The effects of chewing and flavour intensity on satiation

Gepubliceerd: 28-10-2015 Laatst bijgewerkt: 15-05-2024

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

Ethische beoordeling	Positief advies
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON20230

Bron
NTR

Verkorte titel
Gel-licious study

Aandoening

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

Ondersteuning

Primaire sponsor: Wageningen University
Overige ondersteuning: NWO

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

ad libitum intake in grams of each of the model foods

Toelichting onderzoek

Achtergrond van het onderzoek

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.

Doel van het onderzoek

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

Onderzoeksopzet

not applicable

Onderzoeksproduct en/of interventie

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

Contactpersonen

Publiek

Wageningen University

Marlou Lasschuijt
Biotechnion, Building 307, Room 107B

Wageningen
The Netherlands
tel +31 317 484586

Wetenschappelijk

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The Netherlands
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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

-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/m2

-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*.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

-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).

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Factorieel
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	N.v.t. / onbekend

Deelname

Nederland

Status:	Werving nog niet gestart
(Verwachte) startdatum:	09-11-2015
Aantal proefpersonen:	65
Type:	Verwachte startdatum

Ethische beoordeling

Positief advies

Datum:	28-10-2015
Soort:	Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 42808
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

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

Resultaten