



Less is more: effectiveness and feasibility of a fasting-mimicking diet programme in persons with type 2 diabetes in primary care

Schoonakker, M.P.; Burg, E.L. van den

Citation

Schoonakker, M. P., & Burg, E. L. van den. (2026, February 12). *Less is more: effectiveness and feasibility of a fasting-mimicking diet programme in persons with type 2 diabetes in primary care*. Retrieved from <https://hdl.handle.net/1887/4290087>

Version: Publisher's Version

[Licence agreement concerning inclusion of doctoral thesis in the Institutional Repository of the University of Leiden](#)

License: <https://hdl.handle.net/1887/4290087>

Note: To cite this publication please use the final published version (if applicable).



LESS IS MORE

- Effectiveness and feasibility of a fasting-mimicking diet programme in persons with type 2 diabetes in primary care

Elske van den Burg & Marjolein Schoonakker

