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## Novel approaches to assess diet and kidney health risk

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## Propositions

Belonging to PhD thesis

# Novel approaches to assess diet and kidney health risk

By Qingqing Cai

1. Achieving healthier dietary habits is a main strategy for the prevention of CKD and its complications. *This thesis*
2. A dietary pattern, rather than single nutrients or food groups, can be meaningfully investigated for its relevance to kidney health. *This thesis*
3. There is no single perfect dietary pattern for kidney health and one dietary pattern cannot tell the whole story. *This thesis*
4. Neighborhood-level factors, including dietary intake, play important roles in the small-scale spatial distribution of kidney function. *This thesis*
5. Diet quality, assessed by the Lifelines Diet Score which reflects adherence to the 2015 Dutch Dietary Guidelines, provides empirical validation of these guidelines for the prevention of CKD. *This thesis*
6. Kidney-specific dietary patterns derived by reduced rank regression can be considered suitable to design tailored and targeted measures to prevent kidney health risk. *This thesis*
7. Ultra-processed foods, increasingly prominent in the food supplies and dietary patterns, are associated with many adverse health outcomes, including diabetes, cardiovascular disease, and, as shown in this thesis, also kidney health risk. *This thesis*
8. Everyone who is born holds dual citizenship, in the kingdom of the well and in the kingdom of the sick. Although we all prefer to use the good passport, sooner or later each of us is obliged, at least for a spell, to identify ourselves as citizens of that other place. *Susan Sontag*
9. Every era casts illness in its own image. *The emperor of all maladies: a biography of cancer*
10. Oft expectation fails, and most oft there where most it promises; and oft it hits where hope is coldest, and despair most fits. *William Shakespeare*
11. 海阔凭鱼跃，天高任鸟飞。（Boundless is the sea for fish to dive at will, unlimited is the sky for birds to fly at ease.） *Chinese proverb*
12. If you are lucky enough to have lived in Paris as a young man, then wherever you go for the rest of your life, it stays with you, for Paris is a moveable feast. *Ernest Hemingway*