

University of Groningen

## 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.  $\beta$ -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  $\beta$ -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**

**Rima Mistry**