

<b>Algemene gegevens</b>	
PPS-nummer	AF-12229
Titel	Combining innovation with tradition: improving resilience with wholegrain wheat products
Topsector en innovatiethema	AgriFood; 6-Gezondheid
Projectleider (onderzoek)	Annelies Dijk-Stroeve
PPS-coördinator (namens private partij)	Flip van Straaten (NBC)
Contactpersoon overheid	-
Status (lopend of afgerond)	Lopend
Type onderzoek (F, T of V)	T
Werkelijke startdatum	1-4-2014
Werkelijke einddatum	30-9-2016
Korte omschrijving inhoud	The current project aims at generating a breakthrough in measuring effects of nutrition on health, by demonstrating improvement of resilience by intervention with wholegrain wheat products. This initiative will focus on the demonstration of the use of physiologically relevant biomarkers as indicators of resilience and the effect of whole wheat grain bread and cereals on resilience. The project will yield data to be incorporated outside this project in compilation of a convincing EFSA health claim dossier for wholegrain wheat products.

<b>Highlights</b>
The intervention study with whole grain wheat products will be the first application of the concept of measuring effect of nutrition on health using challenge tests in a study with a specific group of food products, i.e. wholegrain wheat products. This is an important step in the validation and dissemination of the concept of phenotypic flexibility as a measure of health and as a method to quantify effects of nutrition on health. Furthermore, the Do-It-Yourself concept will be applied in the intervention study (repeated glucose, cholesterol and blood pressure measurements as well as a DIY OGTT). Herewith the sensitivity of the methodology in determining effects of dietary interventions will be examined as well as to what extent volunteers are prepared to test themselves.