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


2010


2011


17. Let’s put claims in the right context. Comment on “Satiety. No way to slim”. Mela DJ Appetite 2011; 57: 774-777


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,


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2013


22. Suzan Wopereis, Danielle Wolvers, Marjan van Erk, Michiel Gribnau, Bas Kremer, Ferdi A van Dorsten, Esther Boelsma, Ursula Gerczark, Nicole


2014


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


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


2015


2016


3. Praagman J, Beulen JW, Alssema M, Zock PL, Wanders AJ, Sluijs I, van der Schouw YT. The association between dietary saturated fatty acids and


22. Hulman A, Simmons RK, Vistisen D, Tabák AG, Dekker JM, Alssema M,


2017


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


2019


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.

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

2020


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


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.


2021