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## Nutrition and cardiometabolic health: the role of DNA methylation

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## Propositions accompanying this thesis

# Nutrition and Cardiometabolic Health: The role of DNA methylation

1. High protein intake in early childhood is associated with a higher BMI at school age, which is mainly driven by a higher fat-mass. (*This thesis*)
2. High folic acid intake in early childhood is associated with a lower BMI at school age. (*This thesis*)
3. The association between high vitamin B12 intake and unfavorable cardiometabolic health in both children and adults may be explained by other lifestyle and dietary factors, such as an animal-based dietary pattern. (*This thesis*)
4. DNA methylation is associated with cardiometabolic risk factors. (*This thesis*)
5. Several epigenome-wide association studies have identified associations between nutrition and DNA methylation at novel CpG sites. However, independent replication of these findings is still required. (*This thesis*)
6. If you would be a real seeker after truth, it is necessary that at least once in your life you doubt, as far as possible, all things. (*René Descartes*)
7. Science is complex enough on its own. We should not make it more confusing with lack of scientific integrity.
8. There is no such thing as “superfoods”. An overall healthy diet consists of many components and cannot be achieved by a few single food items.
9. Alone we can do so little, together we can do so much. (*Helen Keller*)
10. Creating an environment in which a healthy diet is feasible for all requires involvement of science, government, and industry.
11. College is expensive, but paying attention is free.