The effect of oral sensory exposure time and bite number on satiation.

No registrations found.

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	-
Study type	Interventional

Summary

ID

NL-OMON22941

Source
Nationaal Trial Register

Brief title
Soup-time

Health condition

food intake regulation to prevent obesity

Sponsors and support

Primary sponsor: Wageningen University
Source(s) of monetary or material Support: This study is supported by the Science and Technology Foundation of the Netherlands Organization for Scientific Research (NWO-STW), with co-financers: Unilever, CSM, Danone Nederland, Royal FrieslandCampina, and Top Institute Food and Nutrition (TIFN).

Intervention

Outcome measures

Primary outcome

The amount of ad libitum intake of soup consumption of the four different conditions.

Secondary outcome

hedonic and appetite ratings from after soup consumption of the four different conditions.

Study description

Background summary

Sensory exposure from food in the oral cavity is extremely important in food intake regulation. Therefore we will investigate the oral sensory exposure time and the effect of bites on satiation.

Study objective

An increased oral sensory exposure time and an increased bite number leads to lower intake.

Study design

Subjects consume ad libitum tomato soup in four different condition app. once a week.

Intervention

To investigate the effect of orosensory exposure time, the ad libitum intake of the “short” condition (bites of 15 g in 3 seconds) (index treatment) will be compared with the ad libitum intake of the “long” condition (bites of 15 g in 9 seconds) (reference treatment).

In addition, to investigate the effect of bites, the ad libitum intakes of the “shortbite” (bites of 5g in 1 second) and “longbite” condition (bites of 5g in 3 seconds) (index treatments) will be compared with the ad libitum intake of the "short" and “long” condition (reference treatment).
The bites and pauzes between bites are administrated and controlled via a pump. Subjects are able to stop the administration whenever they felt they had enough.

Contacts

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Eligibility criteria

Inclusion criteria

1. Men;

2. Non-smoking;

3. Age: 18-35 year;

4. Healthy (as jugded by the participant);

5. BMI between 18.5 - 25 kg/m2.

Exclusion criteria

1. A score of <5 at a 9-point pleasantness scale for tomato soup;

2. Difficulties with swallowing;

3. Following diets during last two months;

4. Restaint eating behaviour.

Study design

Design

Study type:	Interventional
Intervention model:	Crossover
Allocation:	Randomized controlled trial
Masking:	Single blinded (masking used)

Control:	N/A , unknown

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	18-11-2010
Enrollment:	59
Type:	Actual

Ethics review

Positive opinion

Date:	09-11-2010
Application type:	First submission

Study registrations

Followed up by the following (possibly more current) registration

ID: 34457
Bron: ToetsingOnline
Titel:

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

No registrations found.

In other registers

Register	ID
NTR-new	NL2484
NTR-old	NTR2601
CCMO	NL34082.081.10
ISRCTN	ISRCTN wordt niet meer aangevraagd.
OMON	NL-OMON34457

Study results

Summary results

Bolhuis DP, Lakemond CMM, de Wijk RA, Luning PA, de Graaf C, Effect of salt intensity on ad libitum intake of tomato soup similar in palatability and on salt preference after consumption. Chemical Senses, 2010 Nov;35(9):789-99.