

Clear.bio | Science | Publications | 2026

Publications by Clear.bio

Precision Nutrition leads Achieving Glycemic Control in Type 2 Diabetes: Exploring the Efficacy of a Real-World Personalized Nutrition Intervention with CGM (in preparation)
S. Klaassen, N. de Boer, Y. Pasveer, M. Frantsen, J. Heinerman, M. Schneider, L. Rodenburg, M. Soeters, N. van Riel, M. Bracke

Eat Measure Know - Tackling the root cause of type 2 diabetes mellitus (white paper)
S. Klaassen & M. Bracke

GLP-1 agonists as a stepping stone to lifestyle change (in Dutch) (submitted to NTvL, Dutch journal for lifestyle medicine)
S. Klaassen, M. Verschuuren, L. Rodenburg, M. Bracke, M. Soeters

Achieving glycemic control in type 2 diabetes: real-world data showing sustained effect of cgm based personalised nutrition 1 year after start (Abstract + poster ATTD 2024, Florence; pdfs available on request)
Y. Pasveer, M. Frantsen, M. Schneider, L. Rodenburg, M. Soeters, M. Bracke

Precision Nutrition leads to 11.6 mmol/mol (1.1%) reduction of eHbA1c in 12 weeks - health impact and motivation by visualisation (Poster, LSX Global 2023, London; pdf available on request)
J. Heinerman, J. Leseman, L. Rodenburg, M. Schneider, M. Soeters, M. Bracke

Data-driven personalised nutritional food advice for healthier eating habits: health impact and motivation by visualisation / Precision nutrition leads to 11.6 mmol/mol (1.1%) eHbA1c reduction in 12 weeks (Abstract + poster ATTD 2023, Berlin; pdfs available on request)
J. Heinerman, J. Leseman, L. Rodenburg, M. Schneider, M. Soeters, M. Bracke

Publications of scientific projects in which Clear.bio participates

[Metabolic phenotypes, genotypes and gut microbiome signatures in obesity: implications for precision nutrition strategies in type 2 diabetes prevention.](#)

A. Muijsenberg, E. Canfora, E. Blaak - *Nutr. Rev.* (2026) 84(1): 158-188

[Health apps for patients with type 2 diabetes mellitus: useful in primary care?: A qualitative descriptive study of the attitudes, barriers, and technology qualifications of primary care professionals regarding mobile health apps for patients with type 2 diabetes mellitus](#) (in Dutch)

J. Smeijers, M. Bults, M. den Ouden, R. Bekhuis - *Ned Tijdschr v Diabetologie* (2024) 22: 5-12

[Exploring Opportunities and Challenges for the Spread, Scale-Up, and Sustainability of mHealth Apps for Self-Management of Patients With Type 2 Diabetes Mellitus in the Netherlands: Citizen Science Approach](#)

C. van Leersum CM, M. Bults, S. Olthuis, R. Bekhuis, A. Konijnendijk, M. den Ouden - *JMIR Diabetes* (2024) 9:e56917

Targeted PRECIision NUTrition strategy to prevent chronic metabolic diseases: study design & rationale

A. Muijsenberg, F. Smit, E. Canfora, A. Roodenburg, M. van Greevenbroek, I. Arts, M. Adriaens, L. Afman, E. Blaak and the PRECINUT consortium

(<https://onderzoekmetmensen.nl/en/node/57311/pdf>; <https://clinicaltrials.gov/study/NCT06923644>)

[Living with my diabetes - introducing eHealth into daily practices of patients with type 2 diabetes mellitus](#)

C. van Leersum, K. Konrad, M. Bults, M. den Ouden - *Digit Health* (2024): 10

[Identifying risk factors for COPD and adult-onset asthma: an umbrella review](#)

J. Holtjer, L. Bloemsma, R. Beijers *et al.* - *Eur Respir Rev.* 2023; 32(168):230009

[Mobile Health Apps for the Control and Self-management of Type 2 Diabetes Mellitus: Qualitative Study on Users' Acceptability and Acceptance](#)

M. Bults, C. van Leersum, T. Olthuis, R. Bekhuis, M. den Ouden - *JMIR Diabetes*, (2023) 8:e41076.