

Effect of taste on sensory specific satiety.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON25366

Source

NTR

Brief title

LunchTime

Health condition

Eating behaviour

Sponsors and support

Primary sponsor: Wageningen University,
Division of Human Nutrition

Source(s) of monetary or material Support: STW

Intervention

Outcome measures

Primary outcome

Our main outcome measures of the different test-conditions are: The difference in habituation (responses) during the sweet and savoury meal (test-condition 1), the difference in motivation after a sweet or savoury meal to work for a certain food (test-condition 2) and the differences in different aspects of food choice after eating a sweet or savoury meal (test-

condition 3). Agreements on the outcomes of the different methodologies used in the three test-conditions are assessed.

Secondary outcome

To assess ad libitum intake in all the test-conditions.

Study description

Background summary

Rationale:

Sensory properties have been shown to play a role in food selection and intake. A phenomenon which describes the impact of sensory properties on food intake is sensory specific satiety (SSS). This is defined as the decrease in reward of an eaten food in comparison to food that have not been eaten. When examining the role of food reward in eating behaviour, one can differentiate between food ;@liking;` and food ;@wanting;`. In humans, food liking and wanting can be distinctively assessed using different methods. Regarding the nature of sensory signals that affect intake, probably the most important dimension is the sweet-savoury domain.

Objective:

The primary objective of this study is to determine the effect of sweet and savoury taste on SSS by investigating liking and wanting separately using several methods. Agreements on the outcomes of the different methodologies used are assessed.

Study design:

A cross-over intervention study consisting of three test-conditions whereby two tastes are compared, resulting in six experimental conditions. Each subject participates in each of the six experimental conditions whereby the order is randomized. Subjects will be offered a rice meal whereby depending on the test-condition different methods of assessing liking and wanting are used. Commercially available rice will be used as a test product, served in a sweet or savoury variant.

Study population:

The study population will consist of 60 apparently healthy, non-smoking, unrestrained volunteers between the age of 18 and 35 with a normal weight.

Main study parameters/endpoints:

Our main outcome measures of the different test-conditions are: The difference in habituation (responses) during the sweet and savoury meal (test-condition 1), the difference in motivation after a sweet or savoury meal to work for a certain food (test-condition 2) and the differences in different aspects of food choice after eating a sweet or savoury meal (test-condition 3). Agreements on the outcomes of the different methodologies used in the three

test-conditions are assessed.

Study objective

The quality of taste affects sensory specific satiety. This is shown in both liking and wanting processes.

Study design

Per individual 6 measuring time-points, between 18/03/2009 and 29/04/2009.

Intervention

Lunchmeal, either with a sweet or savoury flavour.

Contacts

Public

Wageningen University

Division of Human Nutrition

PO Box 8129
S. Griffioen-Roose
Agrotechnion r.4004
Bomenweg 4
Wageningen 6700 HD
The Netherlands
+31 (0)317 485897

Scientific

Wageningen University

Division of Human Nutrition

PO Box 8129
S. Griffioen-Roose
Agrotechnion r.4004
Bomenweg 4
Wageningen 6700 HD
The Netherlands
+31 (0)317 485897

Eligibility criteria

Inclusion criteria

1. Age: 18-35 year;
2. BMI: 18.5 – 25.0 kg/m²;
3. Healthy (as judged by the participant);
4. Liking for test products (assessed in screening-questionnaire with a 9-point hedonic scale, subjects have to like or have a neutral attitude towards the products: score ≥ 5).

Exclusion criteria

1. Restraint eating (men: score > 2.25; women: score > 2.80) [13];
2. Lack of appetite for any (unknown) reason;
3. Usage of a energy restricted diet during the last two months;
4. Weight loss or weight gain of 5 kg or more during the last two months;
5. Stomach or bowel diseases;
6. Diabetes, thyroid disease, or any other endocrine disorder;
7. Having difficulties with swallowing/eating;
8. Hypersensitivity (allergy and/or intolerance) for the food products under study;
9. Smoking (at least one cigarette a day);
10. For women: pregnant or lactating;
11. Being a vegetarian;
12. Having participated in *“RiceTime”* or current participation in other research from the division of human nutrition (WUR).

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	18-03-2009
Enrollment:	60
Type:	Actual

Ethics review

Positive opinion	
Date:	30-03-2009
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

No registrations found.

In other registers

Register	ID
NTR-new	NL1654

Register	ID
NTR-old	NTR1752
Other	MEC Wageningen / ABR : 08/25 / 25900.081.08
ISRCTN	ISRCTN wordt niet meer aangevraagd

Study results

Summary results

N/A