Eating rate of different food products and the relation with ad libitum food intake.

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The aim of the current experiment is to investigate the eating rate of a whole array of food products in the context of current food supply. In addition, we will focus on the relation between eating rate and ad libitum food intake.

Ethical review	Approved WMO
Status	Recruitment stopped
Health condition type	Other condition
Study type	Interventional

Summary

ID

NL-OMON33177

Source
ToetsingOnline

Brief title
Speed study

Condition

- Other condition

Synonym
obesity, overweight

Health condition

overgewicht

Research involving
Human

Sponsors and support

Primary sponsor: Wageningen Universiteit
Source(s) of monetary or material Support: Het Voedingscentrum;Den Haag

Intervention

Keyword: ad libitum food intake, eating rate

Outcome measures

Primary outcome

The main outcome measure is the time it takes to consume 50 g (eating duration)

of in total 52 food products. This will be used to calculate the eating rate

(grams/minute). In addition, the ad libitum intake (grams) will be measured of

all food products.

Secondary outcome

not applicable

Study description

Background summary

It has been suggested that overweight may be related with eating rate. Due to a high eating rate, there might not be enough time to develop an appropriate satiety feeling. Data are however inconsistent. Eating rate can be influenced by several factors, like food properties, sex and body weight.

Study objective

The aim of the current experiment is to investigate the eating rate of a whole array of food products in the context of current food supply. In addition, we will focus on the relation between eating rate and ad libitum food intake.

Study design

52 food products will be investigated; 10 subgroups will be formed, each subgroup testing 5 test products and 2 reference products. In one session, one

product will be tested. The time needed to consume 50 gram of a certain food product (eating duration) will be measured, followed by a measurement of the ad libitum food intake of the same product. Subjects will be randomly allocated to one of the ten subgroups. The food products will also be randomly allocated to the subgroups.

Intervention

In total 52 frequently consumed products from relevant food groups (as used in the Dutch Food Consumption Survey) will be used in this study to obtain a varied and structured array of food products. They are selected to represent a range of natural and processed foods, covering a wide range of compositional and textural characteristics.

Study burden and risks

This intervention is non-therapeutic to the subjects. All participants will visit the university seven times within a period of five weeks. During each test session eating duration and ad libitum food intake will be measured. The risk associated with participation can be considered as minimal.

Contacts

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Trial sites

Listed location countries

Netherlands

Eligibility criteria

Age
Adults (18-64 years)
Elderly (65 years and older)

Inclusion criteria

age: 18 - 35 y
BMI: 18,5 - 25 kg/m2
sexe: female
Good physical and mental health

Exclusion criteria

*weight change of >1 kg in the last month
*following an energy retricted diet in the last 6 months
*smoking
*lack of appetite
*pregnancy
*lactation
*gastro-intestial disorders
*endocrine disorders
*restrained eating (score of >2.80 on DEBQ)
*palatability rating of <5 on a 9-point scale of the food products used in the study
*food allergies for the food products used in the study
*simultaneous participation in a different study performed by the department of Human Nutrition, Wageningen Universiteit

Study design

Design

Study type:	Interventional
Intervention model:	Other
Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active

Primary purpose:	Prevention

Recruitment

NL

Recruitment status:	Recruitment stopped
Start date (anticipated):	06-05-2009
Enrollment:	50
Type:	Actual

Ethics review

Approved WMO

Date:	08-04-2009
Application type:	First submission
Review commission:	METC Wageningen Universiteit (Wageningen)

Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

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

ID: 21258
Source: Nationaal Trial Register
Title:

In other registers

Register	ID
CCMO	NL26370.081.09
OMON	NL-OMON21258