
TABLE OF CONTENTS

LIST OF PAPERS	ii
OTHER ACTIVITIES	iii
List of contributions to international conferences	iii
Related articles	iii
Related student projects.....	iii
Related teaching	iii
Awards.....	iii
PREFACE	iv
ACKNOWLEDGEMENTS.....	vi
SUMMARY	viii
SAMMENDRAG (DANISH SUMMARY)	xii
LIST OF ABBREVIATIONS.....	xvi
TABLE OF CONTENTS	xviii
INTRODUCTION	1
Thesis delimitations.....	2
BACKGROUND.....	3
Appetite regulation	3
Measures of appetite.....	4
Subjective assessment methods	4
Spontaneous energy intake	5
Blood markers of satiety	6
Methodological issues in appetite research	6
Proteins and appetite	9
Dietary proteins and appetite regulation.....	9
Protein digestibility.....	14
Dietary fiber and appetite	18
Dietary fiber definition and characteristics.....	18
Dietary fiber and appetite regulation	18
Rye and appetite regulation	20
Pea fiber and appetite regulation	24
Satiety-enhancing food products	26

Meat as a food matrix of fiber ingredients.....	29
Consumer information on the satiating properties of foods	31
RESEARCH QUESTIONS AND HYPOTHESES	33
METHODS & RESULTS.....	35
Summary	35
PAPER I	39
PAPER II.....	51
PAPER III.....	81
PAPER IV	105
SUMMARY OF FINDINGS	131
GENERAL DISCUSSION.....	133
Sensory quality of rye bran and pea fiber meatballs	133
Effects of rye bran and pea fiber doses on sensory characteristics.....	133
Benefits of combining sensory and nutrition science	136
Effect of fiber addition to meatballs on appetite regulation	136
The effects of rye bran and pea fiber alone or in combination on appetite	137
Potential mechanisms	138
The combined effects of protein and dietary fiber on appetite	140
Interpretation of changes in subjective appetite sensations	142
Food matrix impact on the satiating properties of dietary fiber.....	142
Cooking methods of pork and appetite regulation	144
Protein digestibility in relation to appetite regulation	144
Effects of cooking methods on meat protein digestibility	145
CONCLUSIONS.....	149
PERSPECTIVES.....	151
REFERENCES	153