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## PAPERS

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This PhD thesis includes the following papers:

- Paper 1** Sabine Ibrügger, Louise Kristine Vignæs, Andreas Blennow, Dan Škuflić, Anne Raben, Lotte Lauritzen, Mette Kristensen. **Second meal effect on appetite and fermentation of wholegrain rye foods** (2014). *Appetite* 80, 248-256.
- Paper 2** Sabine Ibrügger, Pernille L. B. Hollænder, Rikke Juul Gøbel, Andreas Blennow, Anne Raben, Christian Ritz, Lotte Lauritzen, Mette Kristensen. **Wholegrain consumption for eight weeks reduces body weight but does not affect appetite or colonic fermentation – a randomized cross-over study.** (Manuscript)
- Paper 3** Sabine Ibrügger, Rikke Juul Gøbel, Anne Raben, Lotte Lauritzen, Mette Kristensen. **Wholegrain intake is associated with increased appetite after a test meal, but reduced BMI in men.** (submitted to British Journal of Nutrition)
- Paper 4** Sabine Ibrügger\*, Rikke Juul Gøbel\*, Henrik Vestergaard, Tine Rask Licht, Hanne (Appendix) Frøkiær, Allan Linneberg<sup>5</sup>, Torben Hansen, Ramneek Gupta, Oluf Pedersen, Mette Kristensen, Lotte Lauritzen. **Two randomized cross-over trials assessing the impact of dietary gluten or wholegrain on the gut microbiome and host metabolic health** (2014). *J Clin Trials* 4(4).

\*shared first authorship