



Propositions accompanying this thesis

EPIDEMIOLOGICAL EVALUATION OF DIETARY INTAKE IN THE SWISS POPULATION

1. There are several barriers against healthy eating, the cost and the hedonic properties of healthy foods being the most common (*This thesis*)
2. Individuals can be categorized either as vitamin supplement users or non-users depending on the study period; consistent users are only a small fraction of the population (*This thesis*)
3. A higher education is associated with healthy eating, but cultural background can attenuate this association (*This thesis*)
4. Diets rich in vegetables and fruits are associated with reduced inflammatory levels (*This thesis*)
5. Dietary management of cardiovascular disease is suboptimal, and subjects do not change their dietary habits after a cardiovascular event (*This thesis*)
6. Food policies should focus on financial incentives and taxes rather than on nutritional education of the population
7. To assess the impact of diet on health, randomized trials with mammoth sample sizes and long study periods will be needed
8. The effects of dietary intake on health should be assessed using all nutritional and dietary information and not based on single nutrients and foods.
9. Omics data is envisioned as the future of nutritional epidemiology, enabling a precise characterization of an individual's response to dietary intake
10. Who sits at the bottom of a well to contemplate the sky, will find it small (*Han Yu*)
11. A journey of a thousand li [miles] begins with a single step (*Lao Tzi*)

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