

Eating rate and food intake.

No registrations found.

Ethical review	Positive opinion
Status	Recruiting
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON21258

Source

Nationaal Trial Register

Brief title

Speed study

Health condition

ingestive behaviour
overweight

voedingsgedrag
overgewicht

Sponsors and support

Primary sponsor: Wageningen University
Department of Human Nutrition

Source(s) of monetary or material Support: Dutch Nutrtrion Center, The Hague, The Netherlands

Intervention

Outcome measures

Primary outcome

1. Eating rate (gram / min) of 50 grams of in total 50 food products;

2. Ad libitum intake (grams) of the same food products.

Secondary outcome

N/A

Study description

Background summary

Eating rate is suggested to be related with overweight. Due to a high eating rate, there may not be sufficient time to develop appropriate feelings of satiety, leading to overconsumption. In this intervention, eating rate and ad libitum food intake of 50 food products will be measured. Each subject will test 5 products, selected ad random, and 2 products that are tested by all participants.

Study objective

Eating rate may be related to overweight. Due to a high eating rate, there may not be sufficient time to develop appropriate feelings of satiety, leading to overconsumption. We hypothesise that when eating rate is high, the ad libitum food intake is high.

Study design

Each subject will test 7 products, in 7 separate sessions. In the first part of a session the eating rate will be measured, in the second part the ad libitum food intake will be measured.

Intervention

In this intervention, eating rate and ad libitum food intake of 50 food products will be measured. Each subject will test 5 products, selected ad random, and 2 products that are tested by all participants.

Contacts

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Eligibility criteria

Inclusion criteria

1. Age 18 - 35;
2. BMI 18.5 - 25;
3. Healthy men & women.

Exclusion criteria

1. Smoking;
2. Following energy restricted diet in last 6 months;
3. Lack of appetite;
4. Pregnancy or lactation;
5. Gastro-intestinal disorders;
6. Endocrine disorders;
7. Restrained eating;
8. Weight change of > 1 kg in last month.

Study design

Design

Study type:	Interventional
Intervention model:	Factorial
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	N/A , unknown

Recruitment

NL	
Recruitment status:	Recruiting
Start date (anticipated):	11-05-2009
Enrollment:	50
Type:	Anticipated

Ethics review

Positive opinion	
Date:	27-05-2009
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 33177
Bron: ToetsingOnline
Titel:

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL1725

4 - Eating rate and food intake. 20-06-2025

Register

NTR-old

CCMO

ISRCTN

OMON

ID

NTR1835

NL26370.081.09

ISRCTN wordt niet meer aangevraagd

NL-OMON33177

Study results

Summary results

N/A