

# Slow food, fast food.

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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...

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Niet van toepassing   |
| <b>Status</b>               | Werving gestart       |
| <b>Type aandoening</b>      | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON29075

### Bron

NTR

### Verkorte titel

taste study

### Aandoening

Obesity, overweight  
Obesitas, overgewicht

### Ondersteuning

**Primaire sponsor:** Wageningen University

**Overige ondersteuning:** Nestle, Lausanne, Switzerland

### Onderzoeksproduct en/of interventie

### Uitkomstmaten

#### Primaire uitkomstmaten

1. Ad libitum intake during lunch (kcal);<br>
2. Compensation (ad lib intake (kcal) during dinner);<br>

## Toelichting onderzoek

### Achtergrond van het onderzoek

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.

### Doel van het onderzoek

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).

### Onderzoeksopzet

Lunch and Dinner.

### Onderzoeksproduct en/of interventie

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.

## Contactpersonen

## Publiek

Bomenweg 2  
Dieuwerke Bolhuis  
Wageningen 6703 HD  
The Netherlands

## Wetenschappelijk

Bomenweg 2  
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Wageningen 6703 HD  
The Netherlands

## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

1. BMI (18.5 - 25);
2. Age: 18-35;
3. Healthy as judged by the participant;
4. Chinese Nationality.

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

Difficulties with eating/swallowing.

## Onderzoeksopzet

### Opzet

|                  |                       |
|------------------|-----------------------|
| Type:            | Interventie onderzoek |
| Onderzoeksmodel: | Cross-over            |

|             |                         |
|-------------|-------------------------|
| Toewijzing: | N.v.t. / één studie arm |
| Blinding:   | Enkelblind              |
| Controle:   | N.v.t. / onbekend       |

## Deelname

|                         |                      |
|-------------------------|----------------------|
| Nederland               |                      |
| Status:                 | Werving gestart      |
| (Verwachte) startdatum: | 11-10-2012           |
| Aantal proefpersonen:   | 52                   |
| Type:                   | Verwachte startdatum |

## 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        | NL3506                              |
| NTR-old        | NTR3653                             |
| Ander register | :                                   |
| ISRCTN         | ISRCTN wordt niet meer aangevraagd. |

# Resultaten

## Samenvatting resultaten

N/A