

Satiety solutions

Today's consumers value the quality of their diet and with good reason. Overweight and obesity are increasing globally because of what we eat. "Eat moderately and with variation" is the advice often heard from health professionals. If you are planning to apply this wisdom in your products, contact NIZO food research. We offer you both expert insights and practical support to create tasty and satiating foods. NIZO is a key research partner for targeting weight management. Team up with NIZO and together we will bring your ambitions to the next level!



Your next level in...

Concept development

Create and realise novel concepts for weight-management products with NIZO's combined expertise in nutrition, physiology and food technology.



Ingredient selection

Satiating foods should give consumers a sense of satisfaction. You can fine-tune sensory properties and measure satiating effects of foods by using NIZO's unique combination of *in vitro* and *in vivo* models.

Proof-of-principle assessment

Does your product deliver its intended functionality? NIZO has the capability to run *in vivo* studies to provide proof of principle. This will enable you to document and improve the satiating effect of your product.

Building health claims

Food and Health authorities nowadays demand data from human trials to support any health claim. NIZO works with you to design and run trials for demonstration of satiety effects in your target population.



Why NIZO?

- 60+ year track record in food research
- Multi-disciplinary approaches
- State-of-the-art technology
- From *in vitro* to human studies
- Support for food innovation, development and production

"There is a big market potential for foods that facilitate weight management in a convenient, satisfying and effective way. Using state-of-the-art food technology to create these foods is as important as it is fascinating", Joost Overduin, PhD, NIZO food research



Satiety solutions at NIZO

- Aroma-induced satiation
- Simulation model of gastro-intestinal digestion
- Dietary supplementation studies
- Preload-*ad libitum* intake studies
- Measurement of hormone responses and nutrient bioavailability
- Suitable fat replacement
- Attractive high-protein foods
- Sweetness optimization
- Rich texture in low-calorie foods
- Sensory panels + volunteer database
- Small-batch production and evaluation of novel foods
- At-home consumer food testing



What we offer

Evaluation of your ingredient

- *In vitro* and *in vivo* models to measure digestion parameters, bioavailability, fat absorption, satiety potential, and more
- Applying your ingredient into effective weight-management products

Targeted product development

- Screening and optimization of satiety effects
- Evaluation and optimization of sensorial attractiveness
- Promoting long-term product appreciation
- Production of prototypes and test products in our food-grade pilot plant

Claim substantiation

- Physiological, behavioural and perceptual impact of foods
- *In vivo* intervention trials
- Availability of human volunteer database for best validation in your target consumer group

Consultancy

- Advice about product concepts, applications and health claims
- Scientific literature reviews with dedicated recommendations

Track record

- Partner in European Union consortia on satiety and weight management
- >70 peer-reviewed publications in nutrition & health
- Many successful ingredient functionality improvements
- Track record in building health claim dossiers



About NIZO food research

NIZO food research is a leading, independent contract research organization located in 'Food Valley', the Netherlands. Our services support your innovations (flavour, texture, health), cost management (process efficiency, ingredient replacement, test productions), and responsible entrepreneurship (food safety and quality, sustainability, evidence-based health claims). **Creating benefits together is what we are after**

For more information, please contact:

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