Short term effect of added fibre on energy intake.

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We hypothesize that in this short term study the testproducts with added fibre will increase satiety, slower gastric emptying, will give a later blood glucose peak and that it will decrease energy intake when compared to the controlproduct.

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

Samenvatting

ID

NL-OMON26601

Bron
NTR

Aandoening

eating behaviour

Ondersteuning

Primaire sponsor: Wageningen University, Division of Human Nutrition
Overige ondersteuning: Carbohydrate Competence Centre

Onderzoeksproduct en/of interventie

Uitkomstmaten

Primaire uitkomstmaten

The primary study parameter is energy intake at the ad libitum lunch.

Toelichting onderzoek

Achtergrond van het onderzoek

It is known that some dietary fibres are beneficial for health, and some are associated with body weight management. A lot of fibre(mixtures) are not studied and their application is often limited. However, these fibres may have beneficial effects in humans, e.g. on satiety and energy intake.

Doel van het onderzoek

We hypothesize that in this short term study the testproducts with added fibre will increase satiety, slower gastric emptying, will give a later blood glucose peak and that it will decrease energy intake when compared to the controlproduct.

Onderzoeksopzet

Every subject will visit the laboratory 6 times:
Once for an information and screening meeting and five times for the five testsessions.
Subjects will have one testsession a week with in each session:

1. An ad libitum lunch after eating the testproduct;

2. Appetite questionnaire: At baseline and multiple times after eating the testproduct;

3. Breath sample collection: At basline and multiple times after eating the testproduct;

4. Measure of bloodglucose concentration: At baseline and multiple times after eating the testproduct.

Onderzoeksproduct en/of interventie

After a standard breakfast at home subjects will eat the testproduct (with added fibre or the controlproduct). There are 5 different testproducts: the type of testproduct (solid mueslibar/liquid yoghurt) and the dose of fibre (0 or 10g in the mueslibar and 0, 5 or 10g in the yoghurt) varies. Before each test session (baseline) and multiple times after eating the testproduct, subjects rate their appetite, blood glucose concentration will be measured and breath samples will be collected. Following this an ad libitum lunch is offered to the subjects.

Contactpersonen

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Deelname eisen

Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. Age: 18-40 y;

2. BMI: 18.5- 25.0 kg/m2;

3. Healthy as judged by the participant himself;

4. Having signed the informed consent form.

Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

1. Smoking or drug abuse;

2. Pregnant or lactating women;

3. Gastro-intestinal diseases (e.g. irritable bowel syndrome, inflammatory bowel disease);

4. Diabetes, thyroid diseases or any other endocrine disorders;

5. Using an energy restricted diet during the last 2 months;

6. Using an dietary fibre supplement;

7. Weight gain or loss of > 5kg body weight in the last 2 months;

8. Lack of appetite for any reason;

9. Restraint eating DEBQ score ≥ 2.89 for men, and ≥ 3.39 for women;

10. Hypersensitivity or food allergy for products used in this study;

11. Antibiotic use < 2 months before the study;

12. Using medication other than birth control, paracetamol, acetylsalicylic acid, hay fever, asthma;

13. Thesis students or employees of the Division of Human Nutrition;

14. Having participated to the ProVe or FLiTS Studies;

15. Having a blood glucose concentration lower/higher than 4.0 – 8.0mmol/l.

Onderzoeksopzet

Opzet

Type:	Interventie onderzoek
Onderzoeksmodel:	Cross-over
Toewijzing:	Gerandomiseerd
Blindering:	Enkelblind
Controle:	Placebo

Deelname

Nederland

Status:	Werving gestopt
(Verwachte) startdatum:	16-09-2012
Aantal proefpersonen:	32
Type:	Werkelijke startdatum

Ethische beoordeling

Positief advies

Datum:	20-08-2012
Soort:	Eerste indiening

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	NL3437
NTR-old	NTR3588
Ander register	METC Wageningen / CCMO : 12/13 / NL40470.081.12;
ISRCTN	ISRCTN wordt niet meer aangevraagd.

Resultaten

Samenvatting resultaten
N/A