
AIM OF THE THESIS

The overall aim of this PhD project was to investigate if intake of dietary AGEs increases risk markers for T2D and CVD. Specific objectives were:

- To investigate acute effects of two cooking methods that respectively induce or limit AGE formation on postprandial subjective appetite sensations, appetite hormones, and markers of inflammation in healthy overweight individuals (**Paper 1**).
- To investigate effects of a 4-week intervention with cooking methods that induce or limit AGE formation on insulin sensitivity in overweight women. This was carried out in a two-factorial design with fructose or glucose supplements (**Paper 2**).
- To investigate effects of dietary AGEs with different molecular sizes on expression of AGE receptors, insulin sensitivity, and markers of inflammation and oxidative stress in rats (**Paper 3**).
- To review the current evidence for potential health effects of reducing intake of dietary AGEs (**Paper 4**).