Slow food, fast food.

No registrations found.

Ethical review	Not applicable
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON29075

Source
NTR

Brief title
taste study

Health condition

Obesity, overweight
Obesitas, overgewicht

Sponsors and support

Primary sponsor: Wageningen University
Source(s) of monetary or material Support: Nestle, Lausanne, Switserland

Intervention

Outcome measures

Primary outcome

1. Ad libitum intake during lunch (kcal);

2. Compensation (ad lib intake (kcal) during dinner);

3. Eating rate (g/s).

Secondary outcome

1. Bite sizes;

2. Chewing per gram;

3. Subjective ratings of hunger and fullness.

Study description

Background summary

A number of studies showed that high eating rate leads to more food intake. Eating rate is influenced by the texture of the food. Hard solid foods are consumed slower than more softly textured foods. This results in lower food intakes and lower values of expected satiation for softly textured foods, as found in previous studies. A lower eating rate may also affect satiety, because it was shown to enhance the release of satiety hormones. Reductions in food intake as a result of food texture may therefore lead to a sustained decrease in energy intake over the day.

Study objective

1. A meal consisting of harder-textured foods leads to lower energy intake at a lunchtime meal compared to a meal with softer-textured foods;

2. The decreased energy intake of the meal composed of harder-textured foods will not be compensated at the next meal;

3. The texture of the meal will significantly change consumers eating behaviour (i.e. differences in eating rate, oral residence time and bite size of harder and softer foods/meals).

Study design

Lunch and Dinner.

Intervention

The study will be a within-subjects cross-over design that consists of two lunches with softer-textured foods and harder-textured foods. Fifty subjects will consume ad-libitum from the lunches and from a meal during dinnertime to investigate if energy intake will be compensated.

Contacts

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Eligibility criteria

Inclusion criteria

1. BMI (18.5 - 25);

2. Age: 18-35;

3. Healthy as judged by the participant;

4. Chinese Nationality.

Exclusion criteria

Difficulties with eating/swallowing.

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):	11-10-2012
Enrollment:	52
Type:	Anticipated

Ethics review

Not applicable

Application type:	Not applicable

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	NL3506
NTR-old	NTR3653
Other	:
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Study results

Summary results
N/A