure time condition. In addition there will be 2 conditions (low and high in salt) in which the subject is able to determine bite size by him/herself.

Contacts

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Scientific

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Eligibility criteria

Inclusion criteria

1. Male;

2. Age between 18 to 35 years;

3. BMI between 18.5 and 25 kg/m2;

4. Healthy (as judged by the participant).

Exclusion criteria

1. Smoking (>1 cigarette a day);

2. Current participation in other research from the division of human nutrition (WUR);

3. Participation in the past of “Tomaat & Soep” study or “Tomato-Lunch” study;

4. Pleasantness score of tomato soup < 5, on a 9 point hedonic scale;

5. Thyroid disease;

6. Lack of appetite for any (unknown) reason;

7. Swallowing/eating problems;

8. Energy restricted diet within the last two months;

9. Weight gain or loss of 5 kg or more during the last year;

10. Stomach or bowel disease;

11. Diabetes;

12. Endocrine disorders (other than diabetes and thyroid disease);

13. Kidney disease;

14. Hypertensity;

15. The use of salt-restricted food;

16. Hypersensitivity or allergy to some of the ingredients of the test product;

17. Restraint eating.

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:	Pending
Start date (anticipated):	19-04-2010
Enrollment:	60
Type:	Anticipated

Ethics review

Positive opinion

Date:	01-02-2010
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 35037
Bron: ToetsingOnline
Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL2074
NTR-old	NTR2191
CCMO	NL31123.081.09
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON35037

Study results

Summary results
N/A