

Evaluation of appetite measure visual analogue scales in free-living participants: VASA-home: A randomized trial comparing high fibre rye and refined wheat diets

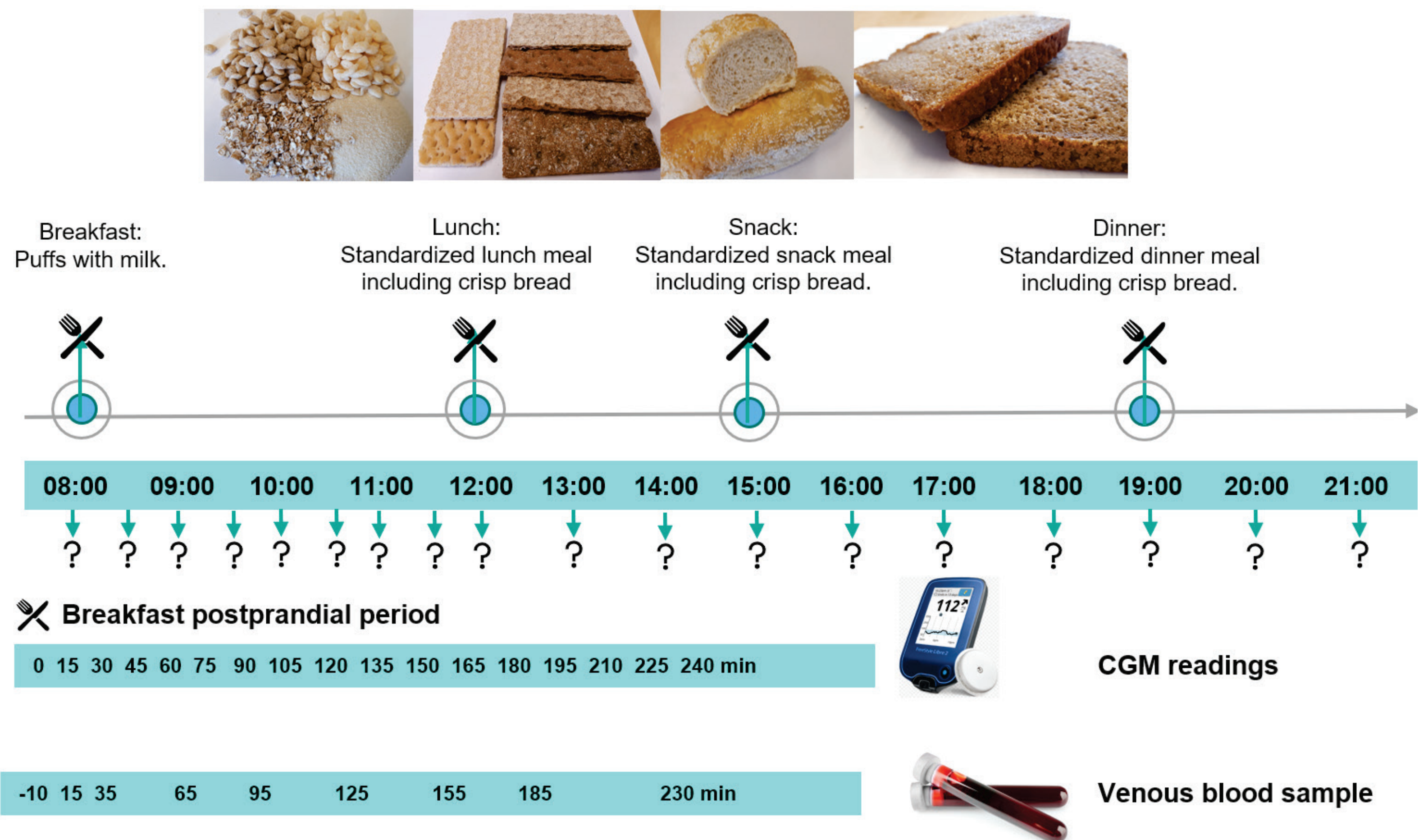
Aims

Conclusions

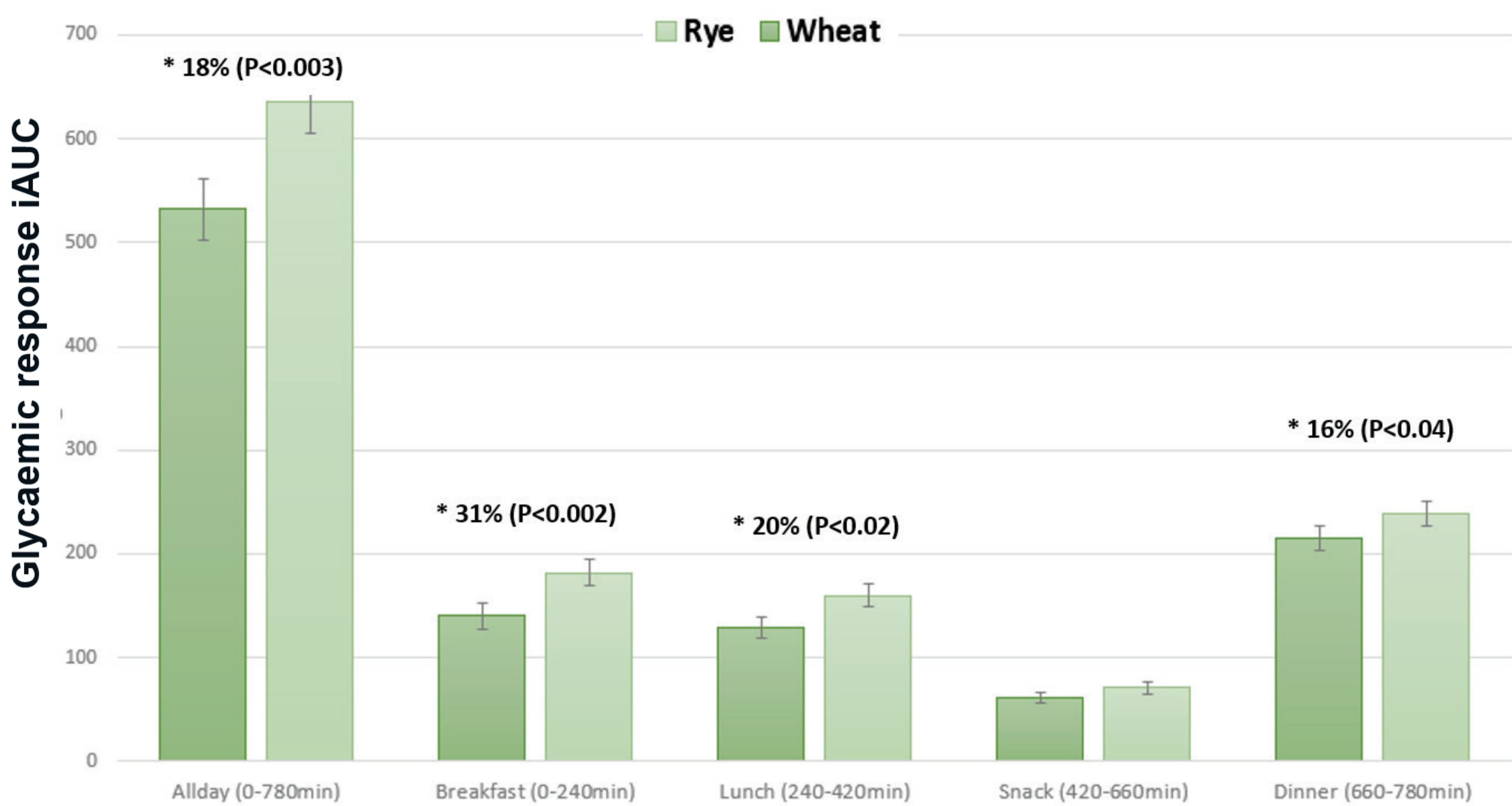
- ✓ Validate the use of visual analogue scales for subjective appetite assessment in a clinical setting compared to free-living setting.
- ✓ Investigate differences in appetite response between whole-grain rye and refined wheat-based diets.

- Digital VAS for evaluation of appetite response between diets in free-living participants overall resembles VAS in a controlled clinical setting.
- Our results indicate reduced appetite and increased feeling of fullness after subsequent rye-based vs refined wheat-based meals.

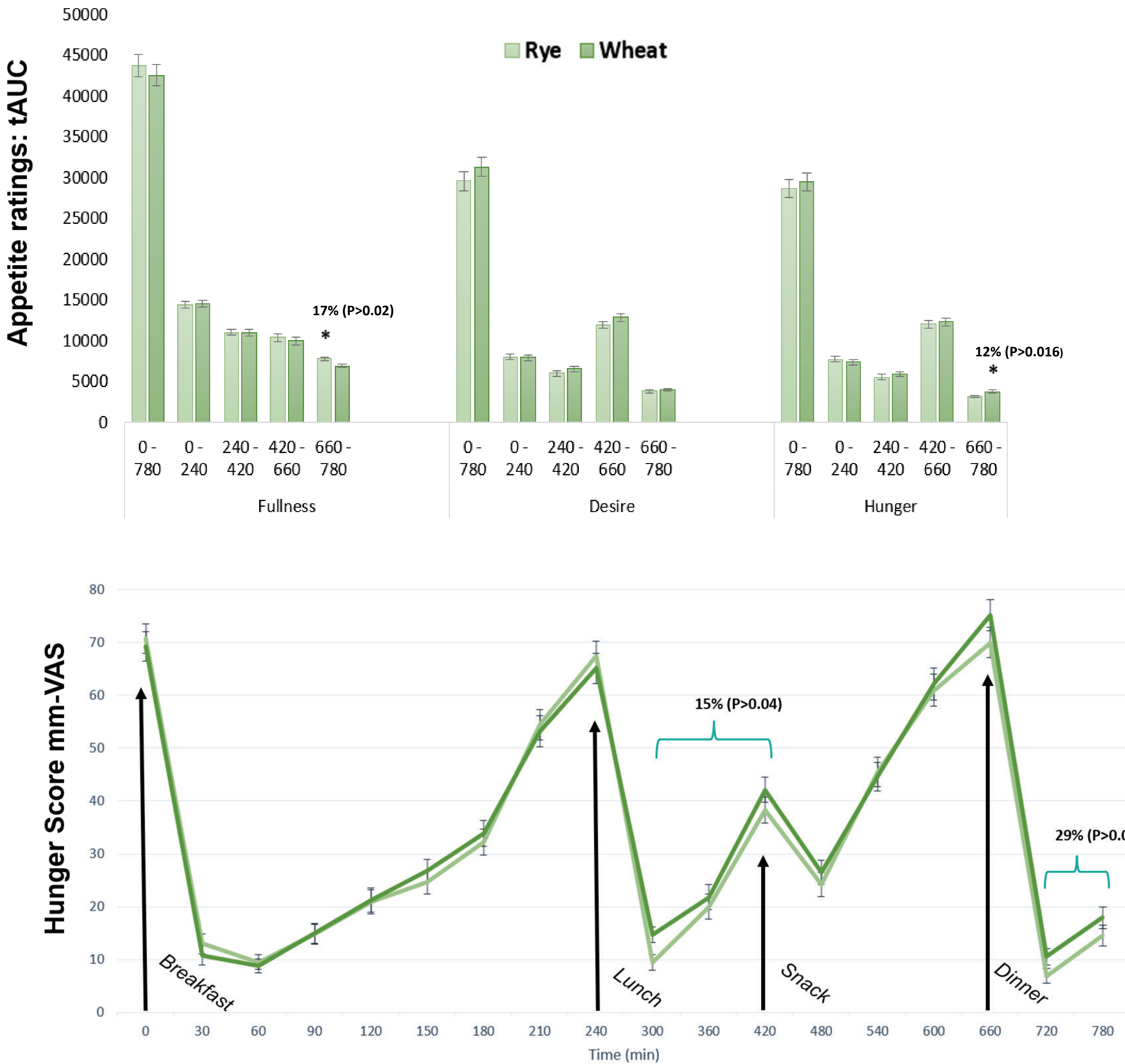
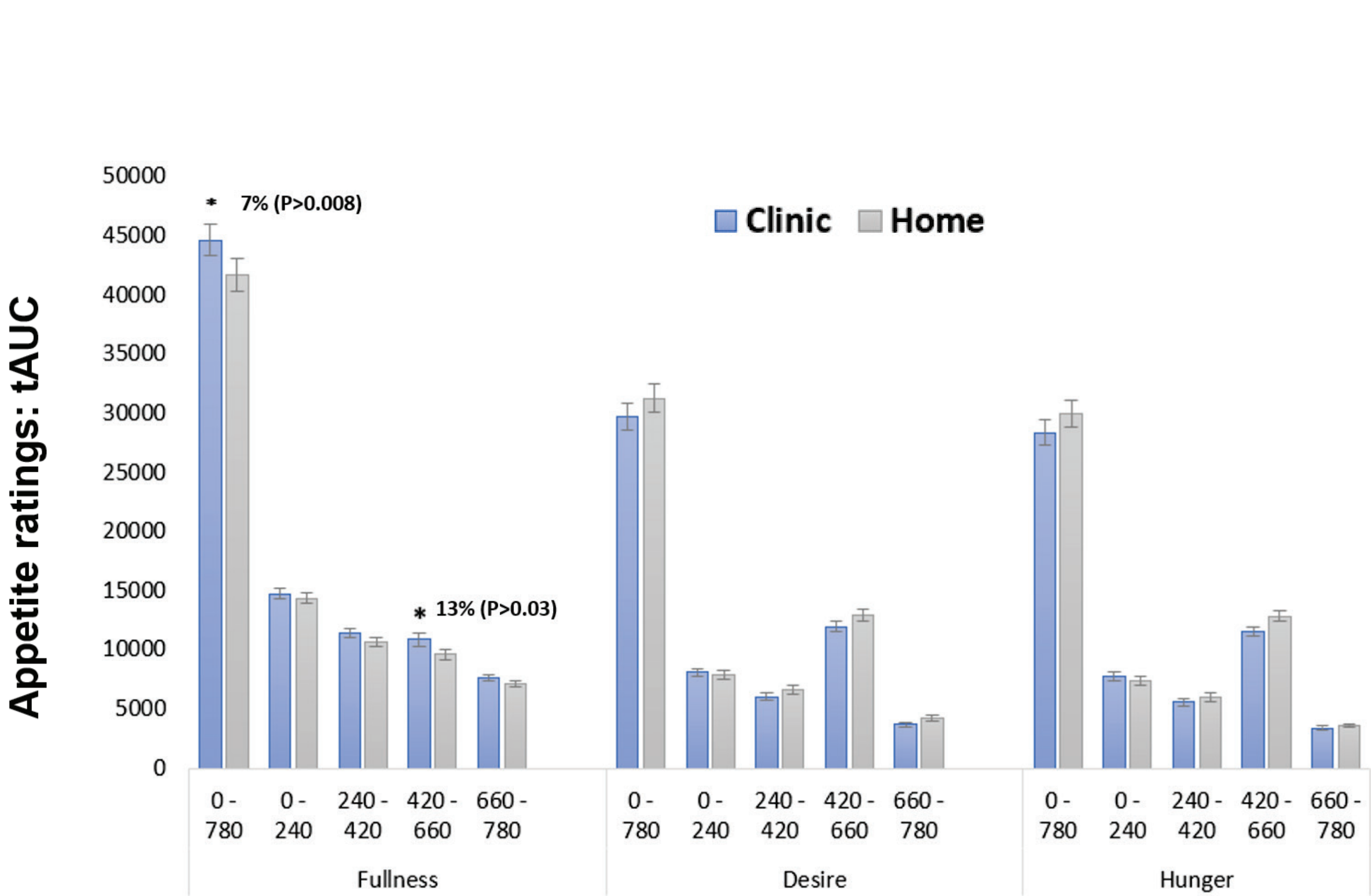
Methods: Study Design and Diet



Preliminary Results: Glycaemic response iAUC:



Results: VAS in free-living setting and Rye vs Wheat



Future Perspectives

- Future studies should investigate effects of a rye-based diet on energy intake and objective measures of appetite response such as specific gut hormones.
- The observed differences in perceived fullness in the afternoon may be addressed in future studies