

Our Nutrition Publications

2009 – 2021

We believe that the nutrition we promote through our brands and products is based on sound, scientific evidence. This is why we actively conduct scientific research, perform reviews and publish in peer-reviewed publications.

The list below is an example of the work we have performed and published, mostly in the context of collaborations with leading academic groups, since 2009.

2009

1. Strategies to Reduce Sodium Consumption: A Food Industry Perspective. Dötsch M, Busch J, Batenburg M, Liem G, Tareilus E, Mueller R, Meijer G. *Critical Reviews in Food Science and Nutrition* 2009 DEC; (49)10: 841-851
-

2010

1. Front-of-pack nutrition label stimulates healthier product development: a quantitative analysis. Vyth EL, Steenhuis IH, Roodenburg AJ, Brug J, Seidell JC. *Int J Behav Nutr Phys Act.* 2010 Sep 8;7:65.
-

2011

1. Effects of calcium-fortified ice cream on markers of bone health. Ferrar L, van der Hee RM, Berry M, Watson C, Miret S, Wilkinson J, Bradburn M, Eastell R. *Osteoporos Int* 2011 Oct;22(10):2721-31
2. Soy isoflavones and other isoflavonoids activate the human bitter taste receptors hTAS2R14 and hTAS2R39. Roland WS, Vincken JP, Gouka RJ, van Buren L, Gruppen H, Smit G. *J Agric Food Chem* 2011 Nov 9;59(21):11764-71
3. Effects of 15-d repeated consumption of Hoodia gordonii purified extract on safety, ad libitum energy intake, and body weight in healthy, overweight women: a randomized controlled trial. Blom WA, Abrahamse SL, Bradford R, Duchateau GS, Theis W, Orsi A, Ward CL, Mela DJ *Am J Clin Nutr* 2011 Nov;94(5):1171-81

4. Effect of milk and brewing method on black tea catechin bioaccessibility. van der Burg- Koorevaar MC, Miret S, Duchateau GS. *J Agric Food Chem* 2011 Jul 27;59(14):7752-8
5. Absolute bioavailability of a Hoodia gordonii steroid glycoside from different physicochemical formats in the pig. Brigitte A. Graf, Chris J. van Platerink, Gabriella A.M. Ten Have, Nicolaas E.P. Deutz, Krassimir P. Velikov, Leonard M. Flendrig, Sergey M. Melnikov, Ursula M. Garczarek, Salomon L. Abrahamse, Guus S.M.J.E. Duchateau. *J Funct Foods* Volume 3, Issue 3, Pages 135-148
6. Intra-gastric infusion of pea-protein hydrolysate reduces test-meal size in rats more than pea protein. Häberer D, Tasker M, Foltz M, Geary N, Westerterp M, Langhans W. *Physiol Behav* 2011 Oct 24;104(5):1041-7
7. Molecular Structures of Citrus Flavonoids Determine Their Effects on Lipid Metabolism in HepG2 Cells by Primarily Suppressing ApoB Secretion. Lin Y, Vermeer MA, Bos W, van Buren L, Schuurbiens E, Miret-Catalan S, Trautwein EA. *J Agric Food Chem* 2011 May 11;59(9):4496-503
8. Black tea reduces diarrhoea prevalence but decreases growth performance in enterotoxigenic *Escherichia coli*-infected post-weaning piglets. Bruins MJ, Vente-Spreuwenberg MA, Smits CH, Frenken LG. *J Anim Physiol Anim Nutr (Berl)* 2011 Jun;95(3):388-98
9. Quantification of steroid glycosides from Hoodia gordonii in porcine plasma using high performance liquid chromatography–mass spectrometry. van Platerink CJ, Janssen HG, Graf B, Abrahamse L, Haverkamp J. *J Chromatogr B Analyt Technol Biomed Life Sci.* 2011 Apr 1;879(11-12):819-25
10. Phytosterol ester processing in the small intestine: impact on cholesterol availability for absorption and chylomicron cholesterol incorporation in healthy humans. Amiot MJ, Knol D, Cardinault N, Nowicki M, Bott R, Antona C, Borel P, Bernard JP, Duchateau G, Lairon D. *J Lipid Res* 2011 Jun;52(6):1256-64.
11. Action of Plant Sterol Intervention on Sterol Kinetics in Hypercholesterolemic Men with High versus Low Basal Circulatory Plant Sterol Concentrations. Zhao HL, Houweling AH, Vanstone CA, Jew S, Trautwein EA, Duchateau GS, Jones PJ. *J Am Coll Nutr* 2011 Apr;30(2):155-65
12. Black tea improves attention and self-reported alertness. De Bruin EA, Rowson MJ, Van Buren L, Rycroft JA, Owen GN. *Appetite* 2011 Apr;56(2):235-40
13. Can multi-micronutrient food fortification improve the micronutrient status, growth, health, and cognition of schoolchildren? A systematic review. Best C, Neufingerl N, Del Rosso JM, Transler C, van den Briel T, Osendarp S. *Nutr Rev* 2011 Apr;69(4):186-204.

14. Food-dependent disintegration of immediate release fosamprenavir tablets: In vitro evaluation using magnetic resonance imaging and a dynamic gastrointestinal system. Brouwers J, Anneveld B, Goudappel GJ, Duchateau G, Annaert P, Augustijns P, Zeijdner E. *Eur J Pharm Biopharm* 2011 Feb;77(2):313-9
15. The effect of protease inhibitors derived from potato formulated in a minidrink on appetite, food intake and plasma cholecystokinin levels in humans. Peters HP, Foltz M, Kovacs EM, Mela DJ, Schuring EA, Wiseman SA. *Int J Obes* 2011 Feb;35(2):244-50
16. In vivo methods to study uptake of nanoparticles into the brain. van Rooy I, Cakir-Tascioglu S, Hennink WE, Storm G, Schiffelers RM, Mastrobattista E. *Pharm Res* 2011 Mar;28(3):456-71
17. Let's put claims in the right context. Comment on "Satiety. No way to slim". Mela DJ *Appetite* 2011; 57: 774-777
18. A lipidomic analysis approach to evaluate the response to cholesterol-lowering food intake Ewa Szyman'ska, Ferdinand A. van Dorsten, Jorne Troost, Iryna Paliukhovich, Ewoud J. J. van Velzen, Margriet M. W. B. Hendriks, Elke A. Trautwein, John P. M. van Duynhoven, Rob J. Vreeken, Age K. Smilde *Metabolomics* DOI 10.1007/s11306-011-0384-2
19. Effects of plant sterol esters in skimmed milk and vegetable-fat-enriched milk on serum lipids and non-cholesterol sterols in hypercholesterolaemic subjects: a randomised, placebo- controlled, crossover study. Casas Agusten P, Serra M, Pérez-Heras A, Cofán M, Pintó X, Trautwein EA, Ros E. *Br J Nutr.* 2011 Oct 10:1-10. [Epub ahead of print]
20. Kromhout D, Geleijnse JM, de Goede J, Oude Griep LM, Mulder BJ, de Boer MJ, Deckers JW, Boersma E, Zock PL, Giltay EJ. N-3 Fatty Acids, Ventricular Arrhythmia-Related Events, and Fatal Myocardial Infarction in Postmyocardial Infarction Patients With Diabetes. *Diabetes Care* 2011 Dec;34(12):2515-20
21. Thomas T, Eilander A, Muthayya S, McKay S, Thankachan P, Theis W, Gandhe A, Osendarp SJM, Kurpad AV. The effect of a 1-year multiple micronutrient or n-3 fatty acid fortified food intervention on morbidity in Indian school children. *Eur J Clin Nutr.* 2011 Oct 19.
22. Vyth EL, Hendriksen MAH, Roodenburg AJC, Steenhuis IHM, Raaij JMA van, Verhagen H, Brug J, Seidell JC. Consuming a diet complying with front-of-pack label criteria may reduce cholesterol levels: a modeling study. *European Journal of Clinical Nutrition* advance online publication, 16 November 2011; doi:10.1038/ejcn.2011.193.
23. Intragastric infusion of pea-protein hydrolysate reduces test-meal size in rats more than pea protein. Häberer D, Tasker M, Foltz M, Geary N,

- Westerterp M, Langhans W. *Physiol Behav* 2011
doi:10.1016/j.physbeh.2011.07.003
24. Hoodia gordonii purified extract: effects of 15-day repeat consumption on ad libitum energy intake, body weight, percentage body fat and disease risk factors in healthy, overweight, women. WMA Blom, SL Abrahamse, R Bradford, GSMJE Duchateau, W Theis, A Orsi, CL Ward, DJ Mela.
 25. Length and site of small intestine exposed to fat influences hunger and food intake. PWJ Maljaars, HPF Peters, A Kodde, M Geraedts, FJ Troost, E Haddeman, AAM. Masclee. *Br J Nutr* June 7 2011; advanced online publication doi:10.1017/S0007114511002054
 26. A reappraisal of the mechanism by which plant sterols promote neutral sterol loss in mice. Brufau G, Kuipers F, Lin Y, Trautwein EA, Groen AK. *PLoS One*. 2011;6(6):e21576. Epub 2011 Jun 30.
 27. Action of plant sterol intervention on sterol kinetics in hypercholesterolemic men with high versus low basal circulatory plant sterol concentrations. Zhao HL, Houweling AH, Vanstone CA, Jew S, Trautwein EA, Duchateau GS, Jones PJJ *Am Coll Nutr*. 2011 Apr;30(2):155-65.
 28. Clinical testing design for functional food claims: The link between study design and strength of evidence. Isabelle Demonty. *AgroFood Industry hitech* July/August 2011;22; 10-13.
 29. Sandra L Huffman, Rajwinder K Harika, Ans Eilander, Saskia JM Osendarp. Essential fats: How do they affect growth and development of infants and young children in developing countries. *Maternal and Child Nutrition* (2011), 7 (Suppl. 3), pp. 44–65. DOI: 10.1111/j.1740- 8709.2011.00356.x 30. Smit H.J., E. Keenan, E.M.R. Kovacs, S.A. Wiseman, H.P. Peters, D.J. Mela, P.J. Rogers. No efficacy of processed Fabules (Olibra) in suppressing appetite or food intake. *Eur J Clin Nutr* 65(1):81-86, 2011.
 31. Roodenburg AJ, Schlatmann A, Dötsch-Klerk M, Daamen R, Dong J, Guarro M, Stergiou M, Sayed N, Ronoh E, Jansen L, Seidell JC. Potential effects of nutrient profiles on nutrient intakes in the Netherlands, Greece, Spain, USA, Israel, China and South-Africa. *PLoS One*. 2011 Feb 23;6(2):e14721
 32. Roodenburg AJ, Popkin BM, Seidell JC. Development of international criteria for a front of package food labelling system: the International Choices Programme. *Eur J Clin Nutr*. 2011 Nov;65(11):1190-200
 33. Temme EH, van der Voet H, Roodenburg AJ, Bulder A, van Donkersgoed G, van Klaveren J. Impact of foods with health logo on saturated fat, sodium and sugar intake of young Dutch adults. *Public Health Nutr*. 2011 Apr;14(4):635-44.
 34. Vyth EL, Steenhuis IH, Heymans MW, Roodenburg AJ, Brug J, Seidell JC. Influence of placement of a nutrition logo on cafeteria menu items on lunchtime food Choices at Dutch work sites. *J Am Diet Assoc*. 2011 Jan;111(1):131-6.

2012

1. Triterpenic Acids Present in Hawthorn Lower Plasma Cholesterol by Inhibiting Intestinal ACAT Activity in Hamsters. Lin Y, Vermeer MA, Trautwein EA. *Evid.Based.Complement Alternat.Med.* 2011;2011:801272 (published in Jan 2012)
2. Effects of black tea on blood pressure: A randomized controlled trial. Jonathan M Hodgson, Ian B Puddey, Richard J Woodman, Theo PJ Mulder, Dagmar Fuchs, Kirtsy Scott, Kevin D Croft. *Arch Intern Med.* 2012;172(2):186-188.
3. The effect of lipid droplet size on satiety and peptide secretion is intestinal site-specific. P.W. Jeroen Maljaars, Robert J.P. van der Wal, Tom Wiersma, Harry P.F. Peters, Edward Haddeman, Ad A.M. Masclee. *Clin Nutr* 31, 535-42, 2012
4. The effect of plant sterols on serum triglyceride concentrations is dependent on baseline concentrations: a pooled analysis of 12 randomised controlled trials. Isabelle Demonty, Rouyanne T. Ras, Henk C. M. van der Knaap, Linsie Meijer, Peter L. Zock, Johanna M. Geleijnse, Elke A. Trautwein. *Eur J Nutr* 2012: DOI 10.1007/s00394-011-0297-x.
5. Measuring satiety with pictures compared to visual analogue scales: an exploratory study. B Sadoul, EAH Schuring, DJ Mela, HPF Peters. *Appetite* 58, 414-417, 2012
6. In vitro neutralisation of rotavirus Infection by two broadly specific recombinant monovalent llama-derived antibody fragments. Aladin F, Einerhand AWC, Bouma J, Bezemer S, Hermans P, Wolvers D, Bellamy K, Frenken LGJ, Gray J, Iturriza-Go´mara M. *PLoS ONE* 7(3): e32949. doi:10.1371/journal.pone.0032949 (Published March 5th 2012)
7. Red wine polyphenols do not lower peripheral or central blood pressure in high normal blood pressure and hypertension. Botden IP, Draijer R, Westerhof BE, Rutten JH, Langendonk JG, Sijbrands EJ, Danser AH, Zock PL, van den Meiracker AH. *Am J Hypertens.* 2012 Mar 15. doi: 10.1038/ajh.2012.25. [Epub ahead of print]
8. Levels and trends in cardiovascular risk factors and drug treatment in 4837 elderly Dutch myocardial infarction patients between 2002 and 2006. Soedamah-Muthu SS, Geleijnse JM, Giltay EJ, de Goede J, Oude Griep LM, Waterham E, Teitsma-Jansen AM, Mulder BJ, de Boer MJ, Deckers JW, Zock PL, Kromhout D; for the Alpha Omega Trial Group. *Neth Heart J.* 2012 Feb 8. [Epub ahead of print]

9. Impact of short-term intake of red wine and grape polyphenol extract on the human metabolome. Jacobs DM, Fuhrmann JC, van Dorsten FA, Rein D, Peters S, van Velzen EJ, Hollebrands B, Draijer R, van Duynhoven J, Garczarek U. *J Agric Food Chem*. 2012 Mar 28;60(12):3078-85. Epub 2012 Mar 13
10. Nutrikinetics: Concept, technologies, applications, perspectives. J.P.M. van Duynhoven, E.J.J. van Velzen, J.A. Westerhuis, M. Foltz, D.M. Jacobs, A.K. Smilde. *Trends in Food Science & Technology* 2012. Online available January 14 2012
11. Van de Rest O, van Hooijdonk LWA, Doets E, Schiepers OJG, Eilander A, de Groot LCPMG. B Vitamins and n-3 Fatty Acids for Brain Development and Function: Review of Human Studies. *Ann Nutr Metab*. 2012;60:272-292
12. Alsema M, Newson RS, Bakker SJ, Stehouwer CD, Heymans MW, Nijpels G, Hillege HL, Hofman A, Witteman JC, Gansevoort RT, Dekker JM. One risk assessment tool for cardiovascular disease, type 2 diabetes, and chronic kidney disease. *Diabetes Care*. 2012 Apr;35(4):741-8.
13. van den Hurk K, Alsema M, Kamp O, Henry RM, Stehouwer CD, Smulders YM, Nijpels G, Paulus WJ, Dekker JM. Independent Associations of Glucose Status and Arterial Stiffness With Left Ventricular Diastolic Dysfunction: An 8-year follow-up of the Hoorn Study. *Diabetes Care*. 2012 Jun;35(6):1258-64.
14. Gregersen NT, Belza A, Jensen MG, Ritz C, Bitz C, Hels O, Frandsen E, Mela DJ, Astrup A. 2012. Acute effects of mustard, horseradish, black pepper and ginger on energy expenditure, appetite, ad libitum energy intake and energy balance. *Br J Nutrition*. doi:10.1017/S0007114512001201
15. Schuring E, Quadt F, Kovacs EMR, Meullenet J-F, Wiseman S, Mela DJ. 2012. A quantitative method for estimating and comparing the duration of human satiety responses: Statistical modeling and application to liquid meal replacers. *Appetite* 2012;59:601-609
16. Bilman EM, van Kleef E, Mela DJ, Hulshof T, van Trijp HCM. Consumer understanding, interpretation and ascription of personal responsibility in relation to satiety-related claims. *Appetite* 2012;59:912-920
17. Hodgson A, Randell R, Boon N, Mela DJ, Garczarek U, Jeukendrup A, Jacobs DM. The metabolic response to green tea extract during rest and moderate intensity exercise. *J Nutr Biochem* 2013; 24: 325-334 (on line publication 2012)
18. Impact of omega-3 fatty acids and/or plant sterol supplementation on non-HDL cholesterol levels of dyslipidemic Indian adults. Khandelwal S, Shidhaye S, Demonty I, Ramakrishnan L, Gupta R, Prabhakaran R, Reddy S. *Journal of Functional Foods* (2012). Online publication September 13, 2012.

19. Ras RT, Streppel MT, Draijer R and Zock PL. Flow-mediated dilation and cardiovascular risk prediction: A systematic review with meta-analysis. *Int J Cardiol* In press publication October 4th 2012.
20. JM, Woodman RJ, Puddey IB, Mulder T, Fuchs D, and Croft K. Short-term effects of polyphenol-rich black tea on blood pressure in men and women. *Food Funct.*, 2013, 4, 111– 115 (Published online October 2012)
21. Keszthelyi D, Knol D, Troost FJ, van Avesaat M, Foltz M, Masclee AA. Time of ingestion relative to meal intake determines gastrointestinal responses to a plant sterol-containing yoghurt drink. *Eur J Nutr.* 2012 Aug 23
22. Amiot MJ, Knol D, Cardinaut N, Nowicki M, Bott R, Antona C, Borel P, Bernard JP, Duchateau G, Lairon D. Comparable reduction in cholesterol absorption after two different ways of phytosterol administration in humans. *Eur J Nutr.* 2012 Aug 10
23. Duchateau, G, Cochrane, B, Herudzinska, J, Sanghera, D, Burian, A, Müller, M, Zeitlinger, M and Lappin, G. Absolute oral bioavailability and metabolic turnover of β -sitosterol in healthy subjects *Drug Metabolism and Disposition* 2012, e-pub doi:10.1124/dmd.112.046623, 2012.
24. Smit H.J., E. Keenan, E.M.R. Kovacs, S.A. Wiseman, D.J. Mela, P.J. Rogers. No appetite efficacy of a commercial structured lipid emulsion in minimally processed drinks. *Int J Obes (Lond)* 36(9):1222-1228, 2012.

2013

1. Ilse C. Schrieks*, Robin van den Berg, Aafje Sierksma, Joline W.J. Beulens, Wouter H.J. Vaes and Henk F.J. Hendriks. Effect of Red Wine Consumption on Biomarkers of Oxidative Stress. *Alcohol and Alcoholism* Vol. 48, No. 2, pp. 153–159, 2013
2. Rachel S Newson, Rene Lion, Robert J Crawford, Valerie Curtis, Ibrahim Elmadfa, Gerda IJ Feunekes, Cheryl Hicks, Marti van Liere, C Lowe, Gert W Meijer, BV Pradeep, K Reddy, Myriam Sidibe, Ricardo Uauy. Behaviour change for better health: nutrition, hygiene and sustainability. *BMC Public Health* 2013, 13(Suppl 1):S1 (21 March 2013)
3. Vidyasagar R, Greyling A, Draijer R, Corfield DR, Parkes LM. The effect of black tea and caffeine on regional cerebral blood flow measured with arterial spin labeling. *J Cereb Blood Flow Metab.* 2013 Mar 13. doi: 10.1038/jcbfm.2013.40

4. Hodgson JM, Woodman RJ, Puddey IB, Mulder T, Fuchs D, Croft KD. Short-term effects of polyphenol-rich black tea on blood pressure in men and women. *Food Funct.* 2013 Jan 19;4(1):111-5. doi: 10.1039/c2fo30186e
5. Hetherington MM, Cunningham K, Dye L, Gibson EL, Gregersen NT, Halford JCG, Lawton CL, Lluch A, Mela D, van Trijp HCM. 2013. Reviewing the evidence for the possible benefits of satiety from foods and diets. *Nutr Res Rev* 2013 26:22-38.
6. Randell RK, Hodgson AB, Lotito SB, Jacobs DM, Boon N, Mela DJ, Jeukendrup AE. No effect of 1 or 7 days green tea extract ingestion on fat oxidation during exercise. *Med Sci Sports Exercise* 2013 45(5):883-891.
7. Hodgson JM, Croft KD, Woodman RJ, Puddey IB, Fuchs D, Draijer R, Lukoshkova E, Head GA. Black tea lowers the rate of blood pressure variation: a randomized controlled trial. *Am J Clin Nutr* 2013 97: 5 943-950
8. Neufingerl N, Zebregs YEMP, Schuring EAH, Trautwein EA. Effect of cocoa and theobromine consumption on serum HDL-concentrations: a randomized controlled trial. *Am J Clin Nutr* 2013 97: 6 1201-1209
9. Cao XZ, Mi TY, Li L, Vermeer MA, Zhang CC, Huang N, Manoj JK. HPLC-FLD determination of NBD-cholesterol, its ester and other metabolites in cellular lipid extracts. *Biomed Chromatog* 2013 27:910-915
10. Ras RT, Zock PL, Zebregs YE, Johnston NR, Webb DJ, Draijer R. Effect of polyphenol-rich grape seed extract on ambulatory blood pressure in subjects with pre- and stage I hypertension. *Br J Nutr.* 2013 110(12):2234-41
11. Alsema M, Rijkkelijkhuizen JM, Holst JJ, Teerlink T, Scheffer PG, Eekhoff EM, Gastaldelli A, Mari A, Hart LM, Nijpels G, Dekker JM. Preserved GLP-1 and exaggerated GIP secretion in type 2 diabetes and relationships with triglycerides and ALT. *Eur J Endocrinol.* 2013 Sep 12;169(4):421-30. doi: 10.1530/EJE-13-0487
12. 't Hart LM, Fritsche A, Nijpels G, van Leeuwen N, Donnelly LA, Dekker JM, Alsema M, Fadista J, Carlotti F, Gjesing AP, Palmer CN, van Haeften TW, Herzberg-Schäfer SA, Simonis-Bik AM, Houwing-Duistermaat JJ, Helmer Q, Deelen J, Guigas B, Hansen T, Machicao F, Willemsen G, Heine RJ, Kramer MH, Holst JJ, de Koning EJ, Häring HU, Pedersen O, Groop L, de Geus EJ, Slagboom PE, Boomsma DI, Eekhoff EM, Pearson ER, Diamant M. The *CTRB1/2* locus affects diabetes susceptibility and treatment via the incretin pathway. *Diabetes.* 2013 Sep;62(9):3275-81
13. R.S. Newson, I. Elmadfa, Gy. Biro, Y. Cheng, V. Prakash, P. Rust, M. Barna, R. Lion, G.W. Meijer, N. Neufingerl, I. Szabolcs, R. van Zweden, Y. Yang, G.I.J. Feunekes. Barriers for progress in salt reduction in the general population. An international study. *Appetite* 71 (2013) 22-31

14. Peters, H. P. F., Bouwens, E. C. M., Schuring, E. A. H., Haddeman, E., Velikov, K. P., and Melnikov, S. M. The effect of submicron fat droplets in a drink on satiety, food intake, and cholecystokinin in healthy volunteers. *European Journal of Nutrition*, 2013 Online. DOI 10.1007/s00394-013-0576-9 (online publication)
15. Shafiqul A. Sarker, Martin Jäkel, Shamima Sultana, Nur H. Alam, Pradip K. Bardhan, Mohammad J. Chisti, Mohammed A. Salam, Winfried Theis, Lennart Hammarström, and Leon G. J. FRENKEN. Anti-Rotavirus Protein Reduces Stool Output in Infants With Diarrhea: A Randomized Placebo-Controlled Trial. *Gastroenterology* 2013;145:740–748
16. Daisuke Tokuhara, Beatriz Álvarez, Mio Mejima, Tomoko Hiroiwa, Yuko Takahashi, Shiho Kurokawa, Masaharu Kuroda, Masaaki Oyama, Hiroko Kozuka-Hata, Tomonori Nochi, Hiroshi Sagara, Farah Aladin, Harold Marcotte, Leon G.J. Frenken, Miren Iturriza-Gómara, Hiroshi Kiyono, Lennart Hammarström and Yoshikazu Yuki. Rice-based oral antibody fragment prophylaxis and therapy against rotavirus infection *J Clin Invest*. 2013 Online doi:10.1172/JCI70266 (online publication)
17. Rouyanne T. Ras, Harry Hiemstra, Yuguang Lin, Mario A. Vermeer, Guus S.M.J.E. Duchateau, Elke A. Trautwein. Consumption of plant sterol-enriched foods and effects on plasma plant sterol concentrations e A meta-analysis of randomized controlled studies.. *Atherosclerosis* 230 (2013) 336-346
18. Roodenburg, A. J., A. J. van Ballegooijen, M. Dotsch-Klerk, H. van der Voet and J. C. Seidell. Modelling of Usual Nutrient Intakes: Potential Impact of the Choices Programme on Nutrient Intakes in Young Dutch Adults. *PLoS One* 8, no. 8 (2013): e72378.
19. Julie I. Willems, Mireille A.E. Blommaert, Elke A. Trautwein. Results from a post-launch monitoring survey on consumer purchases of foods with added phytosterols in five European countries. *Food and Chemical Toxicology* 62 (2013) 48–53
20. Harika RK, Eilander A, Alsema M, Osendarp SJM, Zock PL. Intake of Fatty Acids in General Populations Worldwide Does Not Meet Dietary Recommendations to Prevent Coronary Heart Disease: A Systematic Review of Data from 40 Countries. *Ann Nutr Metab* 2013;63:229-238
21. Van Duynhoven J, Vaughan EE, van Dorsten F, Gomez-Roldan V, de Vos R, Vervoort J, van der Hoof JJ, Roger L, Draijer R, Jacobs DM. Interactions of black tea polyphenols with human gut microbiota: implications for gut and cardiovascular health. *Am J Clin Nutr*. 2013 Dec; 98(6):1631S-41S. doi: 10.3945/ajcn.113.058263 (online publication)
22. Suzan Wopereis, Danielle Wolvers, Marjan van Erk, Michiel Gribnau, Bas Kremer, Ferdi A van Dorsten, Esther Boelsma, Ursula Garczarek, Nicole

- Cnubben, Leon Frenken, Paul van der Logt, Henk FJ Hendriks, Ruud Albers, John van Duynhoven, Ben van Ommen and Doris M Jacobs. Assessment of inflammatory resilience in healthy subjects using dietary lipid and glucose challenges. *BMC Medical Genomics* 2013, 6:44.
23. Roland WS, van Buren L, Gruppen H, Driesse M, Gouka RJ, Smit G, Vincken JP. Bitter Taste Receptor Activation by Flavonoids and Isoflavonoids: Modeled Structural Requirements for Activation of hTAS2R14 and hTAS2R39. *J. Agric. Food Chem.* 2013, 61, 10454–10466
- Glube, N, von Moos, I, and Duchateau, G
Capsule shell material impacts the in vitro disintegration and dissolution behaviour of a green tea extract” *Results in Pharma Sciences*, 2013, 3, 1-6.
24. Tania Anjos, Signe Altma, Pauline Emmett, Henning Tiemeier, Ricardo Closa-Monasterolo, Veronica Luque, Sheila Wiseman, Miguel Perez-Garcia, Eva Lattka, Hans Demmelmair, Bernadette Egan, Niels Straub, Hania Szajewska, Jayne Evans, Claire Horton, Tomas Paus, Elizabeth Isaacs, Jan Willem Van Klinken, Berthold Koletzko, Cristina Campoy, The Nutrimenthe Research Group. Nutrition And Neurodevelopment In Children: Focus On Nutrimenthe Project. *Eur J Nutr* (2013) 52:1825–1842
25. Tim Ha Schreuder, Thijs Mh Eijsvogels, Arno Greyling, Richard Draijer, Maria Te Hopman, Dick Hj Thijssen. Effect Of Black Tea Consumption On Brachial Artery Flow-Mediated Dilatation And Ischaemia-Reperfusion In Humans. *Applied Physiology, Nutrition, And Metabolism* 2013;39:1-7
-

2014

1. Hodgson A, Randell R, Mahabir-Jagessar-T K, Lotito S, Mulder T, Mela DJ, Jeukendrup AE, Jacobs DM. Acute effects of green tea extract intake on exogenous and endogenous metabolites in human plasma. *J Agric Food Chem* 2014;62(5):1198-1208.
2. Astrid Rauh-Pfeiffer, Uschi Handel, Hans Demmelmair, Wolfgang Peissner, Mareile Niesser, Diego Moretti, Vanessa Martens, Sheila Wiseman, Judith Weichert, Moritz Heene, Markus Buhner, Berthold Koletzko. Three-month B vitamin supplementation in pre-school children affects folate status and homocysteine, but not cognitive performance . *Eur J Nutr* 2014 DOI 10.1007/s00394-013-0647-y
3. Grün CH, Sanders P, Burg-Koorevaar, MCD van der, Schuurbijs JAE, Adrichem JA van, Velzen EJ van, de Roo N, Brunt K, Westphal Y, Schols HA. Strategy to identify and quantify polysaccharide gums in gelled food concentrates *Food Chemistry* 2015, Vol. 166, no.0, p. 42- 49.

4. Roland WSU, Gouka RJ, Gruppen H, Driesse M, van Buren L, Gerrit Smit, Jean-Paul Vincken. 6- Methoxyflavanones as Bitter Taste Receptor Blockers for hTAS2R39. PLoS ONE 2014 9(4): e94451. doi:10.1371/journal.pone.0094451
5. Bøhn SK1, Croft KD, Burrows S, Puddey IB, Mulder TP, Fuchs D, Woodman RJ, Hodgson JM. Effects of black tea on body composition and metabolic outcomes related to cardiovascular disease risk: a randomized controlled trial. Food Function 2014 Jun 25;5(7):1613-20.
6. Rouyane T. Ras, Johanna M. Geleijnse and Elke A. Trautwein LDLcholesterol-lowering effect of plant sterols and stanols across different dose ranges: a meta-analysis of randomised controlled studies. British Journal of Nutrition 2014 Jul;112(2):214-9
7. Arno Greyling, Rouyane T. Ras, Peter L. Zock, Mario Lorenz, Maria T. Hopman, Dick H. J. Thijssen, Richard Draijer. The effect of black Tea on blood pressure: A systematic review with meta-analysis of randomized controlled trials. PloS ONE July 31, 2014 •DOI:10.1371/journal.pone.0103247
8. Sergey M Melnikov, Simeon D. Stoyanov, Eva MR Kovacs, Luben Arnaudov, Peter de Groot, Ewoud AH Schuring, Sheila A Wiseman, David J Mela and Harry HPF Peters. Sustained hunger suppression from stable liquid foams. Obesity July 3rd 2014 00, 00-00. doi:10.1002/oby.20828
9. Rouyane T Ras, Isabelle Demonty, Yvonne EMP Zebregs, Johan FA Quadt, Johan Osson, Elke A Trautwein. Low doses of eicosopentaenoic acid and docosohexaenoic acid from fish oil dose-dependently decrease serum triglyceride concentrations in the presence of plant sterols in hypercholesterolaemic men and women. J Nutr doi:10.3945/jn.114.192229
10. Nicole Neufingerl, Mark R Cobain, Rachel S Newson. Web-based selfassessment health tools: Who are the users and what is the impact of missing input information? J Med Internet Res 2014;16(9):e215
11. Imelda Angeles-Agdeppa, Nicole Neufingerl, Clarita Magsadia, Harry Hiemstra, Chona Patalen, Ans Eilander. Energy and nutrient intake and acceptability of nutritionally balanced school meals in Filipino students. Food and Nutrition Bulletin 2014;35:361- 371
12. Randell RK, Hodgson AB, Lotito SB, Jacobs DM, Rowson M, Mela DJ, Jeukendrup AE. Variable duration of decaffeinated green tea extract ingestion on exercise metabolism. Med Sci Sports Exercise 2014 DOI: 10.1249/MSS.0000000000000205
13. Hussein MO, CL Hoad, M Stephenson, EF Cox, E Placidi, S Pritchard, C Costigan, H Ribeiro, E Ciampi, P Rayment, A Nandi, N Hedges, P Sanderson, HPF Peters, I Kruse, L Marciani, RC Spiller, PA Gowland. Magnetic resonance spectroscopy measurements of intragastric fat fraction of oil emulsions in humans. Eur J Lipid Sci Tech 2014 DOI: 10.1002/ejlt.201400058 Sadoul BC,

- Schuring EAH, Mela DJ, Peters HPF The relationship between appetite scores and subsequent energy intake: An analysis based on 23 randomized controlled studies. *Appetite* 2014;83:153-159
14. Peters HPF, Koppenol W, Schuring EAH, Abrahamse SL, Mela DJ Repeated foam consumption reduces appetite during a dieting day. *Int J Obesity* 2014 DOI: 10.1038/ijo.2014.151
 15. Walczyk T, Muthayya S, Wegmüller R, Thankachan P, Sierksma A, Frenken LG, Thomas T, Kurpad A, Hurrell RF. Inhibition of iron absorption by calcium is modest in an iron-fortified casein- and whey-based drink in Indian children and is easily compensated by ascorbic acid. *J Nutr* 2014;144:1703-9
 16. Rouyanne T Ras, Yvonne T van Schouw, Elke A Trautwein, Isabelle Sioen, Geertje W Dalmeijer, Peter L Zock and Joline WJ Beulens. Intake of phytosterols from natural sources and risk of cardiovascular disease in the European Prospective Investigation into Cancer and Nutrition – the Netherlands (EPIC-NL) population. *Eur J Prev Cardiol* Published online 10 October 2014. DOI: 10.1177/2047487314554864
 17. Dagmar Fuchs, Young de Graaf, Roeland van Kerckhoven and Richard Draijer. Effect of Tea Theaflavins and Catechins on Microvascular Function. *Nutrients* 2014 doi:10.3390/nu6125772#sthash.WA48SAAtA.dpuf
 18. Alsema M, Boers HM, Ceriello A, Kilpatrick ES, Mela DJ, Priebe MG, Schrauwen P, Wolffenbuttel BH, Pfeiffer AFH. Diet and Glycaemia: The markers and their meaning. A report of the Unilever Nutrition Workshop. *Br J Nutr* 2014 doi: 10.1017/S0007114514003547
 19. Murray K, Placidi E, Schuring EAH, Hoad CL, Koppenol W, Arnaudov L, Blom WAM, Pritchard SE, Stoyanov SD, Gowland PA, Spiller RC, Peters HPF and Marciani L. Aerated drinks increase gastric volume and reduce appetite as assessed by MRI: a randomized, balanced, crossover trial. *Am J Clin Nutr* 2014 doi: 10.3945/ajcn.114.096974

2015

1. Roland, W.S.U., Sanders, M.P.A., Van Buren, L., Gouka, R.J., Gruppen, H., Vincken, J.-P., Ritschel, T. Snooker structure-based pharmacophore model explains differences in agonist and blocker binding to bitter receptor hTAS2R39. 2015 PLoS ONE, 10 (3)
2. Zandstra, E.H., Lion, R., Newson, R.S. Salt Reduction: Moving From Consumer Awareness to Action, Food Quality and Preference. *Food Quality and Preference* 2015

3. R.S. Newson, R. van der Maas, A. Beijersbergen, L. Carlson, C. Rosenbloom. International consumer insights into the desires and barriers of diners in choosing healthy restaurant meals. *Food Quality and Preference* 2015
4. Geng Zong, Ann E Scott, Helen R Griffiths, Peter L Zock, Thomas Dietrich and Rachel S Newson. Serum α -Tocopherol Has a Nonlinear Inverse Association with Periodontitis among US Adults. *Journal of Nutrition* 2015 DOI: 10.3945/jn.114.203703
5. James I Dower, Johanna M Geleijnse, Lieke Gijbbers, Peter L Zock, Daan Kromhout and Peter CH Hollman. Effects of the pure flavonoids epicatechin and quercetin on vascular function and cardiometabolic health: a randomized double-blind, placebo-controlled, crossover trial. *Am J Clin Nutr* 2015. doi: 10.3945/ajcn.114.098590
6. Rouyanne T Ras, Dagmar Fuchs, Wieneke P Koppenol, Ursula Garczarek, Arno Greyling, Christian Keicher, Carole Verhoeven, Hakim Bouzamondo, Frank Wagner and Elke Trautwein. The effect of a low-fat spread with added plant sterols on vascular function markers: results of the Investigating Vascular Function Effects of Plant Sterols (INVEST) study. *Am J Clin Nutr* 2015 doi: 10.3945/ajcn.114.102053
7. Grassi D, Draijer R, Desideri G, Mulder T, Ferri C. Black tea lowers blood pressure and wave reflections in fasted and postprandial conditions in hypertensive patients: a randomized study. *Nutrients*. 2015 Feb 4;7(2):1037-51. doi: 10.3390/nu7021037
8. Greyling A, Schreuder TH, Landman T, Draijer R, Verheggen RJ, Hopman MT, Thijssen DH. Elevation in blood flow and shear rate prevents hyperglycemia-induced endothelial dysfunction in healthy subjects and those with type 2 diabetes. *J Appl Physiol*. 2015 Mar 1;118(5):579-85. doi: 10.1152/jappphysiol.00936.2014. Epub 2015 Jan 15.
9. Mariska Dötsch-Klerk, David J Mela and Mary Kearney. Sustainable Diets. *Int J Food Sci Tech* 2015; 29:2-6
10. Mahamoud O Hussein, Caroline L Hoad, Jeff Wright, Gulzar Singh, Mary C Stephenson, Eleanor F Cox, Elisa Placidi, Susan E Pritchard, Carolyn Costigan, Henelyta Ribeiro, Elisabetta Ciampi, Asish Nandi, Nick Hedges, Paul Sanderson, Harry PF Peters, Pip Rayment, Robin C Spiller, Penny A Gowland, Luca Marciani. Fat Emulsion Intragastric Stability and Droplet Size Modulate Gastrointestinal Responses and Subsequent Food Intake in Young Adults. *J Nutr* 2015 DOI:10.3945/jn.114.204339
11. Lora Mak, David Marcus, Andrew Howlett, Galina Yarova, Guus Duchateau, Werner Klaffke, Andreas Bender and Robert C Glen. Metrabase: a cheminformatics and bioinformatics database for small molecule transporter data analysis and (Q)SAR modeling. *Journal of Cheminformatics* 2015, 7:31 doi:10.1186/s13321-015-0083-5

12. Ras R, Kuipers RS, Schaafsma G. Leidt verlaging van serum cholesterol tot minder hartinfarcten? (Does lowering of serum cholesterol lead to fewer heart attacks?). *Ned Tijdschr voor Voeding & Dietetiek* 2015;70(3):24-26
13. Boers HM, Seijen ten Hoorn J, Mela DJ. A systematic review of the influence of rice characteristics and processing methods on postprandial glycaemic and insulinaemic responses. *Br J Nutr* 2015;114(7):1035-45
14. Rogers PJ, Hogenkamp PS, de Graaf K, Higgs S, Lluch A, Ness AR, Penfold C, Perry R, Putz P, Yeomans MR, Mela DJ. Does low-energy sweetener consumption affect energy intake and body weight? A systematic review, including meta-analyses, of the evidence from human and animal studies. *Int J Obesity* 2015 Sep 14. doi: 10.1038/ijo.2015.177.
15. Maaikje J. Bruins, Mariska Dötsch-Klerk, Joep Matthee, Mary Kearney, Kathelijne van Elk, Peter Weber and Manfred Eggersdorfer. A Modelling Approach to Estimate the Impact of Sodium Reduction in Soups on Cardiovascular Health in the Netherlands *Nutrients* 2015, 7, 8010- 8019; doi:10.3390/nu7095375
16. Eilander A, Harika RK, Zock PL. Intake and sources of dietary fatty acids in Europe: Are current population intakes of fats aligned with dietary recommendations? *Eur J Lipid Sci Tech* 2015;117(9):1370-7
17. Riethorst D, Mols R, Duchateau G, Tack J, Brouwers J, Augustijns P. Characterization of human duodenal fluids in fasted and fed state conditions. *J Pharmaceutical Sciences*. 2015 DOI 10.1002/jps.24603
18. van der Pijl PC, Foltz M, Glube ND, Peters S, Duchateau GSMJE. Pharmacokinetics of black tea-derived phenolic acids in plasma. *J Functional Foods* 2015 DOI.org/10.1016/j.jff.2015.06.020
19. Menendez-Carreno M, Knol D, Janssen H-G. Development and validation of methodologies for the quantification of phytosterols and phytosterol oxidation products in cooked and baked food products. *J Chromatography A* 2015 <http://dx.doi.org/10.1016/j.chroma.2015.09.073>
20. Yuguang Lin, Diny Knol and Elke A. Trautwein. Phytosterol oxidation products (POP) in foods with added phytosterols and estimation of their daily intake: A literature review. *Eur J Sci Technol* 2015 doi: 10.1002/ejlt.201500368
21. Wendy AM Blom, Wieneke P Koppenol, Ewoud AH Schuring, Salomon L Abrahamse, Luben N. Arnaudov, David J Mela, Simeon D Stoyanov. Sustained satiety induced by food foams is independent of energy content in healthy adults. *Appetite* 2016 97:64-71 (first published online November 2015)
22. Yuguang Lin, Diny Knol, Maria Menéndez-Carreño, Wendy Blom, Joep Matthee, Hans-Gerd Janssen and Elke A Trautwein. Formation of plant sterol oxidation products in foods during baking and cooking using margarine

with and without added plant sterol esters. *J Agric Food Chem* 2015 doi: 10.1021/acs.jafc.5b04952

23. Ras RT, Koppenol WP, Garczarek U, Otten-Hofman A, Fuchs D, Wagner F, Trautwein EA. Increases in plasma plant sterols stabilize within four weeks of plant sterol intake and are independent of cholesterol metabolism. *Nutr Metab Cardiovasc Dis.* 2015 Dec 12. pii: S0939- 4753(15)30184-8. doi: 10.1016/j.numecd.2015.11.007. [Epub ahead of print]
24. Fernanda de Oliveira Martins, Robin van den Berg, Anne-Roos Hoogenraad, Ewoud Schuring, Carole Verhoeven, Oscar Giese Laverdy Neto, Raul Cavalcante Maranhao, Petra Verhoef. Mayonnaise increases the relative bioavailability of fat-soluble (non)-nutrients from a salad. *International Journal of Nutrition and Food Sciences* 2015;4:644-649
25. Draijer R, Duchateau G. Capsule formats may hamper green tea catechin bioavailability. *J Nutr* 2015;145:2797-2799
26. Dötsch-Klerk M, Goossens WP, Meijer GW, van het Hof KH. Reducing salt in food; setting product-specific criteria aiming at a salt intake of 5 g per day. *Eur J Clin Nutr.* 2015 Jul;69(7):799-804.
27. Bruins MJ, Dötsch-Klerk M, Matthee J, Kearney M, van Elk K, Weber P, Eggersdorfer M. A Modelling Approach to Estimate the Impact of Sodium Reduction in Soups on Cardiovascular Health in the Netherlands. *Nutrients.* 2015 Sep 17;7(9):8010-9
28. Markievicz M, Lajolo FM, Martins FO, Andre MF, Barros KV, Silveira VLF. Ácidos Graxos poli-insaturados: impactos na saúde. ILSI Brasil – International Life Sciences Institute of Brazil. 2015. ISBN: 978-85-86126-53-6

2016

1. Zong G, Holtfreter B, Scott AE, Völzke H, Petersmann A, Dietrich T, Newson RS, Kocher T. Serum vitamin B12 is inversely associated with periodontal progression and risk of tooth loss: a prospective cohort study. *J Clin Periodontol.* 2016 Jan;43(1):2-9. doi: 10.1111/jcpe.12483. Epub 2016 Jan 18.
2. Rocha VZ, Ras RT, Gagliardi AC, Mangili LC, Trautwein EA, Santos RD. Effects of phytosterols on markers of inflammation: a systematic review and metaanalysis. *Atherosclerosis* 2016: doi 10.1016/j.atherosclerosis.2016.01.035
3. Praagman J, Beulen JW, Alsema M, Zock PL, Wanders AJ, Sluijs I, van der Schouw YT. The association between dietary saturated fatty acids and

ischemic heart disease depends on the type and source of fatty acid in the European Prospective Investigation into Cancer and Nutrition-Netherlands cohort. *Am J Clin Nutr* 2016;103:356-65.

4. Neufingerl Nicole, Djuwita Ratna, Otten-Hofman Anke, Nurdiani Reisi, Garczarek Ursula, Sulaeman Ahmad, Zock Peter L, Eilander Ans. Intake of essential fatty acids in Indonesian children: secondary analysis of data from a nationally representative survey. *Br J Nutr*. 2016 Feb;115(4):687-93. doi: 10.1017/S0007114515004845.
5. Arno Greyling, Anke CCM van Mil, Peter L Zock, Daniel J Green, Lorenzo Ghiadoni, Dick H Thijssen, on behalf of the TIFN International Working Group on Flow Mediated Dilation. Adherence to guidelines strongly improves reproducibility of brachial artery flow-mediated dilation. *Atherosclerosis* 2016; 248:196-202
6. Cercamondi CI, Duchateau GS, Harika RK, van den Berg R, Murray P, Koppenol WP, Zeder C, Zimmermann MB, Moretti D. Sodium pyrophosphate enhances iron bioavailability from bouillon cubes fortified with ferric pyrophosphate. *Br J Nutr*. 2016
7. Fuchs, D, Nyakayiru, J, Draijer, R, Mulder, TP, Hopman, MT, Eijsvogels, TM & Thijssen, DH. Impact of flavonoid-rich black tea and beetroot juice on postprandial peripheral vascular resistance and glucose homeostasis in obese, insulin-resistant men: a randomized controlled trial. *Nutr Metab (Lond)*. 2016 May 13;13:34.
8. Garsetti M, Balentine DA, Zock PL, Blom WA, Wanders AJ. Fat composition of vegetable oil spreads and margarines in the USA in 2013: a national marketplace analysis. *Int J Food Sci Nutr*. 2016 Jun;67(4):372-82.
9. Greyling A, van Mil AC, Zock PL, Green DJ, Ghiadoni L, Thijssen DH; TIFN International Working Group on Flow Mediated Dilation. Assessing the perceived quality of brachial artery Flow Mediated Dilation studies for inclusion in meta-analyses and systematic reviews: Description of data employed in the development of a scoring tool based on currently accepted guidelines. *Data Brief*. 2016 May 13;8:73-7.
10. Neufingerl N, Djuwita R, Otten-Hofman A, Nurdiani R, Garczarek U, Muhandi L, Eussen S, Alles M, Sulaeman A & Eilander A. Generating fatty acid and vitamin D composition data of Indonesian foods. *Journal of Food Composition and Analysis*, 2016; 50:36-48.
11. Wanders AJ, Alsema M, van Greevenbroek MJ, Elshorbagy A, Zock PL, Dekker JM, Brouwer IA. Comment on Sergeant et al.: Impact of methods used to express levels of circulating fatty acids on the degree and direction of associations with blood lipids in humans. *Br J Nutr*. 2016 Jun;115(11):2077-8. Epub 2016 Apr 15.

12. van Buren L, Dötsch-Klerk M, Seewi G, Newson RS. Dietary Impact of Adding Potassium Chloride to Foods as a Sodium Reduction Technique. *Nutrients*. 2016 Apr 21;8(4).
13. Baumgartner, A., Ras, R.T., Trautwein, E.A., Mensink, R.P. & Plat, J. (2016). Plasma fat-soluble vitamin and carotenoid concentrations after plant sterol and plant stanol consumption: a meta-analysis of randomized controlled trials. *European Journal of Nutrition*. DOI 10.1007/s00394-0161289-7.
14. Boers, H.M., MacAulay, K., Murray, P., Seijen ten Hoorn, J., Hoogenraad, A., Peters, H.P.F., Vente, M.A.M. & Mela, D.J. (2016). Efficacy of different fibres and flour mixes in South-Asian flatbreads for reducing post-prandial glucose responses in healthy adults. *European Journal of Nutrition*. DOI: 10.1007/s00394-016-1242-9016-1242-9
15. Cabout M, Alsema M Nijpels G, Stehouwer CD, Zock PL, Brouwer IA, Elshorbagy AK, Refsum H, Dekker JM. (2016). Circulating linoleic acid and alpha-linolenic acid and glucose metabolism: the Hoorn Study. *European Journal of Nutrition*. DOI: 10.1007/s00394-016- 1261-6
16. Hulman A., Simmons, R.K., Vistisen, D., Tabák, A.G., Dekker, J.M., Alsema, M. et al., (2016). Heterogeneity in glucose response curves during an oral glucose tolerance test and associated cardiometabolic risk. *Endocrine*. DOI: 10.1007/s12020-016-1126-z
17. Peters, H.P.F., Koppenol, W., Schuring, E.A.H., Gouka, R., Mela, D.J. & Blom, W.A.M. (2016). The effect of two weeks ingestion of a bitter tastant mixture on energy intake in overweight females. *Appetite*, 107, 268-273.
18. Zock, P.L., Blom, W.A.M., Nettleton, J.A. & Hornstra, G.. (2016). Progressing Insights into the Role of Dietary Fats in the Prevention of Cardiovascular Disease. *Current Cardiology Reports*, 18:111.
19. Draijer R, van Dorsten FA, Zebregs YE, Hollebrands B, Peters S, Duchateau GS & Grun CH. (2016). Impact of proteins on the uptake, distribution and excretion of phenolics in the human body. *Nutrients* 8, 814, doi:10.3390/nu8120814.
20. Grassi D, Draijer R, Schalkwijk C, Desideri G, D'Angeli A, Francavilla S, Mulder T, Ferri C.(2016). Black Tea Increases Circulating Endothelial Progenitor Cells and Improves Flow Mediated Dilatation Counteracting Deleterious Effects from a Fat Load in Hypertensive Patients: A Randomized Controlled Study. *Nutrients*. 8(11), E727.
21. Harika RK, Dotsch-Klerk M, Zock PL, Eilander A. Compliance with Dietary Guidelines and increased Fortification can Double Vitamin D Intake: A Simulation Study. *Ann Nutr Metab*. 2016 DOI:10.115/000454930
22. Hulman A, Simmons RK, Vistisen D, Tabák AG, Dekker JM, Alsema M,

- Rutters F, Koopman AD, Solomon TP, Kirwan JP, Hansen T, Jonsson A, Gjesing AP, Eiberg H, Astrup A, Pedersen O, Sørensen TI, Witte DR, Færch K. (2016). Heterogeneity in glucose response curves during an oral glucose tolerance test and associated cardiometabolic risk. *Endocrine*. DOI: 10.1007/s12020-016-1126-z.
23. Ras R.T., Fuchs D., Koppenol W.P., Schalkwijk C.G., Otten-Hofman A. & Garczarek U. (2016). Effect of a plant sterol-enriched spread on biomarkers of endothelial dysfunction and low-grade inflammation in hypercholesterolaemic subjects. *Journal of Nutritional Science*, 5, 1-5.
24. Greyling A, Wagner F and Trautwein, EA. (2016). Effect of a plant sterolenriched spread on biomarkers of endothelial dysfunction and low-grade inflammation in hypercholesterolaemic subjects. *Journal of Nutrition Science*, 5, 1-6.
25. Wanders AJ, Alsema M, de Koning EJP, le Cessie S, de Vries JH, Zock PL, Rosendaal FR, den Heijer M & de Mutsert R. (2016). Fatty acid intake and its dietary sources in relation with markers of type 2 diabetes risk: The NEO study. *European Journal of Clinical Nutrition*. doi:10.1038/ejcn.2016.204.
26. Woodward KA, Hopkins ND, Draijer R, de Graaf Y, Low DA, Thijssen DH. (2016). Acute black tea consumption improves cutaneous vascular function in healthy middle-aged humans. *Clin Nutr*, 16, 31354-1. doi: 10.1016/j.clnu.2016.12.013
27. Zong G, Li, Y, Wanders AJ, Alsema M, Zock PL, Willett WC, Hu FB, Sun Q. (2016). Intake of individual saturated fatty acids and risk of coronary heart disease in US men and women: two prospective longitudinal cohort studies. *BMJ*; 355:i5796. doi.org/10.1136/bmj.i5796

2017

1. Lin Y, Knol D, Valk I, van Andel V, Friedrichs S, Lütjohann D, Hrncirik K, Trautwein EA (2017) Thermal stability of plant sterols and formation of their oxidation products in vegetable oils and margarines upon controlled heating. DOI: 10.1016/j.chemphyslip.2017.01.007
2. Simone P Rauh, Femke Rutters, Amber AWA van der Heijden, Thomas Luimes, Marjan Alsema, Martijn W Heymans, Dianna J Magliano, Jonathan E Shaw, Joline W Beulens, Jacqueline M Dekker (2017) External validation of a tool predicting 7-year-risk of developing cardiovascular disease, type 2 diabetes or chronic kidney disease *J Gen Intern Med*. 2018 Feb;33(2):182188. doi: 10.1007/s11606-017-4231-7. Epub 2017 Dec 4.

3. Hanny M. Boers, Theo H. van Dijk, Harry Hiemstra, Anne-Roos Hoogenraad, David J. Mela, Harry P.F. Peters, Roel J Vonk, Marion G. Priebe (2017) Effect of fibre additions to flatbread flour mixes on glucose kinetics: a randomized controlled trial [Br J Nutr.](#) 2017 Nov;118(10):777-787. doi: 10.1017/S0007114517002781. Epub 2017 Nov 7.
4. Rouyanne T Ras, Elke A Trautwein (2017) Consumer purchase behaviour of foods with added phytosterols in six European countries: Data from a postlaunch monitoring survey *Food Chem Toxicol* 110: 42-48.
5. Ruijgrok C, Dekker JM, Beulens JW, Brouwer IA, Coupé VM, Heymans MW, Sijtsma FP, Mela DJ, Zock PL, Olthof MR, Alsema M (2017) Size and shape of the association of glucose, HbA1c, insulin, and HOMA-IR with incident type 2 diabetes – the Hoorn Study *Diabetologia* 61(1):93-100. doi: 10.1007/s00125-017-4452-7
6. Poutanen KS, Dussort P, Erkner A, Fizman S, Karnik K, Kristensen M, Marsaux CFM, MiquelKergoat S, Pentikäinen SP, Putz P, Slavin J, Steinert RE, Mela DJ. (2017) A review of the characteristics of dietary fibers relevant to appetite and energy intake outcomes in human intervention trials *Am J Clin Nutr* 106 (3): 747-754.
7. T. E. Sialvera, A. Papadopoulou, S. P. Efstathiou, E. A. Trautwein, R. T. Ras, N. Kollia, P. Farajian, G. Goumas, I. Dimakopoulos, K. Papavasiliou, A. Koutsouri & A. Zampelas Structured advice provided by a dietitian increases adherence of consumers to diet and lifestyle changes and lowers blood low-density lipoprotein (LDL)-cholesterol: the Increasing Adherence of Consumers to Diet & Lifestyle Changes to Lower (LDL) Cholesterol (ACT) randomised controlled trial. *J Human Nut Dietetics*
8. Doris M. Jacobs, Lotte Smolders, Yuguang Lin, Niels de Roo, Elke A. Trautwein, John van Duynhoven, Ronald P. Mensink, Jogchum Plat and Velitchka V. Mihaleva Effect of Theobromine Consumption on Serum Lipoprotein Profiles in Apparently Healthy Humans with Low HDL Cholesterol Concentrations *Front Mol Biosci* doi.org/10.3389/fmolb.2017.00059
9. Famke Mölenberg, Janette de Goede, Anne Wanders, Peter Zock, Daan Kromhout, Marianne Geleijnse. (2017) Dietary fatty acid intake after myocardial infarction: a theoretical substitution analysis of the Alpha Omega Cohort. *Am J Clin Nutr* Aug 9. pii: ajcn157826. doi: 10.3945/ajcn.117.157826
10. Anne Wanders, Peter Zock, Ingeborg Brouwer. (2017) Trans Fat Intake and Its Dietary Sources in General Populations Worldwide: A Systematic Review *Nutrients*. Aug 5;9(8). pii: E840. doi: 10.3390/nu9080840.
11. Harika R, Faber M, Samuel F, Mulugeta A, Kimiywe J, Eilander A. Are Low

- Intakes and Deficiencies in Iron, Vitamin A, Zinc, and Iodine of Public Health Concern in Ethiopian, Kenyan, Nigerian, and South African Children and Adolescents. (2017) *Food Nutr Bulletin* 28(3): 405-427.
12. Duviols BMFM, NC Schaper, A Koster, L van Kan, HPF Peters, JJ Adam, T Giesbrecht, E Kornips, M Hulsbosch, P Willems, MKC Hesselink, P Schrauwen, HHCM Savelberg (2017) Substituting Sitting with Standing and Stepping in Free-Living Conditions: Benefits for Cardiometabolic Risk Markers, Cognition and Mood in Overweight Adults. *Frontiers Physiol.* <https://doi.org/10.3389/fphys.2017.00353>
 13. Harry PF Peters, Patrick Schrauwen, Petra Verhoef, Christopher D Byrne, David J Mela, Andreas FH Pfeiffer, Ulf Risérus, Frits R Rosendaal, Vera Schrauwen-Hinderling (2017) Liver fat: a relevant target for dietary intervention? Summary of a Unilever workshop. *J. Nutr Sci* doi.org/10.1017/jns.2017.13
 14. Boers HM, MacAulay K, Murray P, Dobriyal R, Mela DJ, Spreeuwenberg MAM (2017) Efficacy of fibre additions to flatbread flour mixes. *Br J Nutr.* 117 (3): 386-394
 15. Calder PC, Boobis A, Braun D, Champ CL, Dye L, Einöther S, Greyling A, Matthys C, Putz P, Wopereis S, Woodside JV, Antoine JM (2017) Improving selection of markers in nutrition research: evaluation of the criteria proposed by the ILSI Europe Marker Validation Initiative. *Nutr Res Rev* 30 (1): 73-8
 16. Menezes R, Rodriguez-Mateos A, Kaltsatou A, González-Sarrías A, Greyling A, Giannaki C⁶, Andres-Lacueva C, Milenkovic D, Gibney ER, Dumont J, Schär M, Garcia-Aloy M, Palma Duran SA, Ruskovska T, Maksimova V, Combet E, Pinto P. Analysis of Randomised Controlled Human Trials to Explore the Role of Inter-individual Variability. *Nutrients* 9(2): E117 [doi:10.3390/nu9020117](https://doi.org/10.3390/nu9020117).
 17. Skinner M, Lim M, Tarrega A, Ford R, Linforth R, Thomas A, Hort J. (2017) Investigating the oronasal contributions to metallic perception. *Int J Food Sci Technol* 52: 1299-1306.
 18. IUNS. 21st International Congress of Nutrition. Buenos Aires, Argentina, October 15-20, 2017: Abstracts. *Ann Nutr Metab* 2017;71(suppl 2):1-1433.
 19. Braga J, Barbosa T, Martins FO. Fully Recognized Nutrient Functions: Iron - 2nd Edition ILSI Brasil – International Life Sciences Institute of Brazil. 2017. ISBN: 978-85-86126-72-7

1. Trautwein EA, Peters HPF, Mela DJ, Edwards C, Herrema H, Fu J, Geldof M, Albers R. (2018) Is gut microbiota a relevant and competitive dietary target for cardio-metabolic health? Proceedings of an expert workshop. *Trends in Food Sci Tech* 81: 146-154
2. Elke A. Trautwein, Mario A. Vermeer, Harry Hiemstra and Rouyanne T. Ras (2018) LDLCholesterol Lowering of Plant Sterols and Stanols—Which Factors Influence Their Efficacy? *Nutrients* 10, 1262; doi:10.3390/nu10091262
3. Peter J.H. Jones, Maryam Shamloo, Dylan S. MacKay, Todd C. Rideout, Semone B. Myrie, Jogchum Plat, Jean-Baptiste Rouillet, David J. Baer, Kara L. Calkins, Harry R. Davis, P. Barton Duell, Henry Ginsberg, Helena Gylling, David Jenkins, Dieter Luetjohann, Mohammad Moghadasian, Robert A. Moreau, David Mymin, Richard E. Ostlund Jr, Rouyanne T. Ras, Javier Ochoa Reparaz, Elke A. Trautwein, Stephen Turley, Tim Vanmierlo, and Oliver Weingartner (2018) Progress and perspectives in plant sterol and plant stanol research *Nutrition Reviews* OO Vol. 0(0):1 - 22; doi: 10.1093/nutritinuy032
4. Buyken AE, Mela DJ, Dussort P, Johnson IT, Macdonald IA, Stowell JD, Brouns FJPH (2018) Dietary carbohydrates: A review of international recommendations and the methods used to derive them *Eur J Clin Nutr* doi: 10.1038/s41430-017-0035-4. [Epub ahead of print]
5. Anna Wittekind, Kelly Higgins, Lauren McGale, Camille Schwartz, Nikoleta S Stamataki, Gary K Beauchamp, Angela Bonnema, Pierre Dussort, Sigrid Gibson, Cees de Graaf, Jason CG Halford, Cyril FM Marsaux, Richard D Mattes, John McLaughlin, David J Mela, Sophie Nicklaus, Peter J Rogers, Ian A Macdonald (2018) A workshop on 'Dietary Sweetness—Is It an Issue?' *Int J Obesity* 42(4):934-938. doi:10.1038/ijo.2017.296
6. Mela DJ, Woolner EM (2018) Perspective: Total, added or free? What kind of sugars should we be talking about? *Advances in Nutrition* 9(2):63-69.
7. Halford JCG, Masic U, Marsaux CFM, Jones AJ, Lluch A, Marciani L, Mars M, Vinoy S, Westerterp -Plantenga M, Mela DJ (2018) Systematic Review of the Evidence for Sustained Efficacy of Dietary Interventions for Reducing Appetite or Energy Intake. *Obesity Reviews* doi 10.1111/obr.12712.
8. Elke A. Trautwein, Wieneke P. Koppenol, Arienne de Jong, Harry Hiemstra, Mario A. Vermeer, Manny Noakes and Natalie D. Luscombe-Marsh (2018) Plant sterols lower LDL-cholesterol and triglycerides in dyslipidemic individuals with or at risk of developing type 2 diabetes; a randomized, double-blind, placebo-controlled study *Nutr Diab* 8:30

9. Poutanen KS, Fiszman S, Marsaux CFM, Pentikäinen SP, Steinert RE, Mela DJ (2018) Recommendations for characterization and reporting of dietary fibers in nutrition research *Am J Clin Nutr* 2018; doi 10.1093/ajcn/nqy095
10. W.A.M. Blom, W.P. Koppenol, H. Hiemstra, T. Stojakovic, H. Scharnagle, E.A. Trautwein. (2018) A low-fat spread with added plant sterols and fish omega-3 fatty acids lowers serum triglyceride and LDL-cholesterol concentrations in individuals with modest hypercholesterolaemia and hypertriglyceridaemia *European Journal of Nutrition*. May 3, 2018
11. Kristine Færch, Marjan Alsema, David J. Mela, Rikke Borg, Dorte Vistisen (2018) Relative contributions of preprandial and postprandial glucose exposures and glycaemic variability to HbA1c in individuals with and without diabetes *Nutr Diabetes*. 2018 Jun 1;8(1):38. doi: 10.1038/s41387018-0047-8.
12. Koopman ADM, Rutters F, Rauh SP, Nijpels G, Holst JJ, Beulens JW, Alsema M, Dekker JM (2018) Incretin responses to oral glucose and mixed meal tests and changes in fasting glucose levels during 7 years of follow-up: the Hoorn meal study *PLoS One*. 2018 Jan 11;13(1):e0191114. doi: 10.1371/journal.pone.0191114.
13. Appleton KM, Tuorila H, Bertenshaw E, de Graaf C, Mela DJ. (2018) Sweet taste exposure and the subsequent acceptance and preference for sweet taste in the diet: Systematic review of the published literature. *Am J Clin Nutr* 2018;107(3):405–419
14. Wanders A.J. Alsema M. De Hoon S.E.M. Feskens E.J.M. van Woudenberg G.J. van der Kallen C.J. Zock P.L. Refsum H. Drevon C.A. Elshorbagy A. Schalkwijk C.G. Stehouwer C.D.A. Dekker J.M. van Greevenbroek M.M.J. (2018) Circulating Polyunsaturated Fatty Acids as Biomarkers for Dietary Intake across Subgroups: The CODAM and Hoorn Studies *Ann Nutr Metab* 2018;72:117–125
15. Zong G, Li Y, Sampson L, Dougherty LW, Willett WC, Wanders AJ, Alsema M, Zock PL, Hu FB, Sun Q. (2018) Monounsaturated fats from plant and animal sources in relation to risk of coronary heart disease among US men and women. *Am J Clin Nutr*. Mar 1;107(3):445-453. doi: 10.1093/ajcn/nqx004
16. Carter SE, Draijer R, Holder SM, Brown L, Thijssen DHJ, Hopkins ND. (2018) Regular walking breaks prevent the decline in cerebral blood flow associated with prolonged sitting. *J Appl Physiol* 125 (3): 790-798 doi: 10.1152/jappphysiol.00310.2018. Epub 2018 Jun 7.
17. Ibrahim K, De Graaf Y, Draijer R, Jan Danser AH, Maassen VanDenBrink A, van den Meiracker AH. (2018) Reproducibility and agreement of different non-invasive methods of endothelial function assessment. *Microvasc Res* 117: 50-56.

18. Woodward KA, Draijer R, Thijssen DHJ, Low DA. (2018) Polyphenols and microvascular function in humans: A systematic review *Curr Pharm Des* 24 (2): 203-226.
19. Greyling A, Wolters TLC, de Bresser DM, Roerink SHPP, Riksen NP, Mulder TP, Rowson MJ, Hopman MT, Thijssen DHJ (2018) The effect of black tea consumption on resistance artery endothelial function in healthy subjects. A randomised controlled trial. *Clin Nutr ESPEN* 23:4147 doi: 10.1016/j.clnesp.2017.10.011. Epub 2017 Nov 8.
20. Davidson GR, Giesbrecht T, Thomas AM, Kirkham TC. (2018) Pre- and postprandial variation in implicit attention to food images reflects appetite and sensory-specific satiety. *Appetite* 125 : 24-31
21. Skinner M, Eldeghaidy S, Ford R, Giesbrecht T, Thomas A, Francis S, Hort J. (2018) Variation in thermally induced taste response across thermal tasters. *Physiol Behav* 188: 67-78.
22. Eldeghaidy S, Thomas D, Skinner M, Ford R, Giesbrecht T, Thomas A, Hort J, Francis S. (2018) An automated method to detect and quantify fungiform papillae in the human tongue: Validation and relationship to phenotypical differences in taste perception. *Physiol Behav* 184: 226-234.
23. Van Opstal AM, van den Berg-Haysmans AA, Hoeksma M, Blonk C, Pijl H, Rombouts SARB, van der Grond J. (2018) The effect of consumption temperature on the homeostatic and hedonic responses to glucose ingestion in the hypothalamus and the reward system. *Am J Clin Nutr* 107: 20-25.
24. Van Opstal AM, Hafkemeijer A, van den Berg-Huysmans AA, Hoeksma M, Blonk C, Pijl H, Rombouts SARB, van der Grond, J. (2018) Brain activity and connectivity changes in response to glucose ingestion. *Nutritional Neuroscience* DOI:10.1080/1028415X.2018.1477538
25. Zandstra EH, Willems AA & Lion R. (2018) Making salt-reduced products more appealing to consumers – Impact of front-of-pack messages on liking and table salt use over time. *Public Health Nutrition*, 21(15): 2762-2772.

2019

1. Sheila A. Wiseman, Mariska Dötsch-Klerk, Nicole Neufingerl, Fernanda de Oliveira Martins. *Future Food: Sustainable Diets for Healthy People and a Healthy Planet* (2019) *International Journal of Nutrology* 12(01): 023-028. DOI: 10.1055/s-0039-1695714
2. van Buren L, Grün CH, Basendowski S, Spraul M, Newson R, Eilander A. *Nutritional Quality of Dry Vegetable Soups*. *Nutrients*. 2019;11(6). pii: E1270. doi: 10.3390/nu11061270.

3. Calder PC, Campoy C, Eilander A, Fleith M, Forsyth S, Larsson PO, Schelkle B, Lohner S, Szommer A, van de Heijning BJM, Mensink RP. A systematic review of the effects of increasing arachidonic acid intake on PUFA status, metabolism and health-related outcomes in humans. *Br J Nutr.* 2019;121(11):1201-1214.
4. Eilander A, Funke OM, Moretti D, Zimmermann MB, Owojuyigbe TO, Blonk C, Murray P, Duchateau GS. High Bioavailability from Ferric Pyrophosphate-Fortified Bouillon Cubes in Meals is Not Increased by Sodium Pyrophosphate: a Stable Iron Isotope Study in Young Nigerian Women. *J Nutr.* 2019;149(5):723-729. doi: 10.1093/jn/nxz003.
5. de Roos B, Aura AM, Bronze M, Cassidy A, Conesa MG, Gibney ER, Greyling A, Kaput J, Kerem Z, Knežević N, Kroon P, Landberg R, Manach C, Milenkovic D, Rodriguez-Mateos A, Tomás-Barberán FA, van de Wiele T, Morand C. Targeting the delivery of dietary plant bioactives to those who would benefit most: from science to practical applications. *Eur J Nutr.* 2019 Nov;58(Suppl 2):65-73.
6. Gibney ER, Milenkovic D, Combet E, Ruskovska T, Greyling A, González-Sarrías A, de Roos B, Tomás-Barberán F, Morand C, Rodriguez-Mateos A. Factors influencing the cardiometabolic response to (poly)phenols and phytosterols: a review of the COST Action POSITIVE activities. *Eur J Nutr.* 2019 Nov;58(Suppl 2):37-47.
7. Thijssen DHJ, Bruno RM, van Mil ACCM, Holder SM, Faita F, Greyling A, Zock PL, Taddei S, Deanfield JE, Luscher T, Green DJ, Ghiadoni L. Expert consensus and evidence-based recommendations for the assessment of flow-mediated dilation in humans. *Eur Heart J.* 2019 Aug 7;40(30):2534-2547.
8. Carter SE, Draijer R, Holder SM, Brown L, Thijssen DHJ, Hopkins ND. Effect of different walking break strategies on superficial femoral artery endothelial function. *Physiol Rep.* 2019 Aug;7(16):e14190.
9. Boers HM, Alsema M, Mela DJ, Peters HPF, Vonk RJ, Priebe MG. The Rate of Glucose Appearance Is Related to Postprandial Glucose and Insulin Responses in Adults: A Systematic Review and Meta-analysis of Stable Isotope Studies. *J Nutr.* 2019 Nov 1;149(11):1896-1903.
10. Schlicker L, Boers HM, Dudek CA, Zhao G, Barua A, Trezzi JP, Meyer-Hermann M, Jacobs DM, Hiller K. Postprandial Metabolic Effects of Fiber Mixes Revealed by in vivo Stable Isotope Labeling in Humans. *Metabolites.* 2019 May 7;9(5).
11. Fechner E, Bilet L, Peters HPF, Hiemstra H, Jacobs DM, Op 't Eyndt C, Kornips E, Mensink RP, Schrauwen P. Effects of a whole diet approach on metabolic flexibility, insulin sensitivity and postprandial glucose responses in

- overweight and obese adults - A randomized controlled trial. *Clin Nutr*. 2019 Dec 17. pii: S0261-5614(19)33179-6.
12. Koopman ADM, Beulens JW, van der Heijden A, Elders P, Dekker JM, Alsema M, Rutters F. A prospective study on glucagon responses to oral glucose and mixed meal and 7-year change in fasting glucose. *Clin Endocrinol (Oxf)*. 2019 Jul;91(1):82-86.
 13. van Eekelen E, Geelen A, Alsema M, Lamb HJ, de Roos A, Rosendaal FR, de Mutsert R. Sweet Snacks Are Positively and Fruits and Vegetables Are Negatively Associated with Visceral or Liver Fat Content in Middle-Aged Men and Women. *J Nutr*. 2019 Feb 1;149(2):304-313.
 14. Motta AC, Strassburg K, Oranje P, Vreeken RJ, Jacobs DM. Oxylin profiling in endothelial cells in vitro - Effects of DHA and hydrocortisone upon an inflammatory challenge. *Prostaglandins Other Lipid Mediat*. 2019 Oct;144:106352.
 15. Oranje P, Gouka R, Burggraaff L, Vermeer M, Chalet C, Duchateau G, van der Pijl P, Geldof M, de Roo N, Clauwaert F, Vanpaeschen T, Nicolaï J, de Bruyn T, Annaert P, IJzerman AP, van Westen GJP. Novel natural and synthetic inhibitors of solute carriers SGLT1 and SGLT2. *Pharmacol Res Perspect*. 2019 Jul 30;7(4):e00504.
 16. Burggraaff L, Oranje P, Gouka R, van der Pijl P, Geldof M, van Vlijmen HWT, IJzerman AP, van Westen GJP. Identification of novel small molecule inhibitors for solute carrier SGLT1 using proteochemometric modeling. *J Cheminform*. 2019 Feb 14;11(1):15.
 17. Ferruzzi MG, Tanprasertsuk J, Kris-Etherton P, et al. Perspective: The Role of Beverages as a Source of Nutrients and Phytonutrients *Adv Nutr* 2019; 00:1–17
 18. Vieux F, Maillot M, Rehm CD, Drewnowski A. Tea Consumption Patterns in Relation to Diet Quality among Children and Adults in the United States: Analyses of NHANES 2011-2016 Data. *Nutrients*. 2019 Nov 3;11(11):2635.

Upfield (spreads related) publications*

* with contributions made by at least one of the authors who was employed by Unilever R&D at the time the study was conducted. Upfield is divested from Unilever and operating as a separate spreads business since 2 July 2018.

1. Pieters DJ, Zock PL, Fuchs D, Mensink RP. Effect of α -linolenic acid on 24-h ambulatory blood pressure in untreated high-normal and stage I hypertensive subjects. *Br J Nutr*. 2019 Jan;121(2):155-163.
2. Joris PJ, Draijer R, Fuchs D, Mensink RP. Effect of α -linolenic acid on vascular function and metabolic risk markers during the fasting and postprandial

phase: A randomized placebocontrolled trial in untreated (prehypertensive individuals. *Clin Nutr*. 2019 Nov 28. pii: S02615614(19)33159-0.

3. Wanders AJ, Blom WAM, Zock PL, Geleijnse JM, Brouwer IA, Alsema M. Plant-derived polyunsaturated fatty acids and markers of glucose metabolism and insulin resistance: a metaanalysis of randomized controlled feeding trials. *BMJ Open Diabetes Res Care*. 2019 Feb 8;7(1):e000585.
4. Pertiwi K, Kok DE, Wanders AJ, de Goede J, Zock PL, Geleijnse JM. Circulating n-3 fatty acids and linoleic acid as indicators of dietary fatty acid intake in post-myocardial infarction patients. *Nutr Metab Cardiovasc Dis*. 2019 Apr;29(4):343-350.
5. Guasch-Ferré M, Zong G, Willett WC, Zock PL, Wanders AJ, Hu FB, Sun Q. Associations of Monounsaturated Fatty Acids From Plant and Animal Sources With Total and Cause-Specific Mortality in Two US Prospective Cohort Studies. *Circ Res*. 2019 Apr 12;124(8):1266-1275.
6. Zong G, Liu G, Willett WC, Wanders AJ, Alsema M, Zock PL, Hu FB, Sun Q. Associations Between Linoleic Acid Intake and Incident Type 2 Diabetes Among U.S. Men and Women. *Diabetes Care*. 2019 Aug;42(8):1406-1413.
7. Pertiwi K, Küpers LK, Wanders AJ, de Goede J, Zock PL, Geleijnse JM. Associations of dairy and fiber intake with circulating odd-chain fatty acids in post-myocardial infarction patients. *Nutr Metab (Lond)*. 2019 Nov 13;16:78.
8. Blom WAM, Koppenol WP, Hiemstra H, Stojakovic T, Scharnagl H, Trautwein EA. A low-fat spread with added plant sterols and fish omega-3 fatty acids lowers serum triglyceride and LDL cholesterol concentrations in individuals with modest hypercholesterolaemia and hypertriglyceridaemia. *Eur J Nutr*. 2019 Jun;58(4):1615-1624.
9. Lin Y, Koppenol WP, Knol D, Vermeer MA, Hiemstra H, Friedrichs S, Lütjohann D, Trautwein EA. Serum Concentration of Plant Sterol Oxidation Products (POP) Compared to Cholesterol Oxidation Products (COP) after Intake of Oxidized Plant Sterols: A Randomised, PlaceboControlled, DoubleBlind Dose-Response Pilot Study. *Nutrients*. 2019 Sep 30;11(10).
10. Baumgartner S, Ras RT, Trautwein EA, Konings MCJM, Mensink RP, Plat J. Plasma oxyphytosterol concentrations are not associated with CVD status in Framingham Offspring Study participants. *J Lipid Res*. 2019 Nov;60(11):1905-1911.
11. Magriplis E, Sialvera TE, Papadopoulou A, Efstathiou SP, Trautwein EA, Goumas G, Dimakopoulos I, Papavasiliou K, Koutsouri A, Zampelas A. Effectiveness and easiness of adherence to behavioural guidelines for diet and lifestyle changes for cholesterol-lowering: the Increasing Adherence of Consumers to Diet & Lifestyle Changes to Lower (LDL) Cholesterol (ACT) randomised controlled trial. *J Hum Nutr Diet*. 2019 Oct;32(5):607-618.

12. Plat J, Baumgartner S, Vanmierlo T, Lütjohann D, Calkins KL, Burrin DG, Guthrie G, Thijs C, Te Velde AA, Vreugdenhil ACE, Sverdlov R, Garssen J, Wouters K, Trautwein EA, Wolfs TG, van Gorp C, Mulder MT, Riksen NP, Groen AK, Mensink RP. Plant-based sterols and stanols in health & disease: "Consequences of human development in a plant-based environment?" *Prog Lipid Res.* 2019 Apr;74:87-102.

2020

1. Kdekian A, Alsema M, Van Der Beek EM, Greyling A, Vermeer MA, Mela DJ, Trautwein EA. Impact of isocaloric exchanges of carbohydrate for fat on postprandial glucose, insulin, triglycerides, and free fatty acid responses—a systematic review and meta-analysis. *Eur J Clin Nutr.* 2020 Jan;74(1):1-8.
2. van Eekelen E, Geelen A, Alsema M, Lamb HJ, de Roos A, Rosendaal FR, de Mutsert R. Adherence to dietary guidelines in relation to visceral fat and liver fat in middle-aged men and women: the NEO study. *Int J Obes (Lond).* 2020 Feb;44(2):297-306.
3. Machiel J. Reinders, Lilou van Lieshout, Gerda K. Pot, Nicole Neufingerl, Eva van den Broek, Marieke Battjes-Fries, Joris Heijnen (2019 epub) Portioning meat and vegetables in four different out of home settings : A win-win for guests, chefs and the planet. *Appetite* 147, April 2020
4. de Groene EM, Dötsch-Klerk M. From Individual Nutrients to Sustainable Nutrition. *World Rev Nutr Diet.* 2020;121:73-80. Epub 2020 Oct 6. PMID: 33502373.
5. Igho-Osagie E, Cara K, Wang D, Yao Q, Penkert LP, Cassidy A, Ferruzzi M, Jacques PF, Johnson EJ, Chung M, Wallace T. Short-Term Tea Consumption Is Not Associated with a Reduction in Blood Lipids or Pressure: A Systematic Review and Meta-Analysis of Randomized Controlled Trials. *J Nutr.* 2020 Dec 10;150(12):3269-3279.
6. Vieux F, Maillot M, Rehm CD, Drewnowski A. Flavonoid Intakes in the US Diet Are Linked to Higher Socioeconomic Status and to Tea Consumption: Analyses of NHANES 2011-16 Data. *J Nutr.* 2020 Aug 1;150(8):2147-2155.
7. Chung M, Zhao N, Wang D, et al. Dose-Response Relationship Between Tea Consumption and Risk of Cardiovascular Disease and All-Cause Mortality: A Systematic Review and Meta-Analysis of Population - Based Studies. *Adv Nutrition.* 2020 Feb 19:1-25

Upfield (spreads related) publications*

* with contributions made by at least one of the authors who was employed by Unilever R&D at the time the study was conducted. Upfield is divested from Unilever and operating as a separate spreads business since 2 July 2018.

8. Pertiwi K, Wanders AJ, Harbers MC, Küpers LK, Soedamah-Muthu SS, de Goede J, Zock PL, Geleijnse JM. Plasma and Dietary Linoleic Acid and 3-Year Risk of Type 2 Diabetes After Myocardial Infarction: A Prospective Analysis in the Alpha Omega Cohort. *Diabetes Care*. 2020 Feb;43(2):358-365.

2021

1. Fernanda de Oliveira Martins. Tropical bioeconomy: roadmaps and guidelines for bioeconomy development in Brazil. Food and beverage processing technologies – Industry. 2021. ISBN 978-65-994280-3-6
2. M.A. van Rooijen, J. Plat, P.L. Zock, W.A.M. Blom, R.P. Mensink. Effects of two consecutive mixed meals high in palmitic acid or stearic acid on 8-h postprandial lipemia and glycemia in healthy-weight and overweight men and postmenopausal women: a randomized controlled trial. *Eur J Nutr*. 2021 Mar 17 EJCN doi: 10.1007/s00394-021-02530-2
3. M.A. van Rooijen, J. Plat, W.A.M. Blom, P.L. Zock, R.P. Mensink. Dietary stearic acid and palmitic acid do not differentially affect ABCA1-mediated cholesterol efflux capacity in healthy men and postmenopausal women: A randomized controlled trial. *Clinical Nutrition* 2021;40:804-877
4. W.A.M. Blom, C. Goenee, L. Juliano, E.M. de Groene, F. de Oliveira Martins. Comparison of the efficacy of five front-of-pack nutrition labels in helping the Brazilian consumer make a healthier choice. *Food Science & Nutrition Research*. 2021 Accepted for publication