

Vegetables as a dietary source of nitrate

Gepubliceerd: 15-02-2017 Laatste bijgewerkt: 15-05-2024

We hypothesize that dietary strategies focusing on increased intake of nitrate rich vegetables lead to a similar increase in plasma nitrate (and nitrite) concentration when compared to beetroot juice supplementation and, as such, may represent a...

Ethische beoordeling	Positief advies
Status	Werving gestopt
Type aandoening	-
Onderzoekstype	Interventie onderzoek

Samenvatting

ID

NL-OMON25661

Bron

Nationaal Trial Register

Aandoening

vegetables, nitrate, blood pressure, performance, nitraat, groente

Ondersteuning

Primaire sponsor: Maastricht University

Overige ondersteuning: This study was part of the EAT2MOVE project and supported by a grant from the Province of Gelderland, proposal PS2014-49.

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary parameter will be the increase in plasma nitrate concentrations from baseline fasting levels, which will be measured at 3h post-ingestion on day 1, 4, and 7 of the intervention.

Toelichting onderzoek

Doel van het onderzoek

We hypothesize that dietary strategies focusing on increased intake of nitrate rich vegetables lead to a similar increase in plasma nitrate (and nitrite) concentration when compared to beetroot juice supplementation and, as such, may represent a feasible alternative for increasing dietary nitrate intake.

Onderzoeksopzet

day 1, 4, and 7

Onderzoeksproduct en/of interventie

Participants will receive 1-wk of dietary guidance in which they will be provided with a sufficient amount of vegetables, representing 400 mg (6.5 mmol) nitrate per serving (i.e. each day), including information about nitrate and nitrate rich recipes. In a randomized cross-over manner, participants will also follow a 1-wk supplementation protocol in which they will ingest 400 mg (6.5 mmol) nitrate per day in the form of concentrated red beetroot juice. Both trials will be separated by a 1-wk washout period.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

- Healthy
- 18 - 45 years of age
- $18.5 < \text{BMI} < 30 \text{ kg/m}^2$
- Engagement in regular physical activity ($> 2 \text{ h/week}$)

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

- Use of medication
- Smoking
- Currently supplementing diet with nitrate

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	Geneesmiddel

Deelname

Nederland	
Status:	Werving gestopt
(Verwachte) startdatum:	01-12-2016

Aantal proefpersonen: 27
Type: Werkelijke startdatum

Ethische beoordeling

Positief advies
Datum: 15-02-2017
Soort: Eerste indiening

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 43059
Bron: ToetsingOnline
Titel:

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL6136
NTR-old	NTR6276
CCMO	NL58765.068.16
OMON	NL-OMON43059

Resultaten