

VU Research Portal

A double-blind randomized trial in school children on the effects of sugar-sweetened or sugar-free beverages on body weight and body fatness

de Ruyter, J.C.

2013

document version

Publisher's PDF, also known as Version of record

[Link to publication in VU Research Portal](#)

citation for published version (APA)

de Ruyter, J. C. (2013). *A double-blind randomized trial in school children on the effects of sugar-sweetened or sugar-free beverages on body weight and body fatness*. [PhD-Thesis - Research and graduation internal, Vrije Universiteit Amsterdam].

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

E-mail address:

vuresearchportal.ub@vu.nl

A double-blind randomized trial in school children
on the effects of sugar-sweetened or sugar-free
beverages on body weight and body fatness

The studies presented in this thesis were conducted at the Department of Health Sciences and the EMGO+ Institute for Health and Care Research of the VU University Amsterdam. The research described in this thesis was supported by a grant of the Dutch Heart Foundation (DHF-2008B096), and the Netherlands Organization for Health Research and Development (ZonMw-120520010). The DRINK study was also supported by an Academy Professorship awarded by the Royal Netherlands Academy of Arts and Sciences to prof.dr. M.B. Katan.

Financial support by the Dutch Heart Foundation for the publication of this thesis is gratefully acknowledged.

Additional financial support for the publication of this thesis has been kindly provided by the VU University.

Nederlandse titel: Een dubbelblinde gerandomiseerde studie naar het effect van suikerhoudende of suikervrije dranken op lichaamsgewicht en vetmassa bij kinderen

Cover & layout : proefschrift-opmaken.nl

Printed by : GVO drukkers & vormgevers B.V. | Ponsen & Looijen

ISBN : 978 90 8659 654 6

© 2013, J. de Ruyter, Amsterdam, The Netherlands

All rights reserved. No part of this thesis may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronically, mechanically, by photocopy, by recording, or otherwise, without prior permission of the author, or, when appropriate, the publishers of the papers.

VRIJE UNIVERSITEIT

A double-blind randomized trial in school children on the
effects of sugar-sweetened or sugar-free beverages on
body weight and body fatness

ACADEMISCH PROEFSCHRIFT

ter verkrijging van de graad Doctor aan
de Vrije Universiteit Amsterdam,
op gezag van de rector magnificus
prof.dr. F.A. van der Duyn Schouten,
in het openbaar te verdedigen
ten overstaan van de promotiecommissie
van de Faculteit der Aard- en Levenswetenschappen
op donderdag 3 oktober 2013 om 13.45 uur
in de aula van de universiteit,
De Boelelaan 1105

door

Janne Catharine de Ruyter

geboren te Utrecht

promotor : prof.dr. M.B. Katan
copromotor : dr.ir. M.R. Olthof