

Food properties, eating behaviour and food intake of composite foods

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Ethische beoordeling	Niet van toepassing
Status	Werving nog niet gestart
Type aandoening	-
Onderzoekstype	Observationeel onderzoek, zonder invasieve metingen

Samenvatting

ID

NL-OMON25889

Bron

NTR

Verkorte titel

PLANEaT

Aandoening

Obesity

Ondersteuning

Primaire sponsor: Wageningen University

Overige ondersteuning: TiFN

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The main study outcomes are eating behavior parameters (number of bites, total consumption time, eating rate measured from the video recordings) and intake from both the

cracker and the cheese (measured from ad libitum amount).

Toelichting onderzoek

Achtergrond van het onderzoek

Eating behaviour and thereby food intake can be modified by changing the properties of the food consumed. When targeting the elderly population with decreased eating capabilities, one might look for opportunities to increase food intake. On the other hand, when targeting the general population, one might look for effective strategies to slow down food consumption to lower food intake and consequently the risk of chronic diseases such as diabetes and obesity. It is well-known that texture properties of foods influence the eating behaviour and the amount of food eaten, with liquids being consumed faster and in higher amounts than (semi)-solids. Most studies investigated this effect of food texture in model foods (e.g. gels) or single foods (e.g. soups). However, many foods are frequently consumed in combination with additional foods (i.e. composite foods) such as bread/cracker with cheese, salad with dressing or yogurt with cereals. It is not known whether such texture effects are sufficient to influence eating behaviour and food intake of composite foods. In addition, although an effect of food texture is often observed, it is not known whether variation in product shape can also influence eating behaviour and food intake. We hypothesize that single products (e.g. cracker or condiment) can be optimized for their shape or texture properties to develop composite foods that assist in food intake regulation. Therefore, the aim of this study is to study the influence of cracker shape and cheese viscosity on eating behaviour and ad libitum food intake of cracker-cheese combinations

Doel van het onderzoek

We expect that the shape of the cracker influences the amount of cheese consumers will add to their cracker (increase / decrease cheese intake). In addition, we expect that increased cheese viscosity increases oro-sensory exposure time (increased satiation / decreased intake).

Onderzoeksopzet

N/A

Onderzoeksproduct en/of interventie

Participants will eat crackers with a cheese dip until they are satisfied (while being video recorded). The four conditions of this study are 1) flat cracker with high viscous cheese dip, 2) flat cracker with low viscous cheese dip, 3) cracker stick with high viscous cheese dip, and 4) cracker stick with low viscous cheese dip.

Contactpersonen

Publiek

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Wetenschappelijk

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

Age between 18-35 years old at the day of inclusion

European nationality and Caucasian ethnicity

Be a frequent consumer of crackers and cheese (dip), defined as at least once a month (self-reported)

Good general health and appetite (self-reported)

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Have any food allergy or intolerance to any ingredient of the food assessed in the study (self-reported)

Are a smoker (self-reported)

Are an intensive exerciser (not including walking or biking) (more than 8 hours per week)

Have dental braces (not including a dental wire) (self-reported)

Have piercings in or around the mouth (not including removable piercings)(self-reported)

Smell or taste disorders (self-reported)

Difficulties with chewing, swallowing and/or eating in general (self-reported)

Use medication that may affect the function of taste, smell, mastication and salivation (self-reported)

History of eating disorders (self-reported)
Have followed an energy restricted diet during the last 2 months (self-reported)
Gained or lost 5 kg of body weight over the last half year (self-reported)
Being pregnant or lactating (self-reported)
Participate in a medical study (self-reported)
Are an employee of the Division of Human Nutrition at Wageningen University
Are thesis student or intern at the chair group of Sensory Science and Eating Behaviour at Wageningen University

Onderzoeksopzet

Opzet

Type:	Observationeel onderzoek, zonder invasieve metingen
Onderzoeksmodel:	Cross-over
Toewijzing:	Gerandomiseerd
Blinding:	Open / niet geblindeerd
Controle:	N.v.t. / onbekend

Deelname

Nederland	
Status:	Werving nog niet gestart
(Verwachte) startdatum:	01-09-2019
Aantal proefpersonen:	55
Type:	Verwachte startdatum

Voornemen beschikbaar stellen Individuele Patiënten Data (IPD)

Wordt de data na het onderzoek gedeeld: Nee

Toelichting

N/A

Ethische beoordeling

Niet van toepassing

Soort: Niet van toepassing

Registraties

Opgevolgd door onderstaande (mogelijk meer actuele) registratie

Geen registraties gevonden.

Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

In overige registers

Register	ID
NTR-new	NL7741
CCMO	NL70240.081.19

Resultaten

Samenvatting resultaten

N/A