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Effect of meal size reduction and protein enrichment on intake and satiety in vital community-dwelling older adults

Canan Ziylan, Stefanie Kremer, Jessie Eerens, Annemien Haveman-Nies, Lisette C.P.G.M. de Groot

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4	Canan Ziylan <sup>a,b*</sup> , Stefanie Kremer <sup>a</sup> , Jessie Eerens <sup>b</sup> , Annemien Haveman-Nies <sup>b</sup> , Lisette C.P.G.M. de
5	Groot <sup>b</sup>
6	
7	<sup>a</sup> Consumer Science & Health, Wageningen UR Food & Biobased Research, P.O. Box 17, 6700 AA
8	Wageningen, the Netherlands
9	<sup>b</sup> Division of Human Nutrition, Wageningen University, P.O. Box 8129, 6700 EV Wageningen, the
10	Netherlands
11	
12	*Corresponding author
13	
14	Contact details of the corresponding author: Canan Ziylan, Consumer Science & Health,
15	Wageningen UR Food & Biobased Research, P.O. Box 17, 6700 AA Wageningen, the Netherlands.
16	Email: canan.ziylan@wur.nl; Telephone: +31 317 480 941
17	
18	Email addresses:
19	CZ: canan.ziylan@wur.nl
20	SK: stefanie.kremer@wur.nl
21	JE: jessie.eerens@gmail.com
22	AHN: annemien.haveman@wur.nl
23	LdG: lisette.degroot@wur.nl
24	

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