1. A healthy diet in early childhood may be beneficial for body composition and cardiometabolic health, however, diet quality of toddlers is suboptimal. (this thesis)

2. Vitamin D deficiency is highly prevalent in young children, especially among children with a non-Western ethnic background. (this thesis)

3. High protein intake in early childhood may lead to adiposity. (this thesis)

4. Body mass index can be a misleading measure of adiposity in children, because no distinction is made between fat mass and fat-free mass. (this thesis)

5. There is little evidence for an effect of fatty acids in early life on child body composition or cardiometabolic health. (this thesis)

6. A null finding may be dull but is often no less important than a positive result, and must thus be established by adequate publication of the evidence. (adapted from Austin Bradford Hill)

7. The significance of p is often overestimated.

8. Ask a 100 people what a healthy diet is and 99 will give you an immediate answer. The one person who doubts is probably a nutrition scientist. (adapted from ‘Wat is nu gezond?’, Martijn Katan)

9. Nutrition can both cause and cure disease, and therefore deserves a more prominent place in medical education. (Lisan Leermakers & Trudy Voortman)

10. A constant element of enjoyment must be mingled with our studies, [...], for no activity can be continued for long if it does not to some extent afford pleasure. (Desiderius Erasmus)

11. If we knew what it is we are doing, it would not be called research, would it? (attributed to Albert Einstein)