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## **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

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# LESS IS MORE

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

**E.L. van den Burg & M.P. Schoonakker**

## **LESS IS MORE**

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

E.L. van den Burg & M.P. Schoonakker, 2026

Department of Public Health and Primary Care, Leiden University Medical Center

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# LESS IS MORE

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

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**Marjolein Pieterella Schoonakker**

geboren te Terneuzen

en

donderdag 12 februari 2026

klokke 11.30 uur

door

**Elske Larissa van den Burg**

geboren te Lima, Peru

*Voor Marjolein Schoonakker*

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