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The Netherlands

Stress response and health affecting compounds in Brassicaceae

Jahangir, M.

Citation

Jahangir, M. (2010, May 20). *Stress response and health affecting compounds in Brassicaceae*. Retrieved from <https://hdl.handle.net/1887/15518>

Version: Corrected Publisher's Version

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Stellingen

Behorende bij het proefschrift

1. The post harvest storage temperature is a crucial factor for the nutritional value of *Brassica* vegetables (This thesis).
2. Plant age should be considered as an important factor affecting the phytochemical composition of a vegetable based diet (This thesis).
3. Plants change their metabolism specifically for different stress factors (This thesis).
4. Plant development and stress responses result in the modification of different metabolic pathways that can best be explored by using a system biology approach (This thesis).
5. Although it can not analyze all the metabolites within a system, NMR spectroscopy is relatively the best choice for a comprehensive, both quantitative and qualitative, approach for metabolomic analysis.
6. To understand the effect of phytochemicals on health both adverse and beneficial effects need to be studied.
7. It is not the presence of a certain metabolite as such that is important, but it is the concentration at which it has activity.
8. In any stress response study, one needs to take in account that metabolic differences due to genetic variation may be bigger than changes due to the experimental conditions itself.
9. The selection process of biologically active compounds already made in nature should be a major resource for developing novel leads for medicines.
10. The quote " The excess of Ílm (knowledge) is better than the excess of Íbadah (worship), and the best of your religion is the wará (piety, self restrain) " (Prophet Muhammad P.B.U.H.) should be the basis of our behavior.
11. Tasty food doesn't mean that it is healthy.
12. Food science is causing, rather than only solving nutritional problems.