

# Eating rate and food intake.

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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...

|                             |                       |
|-----------------------------|-----------------------|
| <b>Ethische beoordeling</b> | Positief advies       |
| <b>Status</b>               | Werving gestart       |
| <b>Type aandoening</b>      | -                     |
| <b>Onderzoekstype</b>       | Interventie onderzoek |

## Samenvatting

### ID

NL-OMON21258

### Bron

Nationaal Trial Register

### Verkorte titel

Speed study

### Aandoening

ingestive behaviour  
overweight

voedingsgedrag  
overgewicht

## Ondersteuning

**Primaire sponsor:** Wageningen University

Department of Human Nutrition

**Overige ondersteuning:** Dutch Nutrition Center, The Hague, The Netherlands

## Onderzoeksproduct en/of interventie

## Uitkomstmaten

### Primaire uitkomstmaten

1. Eating rate (gram / min) of 50 grams of in total 50 food products;<br>
2. Ad libitum intake (grams) of the same food products.

## Toelichting onderzoek

### Achtergrond van het onderzoek

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.

### Doel van het onderzoek

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.

### Onderzoeksopzet

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.

### Onderzoeksproduct en/of interventie

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.

## Contactpersonen

### Publiek

PO Box 8129  
M. Viskaal - van Dongen  
Wageningen University and Research center,  
Department of Human Nutrition,  
Wageningen 6700 EV  
The Netherlands

## Wetenschappelijk

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## Deelname eisen

### Belangrijkste voorwaarden om deel te mogen nemen (Inclusiecriteria)

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

### Belangrijkste redenen om niet deel te kunnen nemen (Exclusiecriteria)

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.

## Onderzoeksopzet

### Opzet

|                  |                         |
|------------------|-------------------------|
| Type:            | Interventie onderzoek   |
| Onderzoeksmodel: | Factorieel              |
| Toewijzing:      | Gerandomiseerd          |
| Blinding:        | Open / niet geblindeerd |
| Controle:        | N.v.t. / onbekend       |

### Deelname

|                         |                      |
|-------------------------|----------------------|
| Nederland               |                      |
| Status:                 | Werving gestart      |
| (Verwachte) startdatum: | 11-05-2009           |
| Aantal proefpersonen:   | 50                   |
| Type:                   | Verwachte startdatum |

## Ethische beoordeling

|                 |                  |
|-----------------|------------------|
| Positief advies |                  |
| Datum:          | 27-05-2009       |
| Soort:          | Eerste indiening |

## Registraties

### Opgevolgd door onderstaande (mogelijk meer actuele) registratie

ID: 33177  
Bron: ToetsingOnline  
Titel:

### Andere (mogelijk minder actuele) registraties in dit register

Geen registraties gevonden.

## In overige registers

| Register | ID                                 |
|----------|------------------------------------|
| NTR-new  | NL1725                             |
| NTR-old  | NTR1835                            |
| CCMO     | NL26370.081.09                     |
| ISRCTN   | ISRCTN wordt niet meer aangevraagd |
| OMON     | NL-OMON33177                       |

## Resultaten

### Samenvatting resultaten

N/A