Our Nutrition Publications

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.

2024

1. Zandstra EH, van Os DE, van Der Burg E, et al. Multisensory contextual cues and information affect plant-based food choices and taste perception. *Food Quality and Preference*. November 2024:105385. doi:10.1016/j.foodqual.2024.105385.
2. Yang X, Boesveldt S, Zandstra EH. Impact of olfactory priming on mental representations of food concepts and subsequent food choice. *Food Quality and Preference*. October 2024:105351. doi:10.1016/j.foodqual.2024.105351.
3. Cobo MIS, Jager G, Ioannou O, De Graaf C, Zandstra EH. Plate size or plating? Effects of visual food presentation on liking, appetite, and food-evoked emotions in online and real-life contexts. *Food Quality and Preference*. 2024;122:105306. doi:10.1016/j.foodqual.2024.105306.
4. Zandstra EH, Ossel L, Neufingerl N. Eating a plant-based burger makes me feel proud and cool: An online survey on food-evoked emotions of plant-based meat. *Food Quality and Preference*. 2023;113:105046. doi:10.1016/j.foodqual.2023.105046.
5. O'Donovan SD, Rundle M, Thomas EL, et al. Quantifying the effect of nutritional interventions on metabolic resilience using personalized computational models. *iScience*. 2024;27(4):109362. doi: 10.1016/j.isci.2024.109362.
6. Duysburgh C, Miclotte L, Greyling A, Pyle S, Dixon R, Marzorati M. Exploration of the prebiotic potential of black tea infusion powder on the human gut microbiota in vitro. *Food Bioscience*. 2024;62:105150. doi:10.1016/j.fbio.2024.105150.

Unilever

7. Stuldreher IV, Van Der Burg E, Velut S, et al. Electrodermal activity as an index of food neophobia outside the lab. *Frontiers in Neuroergonomics*. 2024;4. doi:10.3389/fnrgo.2023.1297722.

2023

1. Boers HM, van Dijk TH, Duchateau GS, et al. Effect of mulberry fruit extract on glucose fluxes after a wheat porridge meal: A dual isotope study in healthy human subjects. *European Journal of Clinical Nutrition*. 2023;77(7):741-747. doi:10.1038/s41430-023-01282-y.
2. Cobo MIS, Jager G, De Graaf C, Zandstra EH. Food-evoked emotions and optimal portion sizes of meat and vegetables for men and women across five familiar Dutch meals: An online study. *Foods*. 2023;12(6):1259. doi:10.3390/foods12061259.
3. Eilander A, Verbakel MR, Dötsch-Klerk M. The potential of condiments, seasonings, and bouillon cubes to deliver essential micronutrients in Asia: Scenario analyses of iodine and iron fortification. *Nutrients*. 2023; 15(3):616. https://doi.org/10.3390/nu15030616.
4. Manzeke-Kangara MG, Joy EJM, Lark RM, Redfern S, Eilander A, Broadley MR. Do agronomic approaches aligned to regenerative agriculture improve the micronutrient concentrations of edible portions of crops? A scoping review of evidence. *Frontiers in Nutrition*. 2023;10. doi:10.3389/fnut.2023.1078667.
5. Neufingerl N, Eilander A. Nutrient intake and status in children and adolescents consuming plant-based diets compared to meat-eaters: A systematic review. *Nutrients*. 2023;15(20):4341. doi:10.3390/nu15204341.
6. Hepsomali P, Zandstra E, Wanders A, O'Neill B, Alfonso-Miller P, Ellis J. An examination of the associations between nutritional composition, social jet lag and temporal sleep variability in young adults. *Nutrients*. 2023;15(15):3425. doi:10.3390/nu15153425.
7. Yang X, Zandstra EH, Boesveldt S. How sweet odors affect healthy food choice: An eye-tracking study. *Food Quality and Preference*. 2023;109:104922. doi:10.1016/j.foodqual.2023.104922.
8. Hiraguchi H, van Der Burg E, Stuldreher IV, et al. Effects of multisensory contexts on tofu and soy sauce evaluation and consumption. *Foods*. October 2023:36. doi:10.3390/foods2023-15059.

9. Zandstra EH, Polet IA, Zeinstra GG, Wanders AJ, Dijksterhuis GB. Satiating capacity of plant-based meat in realistic meal contexts at home. *Foods*. 2023;12(23):4280. doi:10.3390/foods12234280.

10. van Bergen G, Neufingerl N, Meijboom S, De Rosa Spierings K, Zandstra EH, Polet I. What's cooking, if not meat? Effects of repeated home-use, recipe inspiration and meal context on perception of plant-based meat analogues. *Appetite*. 2023;193:107135. doi:10.1016/j.appet.2023.107135.

2022

1. Cobo MIS, Jager G, De Wijk R, De Graaf C, Zandstra EH. Does portion size matter? Dynamic changes in hedonic and emotional responses to foods varying in portion size. *Food Quality and Preference*. 2022;98:104538. doi:10.1016/j.foodqual.2022.104538.

2. De Wijk RA, Kaneko D, Dijksterhuis GB, et al. A preliminary investigation on the effect of immersive consumption contexts on food-evoked emotions using facial expressions and subjective ratings. *Food Quality and Preference*. 2022;99:104572. doi:10.1016/j.foodqual.2022.104572.

3. Cobo MIS, Jager G, De Graaf C, Zandstra EH. Dynamic changes in hedonic and emotional responses to fruit varying in portion size. *Food Quality and Preference*. 2022;102:104651. doi:10.1016/j.foodqual.2022.104651.

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5. Potter TIT, Horgan GW, Wanders AJ, et al. Models predict change in plasma triglyceride concentrations and long-chain n-3 polyunsaturated fatty acid proportions in healthy participants after fish oil intervention. *Frontiers in Nutrition*. 2022;9. doi:10.3389/fnut.2022.989716.

6. Potter T, Horgan G, Wanders A, et al. Applying statistical methods to identify variables associated with a beneficial physiological response to fish oil intervention. *Current Developments in Nutrition*. 2022;6:1123. doi:10.1093/cdn/nzac078.017.

7. O'Donovan SD, Erdős B, Jacobs DM, et al. Quantifying the contribution of triglycerides to metabolic resilience through the mixed meal model. *iScience*. 2022;25(11):105206. doi:10.1016/j.isci.2022.105206.

8. van Den Berg LA, Mes JJ, Mensink M, Wanders AJ. Protein quality of soy and the effect of processing: A quantitative review. *Frontiers in Nutrition*. 2022;9. doi:10.3389/fnut.2022.1004754.

9. Dötsch-Klerk M, Kovacs EMR, Hegde U, Eilander A, Willems JI. Improving the nutrient quality of foods and beverages using product specific standards for nutrients to limit will substantially reduce mean population intakes of energy, sodium, saturated fat and sugars towards WHO guidelines. *Nutrients*. 2022; 14(20):4289. doi.org/10.3390/nu14204289.

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2021

1. Verain MCD, van Den Puttelaar J, Zandstra EH, et al. Variability of Food Choice Motives: Two Dutch studies showing variation across meal moment, location and social context. *Food Quality* and Preference. 2021;98:104505. doi:10.1016/j.foodqual.2021.104505.

2. Dijksterhuis GB, van Bergen G, De Wijk RA, Zandstra EH, Kaneko D, Vingerhoeds M. Exploring impact on eating behaviour, exercise and well-being during COVID-19 restrictions in the Netherlands. *Appetite*. 2021;168:105720. doi:10.1016/j.appet.2021.105720.

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12. van Bergen G, Zandstra EH, Kaneko D, Dijksterhuis GB, De Wijk RA. Sushi at the beach: Effects of congruent and incongruent immersive contexts on food evaluations. *Food Quality and Preference*. 2021;91:104193. doi:10.1016/j.foodqual.2021.104193.

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2020

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2019

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the COST Action POSITIVe activities. *European Journal of Nutrition*. 2019;58(Suppl 2):37-47.
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12. Boers HM, Alssema M, Mela DJ, Peters HPF, Vonk RJ, Priebe MG. The rate of glucose appearance is related to postprandial glucose and insulin responses in adults: a systematic review and meta-analysis of stable isotope studies. *Journal of Nutrition*. 2019;149(11):1896-1903.
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14. Fechner E, Bilet L, Peters HPF, et al. Effects of a whole diet approach on metabolic flexibility, insulin sensitivity and postprandial glucose responses in overweight and obese adults—a randomized controlled trial. *Clinical Nutrition*. 2019;38(6):2884-2892.
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Flora Food Group/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 has been divested from Unilever and has been operating as a separate spreads business since 2 July 2018. The company has since changed its name to Flora Food Group.*

1. Pertiwi K, Wanders AJ, Harbers MC, et al. Plasma and dietary linoleic acid and 3-year risk of type 2 diabetes after myocardial infarction: A prospective analysis in the Alpha Omega cohort. *Diabetes Care*. 2019;43(2):358-365. doi:10.2337/dc19-1483.
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3. 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 phase: A randomized placebo-controlled trial in untreated prehypertensive individuals. *Clinical Nutrition*. 2019;39(8):2413-2419. doi:10.1016/j.clnu.2019.11.032.
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8. Pertiwi K, Küpers LK, Wanders AJ, de Goede J, Zock PL, Geleijnse JM. Associations of dairy and fiber intake with circulating odd-chain fatty acids in post-myocardial infarction patients. *Nutrition & Metabolism (Lond)*. 2019;16:78.
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2018

1. Rauh SP, Rutters F, van der Heijden A, et al. External validation of a tool predicting 7-year-risk of developing cardiovascular disease, type 2 diabetes or chronic kidney disease. *Journal of General Internal Medicine*. 2018;33(2):182-188. doi:10.1007/s11606-017-4231-7.

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