Interplay between dietary fibers and gut microbiota for promoting metabolic health

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Propositions

These propositions belong to the PhD thesis entitled

Interplay between dietary fibers and gut microbiota for promoting metabolic health

1. Reducing intestinal microbiota stimulates clearance of cholesterol from the body with potential therapeutic relevance in treating hypercholesterolemia. – *This thesis*

2. β-cyclodextrin can be an attractive nutritional supplement to existing therapies for countering cholesterol accumulation and targeting metabolic syndrome.– *This thesis*

3. Intestinal microbial conversion of β-cyclodextrin is not a prerequisite for its cholesterol modulating properties. – *This thesis*

4. Western-type diet induced body weight gain can be delayed by incorporating dietary fibers such as galacto-oligosaccharides. – *This thesis*

5. Galacto-oligosaccharides can promote growth of specific beneficial bacterial taxa in the intestine. – *This thesis*

6. Dietary fibers bear the potential for use as personalized nutritional supplements to reduce the risk of developing metabolic syndrome. – *This thesis*

7. Look deep into nature, and then you will understand everything better. – *Albert Einstein*

8. The longest journey you will ever make in your life is from your head to your heart. – *Native American proverb*

Groningen, 27 March 2019
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