

- (1) Gibson, E. L., Green, M. W., & Dyall, S. C. (2013). Effect of Diet on Behaviour. In Encyclopedia of Human Nutrition (3rd ed., pp. 129–141). Elvesier.
- (2) Levine SA, Gordon B, derrick CL. Some changes in the chemical constituents of the blood following a marathon ace: with special reference to development of hypoglycemia. JAMA 1924;82:1778-1779.
- (3) Coyle EF, Coggan AR, Hemmert MK, Ivy JL. Muscle glycogen utilization during prolonged strenuous exercise when fed carbohydrate. J Appl Physiol.1986; 61:165-172.
- (4) Takahashi Y, Kipnis DM, Daughaday WH Growth hormone secretion during sleep. J Clin Invest 1968;47:2079-2090.
- (5) Weitzman ED, Fukushima D, Nogeire C, Roffwarg H, Gallagher TF, Hellman L. Twenty-four hour pattern of the episodic secretion of cortisol in normal subjects. J Clin Endocriol Metab 1971;33:14-22.
- (6) Anagnostis P, Athyros VG, Tziomalos K, Karagiannis A, Mikhailidis DP. The pathogenetic role of cortisol in the metabolic syndrome: a hypothesis. J Clin Endocriol Metab 2009;94:2692-2701.
- (7) Deshmukh-Taskar PR, Nicklas TA, O'Neil CE, Keast DR, Radcliffe JD, Cho S. The relationship of breakfast skipping and type of breakfast consumption with nutrient intake and weight status in children and adolescents: the National Health and Nutrition Examination Survey 1999-2006. J Am Diet Assoc 2010;110:869–78.
- (8) Timlin M. Breakfast eating and weight change in a 5-year prospective analysis of adolescents: Project EAT (Eating Among Teens). Pediatrics 2008;121(3):e638–45.
- (9) Siega-Riz AM, Popkin BM, Carson T. Trends in breakfast consumption for children in the United States from 1965-1991. Am J Clin Nutr 1998;67(suppl):7485–56S.
- (10) de Castro JM. The time of day of food intake influences overall intake in humans. J Nutr 2004;134:104-111
- (11) Leidy, HJ, Ortinau LC, Douglas SM, Hoertel HA. Beneficial effects of a higher-protein breakfast on the appetitive, hormonal, and neural signals controlling energy intake regulation in overweight/obese, "breakfast-skipping," late-adolescent girls. Am J Clin Nutr 2013;97:677-688.
- (12) Speedhly DP, Buffenstein R. Greater appetite control associated with an increased frequency of eating in lean males. Appetite 1999;33:285-297.
- (13) Speedhly DP, Rogers GG, Guffenstein R. Acute appetite reduction associated with an increased frequency of eating in obese males. Int J Obes Relat Metab Disord 1999;23:1151-1159.
- (14) Jakubowicz D, Froy O, Wainstein J, Boaz M. Meal timing and composition influence ghrelin levels, appetite scores and weight loss maintenance in overweight and obese adults. Steroids 2011;77:323-331.
- (15) Scholey AB, Harper S, Kennedy DO. Cognitive demand and blood glucose. Physiol Behav 2001;73:585-592.
- (16) Sandercock GRH, Voss C, Dye L. Associations between habitual school-day breakfast consumption, body mass index, physical activity and cardiorespiratory fitness in English schoolchildren. Eur J Clin Nutri 2010;64:1086-1092.



- (17) Wesnes, KA, Pincock C, Richardson D, Helm G, Hails S. Breakfast reduces declines in attention and memory over the morning in schoolchildren. Appetite 2003;41:329-331.
- (18) Mahoney CR, Taylor HA, Kanarek RB, Samuel P. Effect of breakfast composition processes in elementary school children. Physiol Behav 2005;85:635-645.
- (19) Hoyland A, Lawton CL, and Dye L (2008) Acute effects of macronutrient manipulations on cognitive test performance in healthy young adults: A systematic research review. Neuroscience and Biobehavioral Reviews 32: 72–85.
- (20) Gibson EL and Green MW (2002) Nutritional influences on cognitive function: Mechanisms of susceptibility. Nutrition Research Reviews 15: 169–206
- (21) Innis SM (2007) Dietary (n-3) fatty acids and brain development. Journal of Nutrition 137: 855–859.
- (22) Gibson EL (2007) Carbohydrates and mental function: Feeding or impeding the brain? Nutrition Bulletin (Supplement 32): 71–83.
- (23) Lamport DJ, Lawton CL, Mansfield MW, and Dye L (2009) Impairments in glucose tolerance can have a negative impact on cognitive function: A systematic research review. Neuroscience and Biobehavioral Reviews 33: 394–413.
- (24) Walstra, P., T. J. Geurts, A. Noomen, A. Jellema, and M. A. J. S. van Boekel. Dairy Technology, Principles of Milk Properties and Processes. 1999. Marcel Dekker, Inc., NY
- (25) Fox, P. F., and P. L. H. McSweeney. Dairy Chemistry and Biochemistry. 1998. Blackie Academic & Professional, an imprint of Chapman & Hall, London.
- (26) Jelen, P., and W. Rattray. Thermal denaturation of whey proteins, in: Heat Induced Changes in Milk . 1995, 2nd Ed. Fox, P. F., ed. International Dairy Federation, Brussels, Belgium.
- (27) Singh, H. Heat-induced changes in casein, including interactions with whey proteins, in: Heat Induced Changes in Milk . 1995, 2nd Ed. Fox, P. F., ed. International Dairy Federation, Brussels, Belgium
- (28) Flynn, A., and K. Cashman. Nutritional aspects of minerals in bovine and human milks, in: Advanced Dairy Chemistry, Vol. 3 Lactose, water, salts and vitamins. 1997, 2nd Ed. Fox, P. F., ed. Chapman & Hall, London.
- (29) Öste, R., M. Jägerstad, and I. Anderson. Vitamins in milk and milk products, in: Advanced Dairy Chemistry, Vol. 3 Lactose, water, salts and vitamins. 1997, 2nd Ed. Fox, P. F., ed. Chapman & Hall, London.
- (30) Holt, C. Effect of heating and cooling on the milk salts and their interaction with casein, in: Heat Induced Changes in Milk . 1995, 2nd Ed. Fox, P. F., ed. International Dairy Federation, Brussels, Belgium.
- (31) Bonjour, J.-P. Dietary protein: an essential nutrient for bone health. 2005. J. Am. Coll. Nutr. 24:536S-536S.
- (32) Cashman, K. D. Milk minerals (including trace elements) and bone health. 2006. Int. Dairy J. 16:1389-1398
- (33) Heaney, R. P. Calcium, dairy products and osteoporosis. 2000. J. Am. Coll. Nutr. 19:83S-99S.



- (34) United States Dept. of Agriculture (USDA). Dietary Reference Intake Tables. Accessed October 2006. http://fnic.nal.usda.gov/nal\_display/index.php?info\_center=4&tax\_level=2&tax\_subject=256&topic\_id=1342&placement\_default=
- (35) Nordic Nutrition Recommendations 2012 (5th ed.). (2012). Nordic Council of Ministers.
- (36) Gunstone FD, Harwood JL, and Padley FB (eds.) (1994) The Lipid Handbook, 2ndedn. London: Chapman & Hall.
- (37) Salge Black, J. (2012). Nutrition and you (2nd ed.). Pearson.
- (38) Vance DE and Vance JE (eds.) (2002) Biochemistry of Lipids, Lipoproteins and Membranes. 4th edn. (Vol. 36 of "New Comprehensive Biochemistry") NY: Elsevier.
- (39) United States Dept. of Agriculture (USDA). Nutrient Database . Version 18. Accessed October 2006 . http://www.nal.usda.gov/fnic/foodcomp/Data/
- (40) Weihrauch, J. L. Lipids of milk: deterioration, in: Fundamentals of Dairy Chemistry. 1988, 3rd Ed. Wong, N. P., R. Jenness, M. Keeney, and E. H. Marth, eds. Van Nostrand Reinhold, NY.
- (41) van Boekel, M. A. J. S., and P. Walstra. Effect of heat treatment of chemical and physical changes to milkfat globules, in: Heat Induced Changes in Milk. 1995, 2nd Ed. Fox, P. F., ed. International Dairy Federation, Brussels, Belgium.
- (42) Månsson, Helena Lindmark. "Fatty Acids in Bovine Milk Fat." Food & Nutrition Research 52 (2008): 10.3402/fnr.v52i0.1821. PMC. Web. 10 July 2017.
- (43) Parodi, P. Milk fat in human nutrition. 2004. Aust. J. Dairy Technol. 59:3-59.
- (44) Numa S (ed.) (1984) Fatty Acid Metabolism and Its Regulation. NY: Elsevier
- (45) Kritchevsky, D. Antimutagenic and some other effects of conjugated linoleic acid. 2000. Br. J. Nutr. 83:459-465.
- (46) MacDonald, H. B. Conjugated linoleic acid and disease prevention: A review of current knowledge. 2000. J. Am. Coll. Nutr. 19:111S-118S.
- (47) Simopoulos AP (2005) Fatty acids: Omega-3 polyunsaturated. Encyclopedia of Human Nutrition, 2nd edn., pp. 205–219. Elsevier: Oxford.
- (48) Simopoulos AP (2008) The importance of the omega-6/omega-3 fatty acid ratio in cardiovascular disease and other chronic diseases. Federation of American Societies for Experimental Biology 233(6): 674–688.
- (49) Grundy SM (1996) Dietary fat. In: Ziegler EE and Filer Jr LJ (eds.) Present Knowledge in Nutrition, 7th edn., pp. 44–57. Washington, DC: ILSI Press.
- (50) Horrobin DF (ed.) (1990) Omega-6 Essential Fatty Acids: Pathophysiology and Roles in Clinical Medicine. New York: Wiley-Liss.
- (51) Howe P, Meyer B, Record S, and Baghurst K (2006) Dietary intake of long-chain omega-3 polyunsaturated fatty acids: Contribution of meat sources. Nutrition 22: 47–53.



- (52) European Food Safety Authority. Scientific Opinion: Labelling reference intake values for n-3 and n-6 polyunsaturated fatty acids. The EFSA Journal. 2009; 1176, 1–11.
- (53) Lewis BA (2000) Structure and properties of carbohydrates. In: Stipanuk M (ed.) Biochemical and Physiological Aspects of Human Nutrition, 1st edn., pp. 3–22. Philadelphia: WB Saunders Company.
- (54) FAO/WHO (1998) Carbohydrates in human nutrition. Report of a Joint FAO/WHO Expert Consultation. FAO Food and Nutrition Paper 66: 1–140.
- (55) Institute of Medicine of the National Academies (2001) Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids. Washington, DC: The National Academies Press.
- (56) Jenkins DJ, Wolever TM, Taylor RH, Barker H, Fielden H, Baldwin JM, et al. Glycemic index of foods: a physiological basis for carbohydrate exchange. Am J Clin Nutr. 1981 Mar;34(3):362–6.
- (57) ISO. Food products -- Determination of the glycaemic index (GI) and recommendation for food classification. 2010.
- (58) Glycemic index. From research to nutrition recommendations? Copenhagen: Nordic Council of Ministers 2005 Report No.: 2005:589.
- (59) Cano N (2002) Bench to bedside review: Glucose production from the kidney. Critical Care 6: 317–321.
- (60) MacDonald IA and Webber J (1995) Feeding, fasting and starvation: Factors affecting fuel utilization. Proceedings of the Nutrition Society 54: 267–274.
- (61) Sanchez-Castillo CP, Hudson GJ, Englyst HN, Dewey P, and James WPT (2002) The importance of dietary carbohydrates. Archivos Latinoamericanos de Nutricion 52(4): 321–335.
- (62) Williams SR and Schlenker ED (2003) Essentials of Nutrition and Diet Therapy, 8thedn. St. Louis: Mosby
- (63) Bambang Nurhadi, Yrjö H. Roos, Valentyn Maidannyk, Physical properties of maltodextrin DE 10: Water sorption, water plasticization and enthalpy relaxation, Journal of Food Engineering, Volume 174, 2016, Pages 68-74.
- (64) Englyst KN, Englyst HN, Hudson GJ, Cole TJ, and Cummings JH (1999) Rapidly available glucose in foods: An in vitro measurement that reflects the glycemic response. American Journal of Clinical Nutrition 69: 448–454.
- (65) Foster-Powell K, Holt SH, and Brand-Miller JC (2002) International table of glycemic index and glycemic load values: 2002. American Journal of Clinical Nutrition 76: 5–56
- (66) Barclay AW, Petocz P, McMillan-Price J, et al. (2008) Glycemic index, glycemic load, and chronic disease risk A meta-analysis of observational studies. American Journal of Clinical Nutrition 87: 627–637
- (67) Pravin D. Sawale, Ashish M. Shendurse, Maneesha S. Mohan, G.R. Patil, Isomaltulose (Palatinose) An emerging carbohydrate, Food Bioscience, Volume 18, June 2017, Pages 46-52



- (68) B.A.R. Lina, D. Jonker, G. Kozianowski, Isomaltulose (Palatinose®): a review of biological and toxicological studies, Food and Chemical Toxicology, Volume 40, Issue 10, 2002, Pages 1375-1381,
- (69) Kretchmer N (1972) Lactose and lactase. Scientific American 227: 70-78.
- (70) Holsinger, V. H. Physical and chemical properties of lactose, in: Advanced Dairy Chemistry, Vol. 3 Lactose, water, salts and vitamins. 1997, 2nd Ed. Fox, P. F., ed. Chapman & Hall, London
- (71) Labayen I, Forga L, Gonzalez A, Lenoir-Wijnkoop I, Nutr R, and Martinez JA (2001) Relationship between lactose digestion, gastrointestinal transit time and symptoms in lactose malabsorbers after dairy consumption. Alimentary Pharmacology and Therapeutics 15(4): 543–549.
- (72) Paige DM and Bayless TM (eds.) (1981) Lactose Digestion: Clinical and Nutritional Implications. Baltimore, MD: Johns Hopkins University Press.
- (73) Paige DM and Davis LR (1986) Nutritional significance of lactose: Nutritional aspects of lactose digestion. In: Fox PR (ed.) In Dairy Chemistry, pp. 111–132. London: Elsevier Press
- (74) Bjorck I, Liljeberg H, Ostman E. Low glycaemic-index foods. Br J Nutr. 2000 Mar;83 Suppl 1:S149–55
- (75) Suchy FJ, Brannon PM, Carpenter TO, et al. (2010) National Institutes of Health Consensus Development Conference: Lactose intolerance and health. Annals of Internal Medicine 152(12): 792–796
- (76) Tursi A (2004) Factors influencing lactose intolerance. European Journal of Clinical Investigation 34: 314–315
- (77) Vonk RJ, Priebe MG, Koetse HA, et al. (2003) Lactose intolerance: Analysis of underlying factors. European Journal of Clinical Investigation 33: 70–75.
- (78) Rao DR, Bello H, Warren AP, and Brown GE (1994) Prevalence of lactose maldigestion. Digestive Diseases and Sciences 39: 1519–1524
- (79) Suarez F, Savaiano D, and Levitt M (1995) A comparison of symptoms after the consumption of milk or lactose-hydrolyzed milk by people with self-reported severe lactose intolerance. New England Journal of Medicine 333: 1–334.
- (80) Gray GM (2000) Digestion and absorption of carbohydrate. In: Stipanuk M (ed.) Biochemical and Physiological Aspects of Human Nutrition, 1st edn., pp. 91–106. Philadelphia: WB Saunders Company
- (81) McGrane MM (2000) Carbohydrate metabolism synthesis and oxidation. In: Stipanuk M (ed.) Biochemical and Physiological Aspects of Human Nutrition, 1st edn., pp. 158–210. Philadelphia: WB Saunders Company
- (82) Caitlin Batt, Niamh Fanning, Jill Drake, Christopher Frampton, Richard B. Gearry, Lisa K. Stamp, Fructose malabsorption in people with and without gout: A case—control study, Seminars in Arthritis and Rheumatism, 2017
- (83) Tso P and Crissinger K (2000) Overview of digestion and absorption. In: StipanukM (ed.) Biochemical and Physiological Aspects of Human Nutrition, 1st edn., pp. 75–90. Philadelphia: WB Saunders Company
- (84) Laidlaw SA, Kopple JD. Newer concepts of the indispensable amino acids. Am J Clin Nutr. 1987 Oct;46(4):593–605.



- (85) Crim MC, Munro HN. Proteins and amino acids. In: Shils ME, Olson JA, editors. Modern nutrition in health and disease. 8 ed. Malvern, USA: Lea & Febiger; 1994.
- (86) FAO/WHO/UNU (1985) Energy and protein requirements. WHO Technical Report Series No. 724, pp. 64–70, 117–127. Geneva: World Health Organization
- (87) Andersson C. Lektiner i baljväxter. Råd om mat för barn 0–5 år vetenskapligt underlag med riskeller nyttovärderingar och kunskapsöversikter Rapport 21 2011. Uppsala, Sweden: Livsmedelsverket/National Food Agency; 2011. p. 93–112.
- (88) Srimathi Kannan,†, S. Suzanne Nielsen,‡ and, and April C. Mason\*,Protein Digestibility-Corrected Amino Acid Scores for Bean and Bean–Rice Infant Weaning Food Products. Journal of Agricultural and Food Chemistry 2001 49 (10), 5070-5074
- (89) Hambraeus L, Lönnerdal B. Nutritional aspects of milk proteins. In: Fox PF, McSweeney PLH, editors. Advanced dairy chemistry 1 Proteins. 3 ed. New York: Kluwer Academic/Plenum Publishers; 2003. p. 605–45.
- (90) WHO. Protein and amino acids requirements in human nutrition: Report of a Joint WHO/FAO/UNU Expert Consultation.: World Health Organization2007 Report No.: 935.
- (91) Rizzoli R, Stevenson JC, Bauer JM, van Loon LJC, Walrand S, Kanis JA, Cooper C, Brandi M-L, Diez-Perez A, Reginster J-Y, Force ftET (2014) The role of dietary protein and vitamin D in maintaining musculoskeletal health in postmenopausal women: A consensus statement from the European Society for Clinical and Economic Aspects of Osteoporosis and Osteoarthritis (ESCEO). Maturitas 79:122–132.
- (92) McCleary BV (2010) Development of an integrated total dietary fiber method consistent with the Codex Alimentarius definition. Cereal Foods World 55(1): 24–28.
- (93) Zhang C, Liu S, Solomon CG, Hu FB. Dietary fiber intake, dietary glycemic load, and the risk for gestational diabetes mellitus. Diabetes Care. 2006 Oct;29(10):2223–30
- (94) James WPT (2001) European diet and public health: The continuing challenge. Public Health Nutrition 4: 275–292.
- (95) Lairon D. Dietary fibres and dietary lipids. In: McCleary BV, Prosky L, editors. Advanced dietary fibre technology. Oxford: Blackwell Science; 2001. p. 177–85.
- (96) Andersson H. Diet and cholesterol metabolism in the gut implications for coronary heart disease and large bowel cancer. Food & Nutrition Research. 1996.
- (97) Streppel MT, Arends LR, van 't Veer P, Grobbee DE, Geleijnse JM. Dietary fiber and blood pressure: a meta-analysis of randomized placebo-controlled trials. Archives of internal medicine. 2005 Jan 24;165(2):150–6.
- (98) Cummings JH. The effect of dietary fiber on faecal weight and composition. In: Spiller GA, editor. CRC Handbook of Dietary Fiber in Human Nutrition. 2 ed: Boca Raton, FL:CRC Press; 1993. p. 263–349.
- (99) Aune D, Chan DS, Lau R, Vieira R, Greenwood DC, Kampman E, et al. Dietary fibre, whole grains, and risk of colorectal cancer: systematic review and dose-response meta-analysis of prospective studies. BMJ. 2011;343:d6617.



- (100) Nyman M. Fermentation and bulking capacity of indigestible carbohydrates: the case of inulin and oligofructose. Br J Nutr. 2002 May;87 Suppl 2:S163–8.
- (101) Jenkins DJ, Jenkins AL. The clinical implications of dietary fiber. Adv Nutr Res. 1984;6:169–202.
- (102) Du H, van der AD, Boshuizen HC, Forouhi NG, Wareham NJ, Halkjaer J, et al. Dietary fiber and subsequent changes in body weight and waist circumference in European men and women. Am J Clin Nutr. 2010 Feb;329–36
- (103) Wanders AJ, van den Borne JJ, de Graaf C, Hulshof T, Jonathan MC, Kristensen M, et al. Effects of dietary fibre on subjective appetite, energy intake and body weight: a systematic review of randomized controlled trials. Obes Rev. 2011 Sep;12(9):724–39.
- (104) Cummings JH, Bingham SA, Heaton KW, Eastwood MA. Fecal weight, colon cancer risk, and dietary intake of nonstarch polysaccharides (dietary fiber). Gastroenterology. 1992 Dec;103(6):1783–9.
- (105) Imeson, A. (2010). Food Stabilisers, Thickeners and Gelling Agents (1st ed.). Blackwell
- (106) Regulation (EC) No 1333/2008 of the European Parliament and of the Council of 16 December 2008 on food additives (Text with EEA relevance)
- (107) FDA.Updated 2010. Food Additives. Available at www.fda.gov/Food/Food-IngredientsPackaging/FoodAdditives/default.htm. Accessed July 2010
- (108) S.Y. Park, B.I. Lee, S.T. Jung, H.J. Park, Biopolymer composite films based on jcarrageenan and chitosan, Mater. Res. Bull. 36 (2001) 511–519.
- (109) Javed Alam, Mansour Alhoshan, Arun Kumar Shukla, Ali Aldalbahi, Fekri Abdulraqeb Ahmed Ali, Lawrence Arockiasamy Dass, M.R. Muthumareeswaran, κ-Carrageenan as a promising pore-former for the preparation of a highly porous polyphenylsulfone membrane, Materials Letters, Volume 204, 1 October 2017, Pages 108-111
- (110) Duraikkannu Shanthana Lakshmi, Nitin Trivedi, C.R.K. Reddy, Synthesis and characterization of seaweed cellulose derived carboxymethyl cellulose, Carbohydrate Polymers, Volume 157, 10 February 2017, Pages 1604-1610
- (111) María I. Moran-Valero, Víctor M. Pizones Ruiz-Henestrosa, Ana M.R. Pilosof, Synergistic performance of lecithin and glycerol monostearate in oil/water emulsions, Colloids and Surfaces B: Biointerfaces, Volume 151, 2017, Pages 68-75,
- (112) David A. Riehm, David J. Rokke, Prakash G. Paul, Han Seung Lee, Brent S. Vizanko, Alon V. McCormick, Dispersion of oil into water using lecithin-Tween 80 blends: The role of spontaneous emulsification, Journal of Colloid and Interface Science, Volume 487, 2017, Pages 52-59
- (113) Burton H. 1988. Ultra-high temperature processing of milk and milk products. New York. Elsevier Science Publishing Co., Inc. New York
- (114) Cattaneo S, Masotti F, Pellegrino L. 2008. Effects of over processing on heat damage of UHT milk. Eur Food Res Technol 226:1099–106.
- (115) Dunkley WL, Stevenson KE. 1987. Ultra-high-temperature processing and aseptic packaging of dairy products. J Dairy Sci 70:2192–202.



- (116) Bylund Gösta. 2015 Dairy processing handbook. Tetra Pak Processing Systems
- (117) Enright E, Bland AP, Needs EC, Kelly AL. 1999. Proteolysis and physicochemical changes in milk on storage as affected by UHT treatment, plasmin activity and KIO3 addition. Int Dairy J 9:58–91
- (118) García-Risco MR, Cortés E, Carrascosa AV, López-Fandiño R. 1998. Microbiological and chemical changes in high-pressure- treated milk during refrigerated storage. J Food Prot 61:735–7.
- (119) Pollitt, E., Leibel, R. L., & Greenfield, D. (1981). Brief fasting, stress, and cognition in children. The American Journal of Clinical Nutrition, 34(8), 1526–1533.
- (120) Ingwersen, Jeanet (2011) The Effect of Breakfast and Snack Consumption on Children's Cognitive Performance. Doctoral thesis, Northumbria University.
- (121) United States, FDA, Office of Food Additive Safety. (2016). Notice of a GRAS Exclusion for Isomaltulose Syrup (Dried)
- (122) Rand, W. M., Pellett, P. L., & Young, V. R. (2003). Meta-analysis of nitrogen balance studies for estimating protein requirements in healthy adults. The American Journal of Clinical Nutrition, 77(1), 109–127.