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## Dietary lipid quality, environment and the developing brain

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*Document Version*

Publisher's PDF, also known as Version of record

*Publication date:*

2018

[Link to publication in University of Groningen/UMCG research database](#)

*Citation for published version (APA):*

Schipper, A. L. (2018). *Dietary lipid quality, environment and the developing brain*. [Thesis fully internal (DIV), University of Groningen]. Rijksuniversiteit Groningen.

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## Stellingen behorend bij het proefschrift

# Dietary lipid quality, environment and the developing brain

door Anniek Lidewij Schipper

1. “Breast is best” but far from optimal in the modern West.
2. Suboptimal dietary habits of humans in the modern Western society provide opportunities as well as limitations for the industry to bring food products to the market that positively contribute to infant brain development and function.
3. In order to optimize brain development of the newborn infant and to reduce the risk for health problems later in life, we must initially focus on improving maternal dietary habits during (pre-) pregnancy and lactation.
4. Similar to fatty acid composition, lipid structure is an adaptable aspect of lipid quality in infant milk formula capable of influencing later in life brain function (*this thesis*).
5. A link between obesity and cognitive impairments can be mistakenly put forward when fat mice get stuck in narrow mazes.
6. Ignorance of effects of the social housing condition of laboratory rodents easily confounds physiological and behavioral outcomes of experiments (*this thesis*).
7. Systematic reviews aim to minimize bias by aggregating individual studies addressing the same specific issues. However, risk of bias remains high for systematic reviews and meta analyses on animal studies as long as authors and publishers do not implement clear and standardized reporting of experimental details (e.g. following ARRIVE guidelines).
8. “A pair of substantial mammary glands have the advantage over the two hemispheres of the most learned professor’s brain in the art of compounding a nutritive fluid for infants” (Oliver Wendell Holmes).
9. 'Spoiler alerts' would do well on scientific papers describing the placebo-effect that makes expensive wine taste better.
10. Alternative *truths* do exist, that is a fact.