

Unilever's Nutrition Publications



Unilever

Our Nutrition Publications

We believe that the nutrition we promote through our brands and products is based on sound, scientific evidence. This is why we actively conduct scientific research, perform reviews and publish in peer-reviewed publications.

The list below is an example of the work we have performed and published, mostly in the context of collaborations with leading academic groups, since 2009.

2025

1. Baan Hofman JH, Bannenbergh Cavero C, Dötsch-Klerk M, et al. Food biodiversity and its association with diet quality and health outcomes: A scoping review. *Advances in Nutrition*. 2025; 16(12):100551. doi.org/10.1016/j.advnut.2025.100551.
2. Payne ER, Aceves-Martins M, Dubost J, Greyling A, de Roos B. Effects of tea (*Camellia sinensis*) or its bioactive compounds L-theanine or L-theanine plus caffeine on cognition, sleep, and mood in healthy participants: A systematic review and meta-analysis of randomised controlled trials. *Nutrition Reviews*. 2025; 83(10):1873–1891. doi.org/10.1093/nutrit/nuaf054.
3. Lagou V, Greyling A, Ferruzzi M, et al. Impact of flavan-3-ols on blood pressure and endothelial function in diverse populations: A systematic review and meta-analysis of randomised controlled trials. *European Journal of Preventive Cardiology*. 2025; 32(14):1322–1334. doi.org/10.1093/eurjpc/zwaf173.
4. Kose T, de Bie T, Wang R, Eilander A, Wanders A, Sharp PA. The effect of fortification on in vitro iron and zinc bioavailability in plant-based meat alternatives. *Journal of Food Composition and Analysis*. 2025; 146:107951. doi.org/10.1016/j.jfca.2025.107951.
5. de Bie T, Eilander A, Wanders A. Comparing the nutrient composition of plant-based meat with animal meat and legumes: A review of analytical data on 45 nutrients. *Journal of Food Composition and Analysis*. 2025; 146:107841. doi.org/10.1016/j.jfca.2025.107841.
6. Aceves-Martins M, Löfstedt A, Moreno-García CF, Zandstra EH, Wanders AJ, de Roos B. The measurement of dietary species richness reveals that a higher

consumption of dietary fibre, fish, fruits and vegetables is associated with greater food biodiversity in UK diets. *Public Health Nutrition*. 2025;28(1):e76. doi:10.1017/S1368980025000473.

7. Wanders AJ, Heerschop SN, Biesbroek S, Dötsch-Klerk M. Replacing animal meat with plant-based meat alternatives: The impact of protein quality on protein adequacy in the Dutch diet. *Current Developments in Nutrition*. 2025; 2025; 9(3):104562. doi.org/10.1016/j.cdnut.2025.104562.
 8. Pater L, Zandstra EH, Fogliano V, Steenbekkers BLPA. Create the future of food with children: Qualitative insights into children's perception of plant-based meat, fish, and dairy alternatives. *Appetite*. 2025;204:107761. doi.org/10.1016/j.appet.2024.107761.
 9. Tang W, Qian YX, Ni JY, Dai RH, Jiao Y. Three reductions attempt in canteen dishes based on digital tool and its evaluation of employee satisfaction. *Chinese Journal of Prevention and Control of Chronic Diseases*. 2025, 33(3): 219 doi.org/10.16386/j.cjpcd.issn.1004-6194.20240813.0607.
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2024

1. Zandstra EH, van Os DE, van Der Burg E, et al. Multisensory contextual cues and information affect plant-based food choices and taste perception. *Food Quality and Preference*. November 2024:105385. doi:10.1016/j.foodqual.2024.105385.
2. Yang X, Boesveldt S, Zandstra EH. Impact of olfactory priming on mental representations of food concepts and subsequent food choice. *Food Quality and Preference*. October 2024:105351. doi:10.1016/j.foodqual.2024.105351.
3. Cobo MIS, Jager G, Ioannou O, De Graaf C, Zandstra EH. Plate size or plating? Effects of visual food presentation on liking, appetite, and food-evoked emotions in online and real-life contexts. *Food Quality and Preference*. 2024;122:105306. doi:10.1016/j.foodqual.2024.105306.
4. Zandstra EH, Ossel L, Neufingerl N. Eating a plant-based burger makes me feel proud and cool: An online survey on food-evoked emotions of plant-based

meat. *Food Quality and Preference*. 2023;113:105046.
doi:10.1016/j.foodqual.2023.105046.

5. O'Donovan SD, Rundle M, Thomas EL, et al. Quantifying the effect of nutritional interventions on metabolic resilience using personalized computational models. *iScience*. 2024;27(4):109362. doi:10.1016/j.isci.2024.109362.
6. Duysburgh C, Miclotte L, Greyling A, Pyle S, Dixon R, Marzorati M. Exploration of the prebiotic potential of black tea infusion powder on the human gut microbiota in vitro. *Food Bioscience*. 2024;62:105150. doi:10.1016/j.fbio.2024.105150.
7. Stuldreher IV, Van Der Burg E, Velut S, et al. Electrodermal activity as an index of food neophobia outside the lab. *Frontiers in Neuroergonomics*. 2024;4. doi:10.3389/fnrgo.2023.1297722.
8. Duysburgh C, Miclotte L, Greyling A, Pyle S, Dixon R, Marzorati M. Exploration of the prebiotic potential of black tea infusion powder on the human gut microbiota in vitro. *Food Bioscience*. 2024;62:105150. doi.org/10.1016/j.fbio.2024.105150.

2023

1. Boers HM, van Dijk TH, Duchateau GS, et al. Effect of mulberry fruit extract on glucose fluxes after a wheat porridge meal: A dual isotope study in healthy human subjects. *European Journal of Clinical Nutrition*. 2023;77(7):741-747. doi:10.1038/s41430-023-01282-y.
2. Cobo MIS, Jager G, De Graaf C, Zandstra EH. Food-evoked emotions and optimal portion sizes of meat and vegetables for men and women across five familiar Dutch meals: An online study. *Foods*. 2023;12(6):1259. doi:10.3390/foods12061259.
3. Eilander A, Verbakel MR, Dötsch-Klerk M. The potential of condiments, seasonings, and bouillon cubes to deliver essential micronutrients in Asia: Scenario analyses of iodine and iron fortification. *Nutrients*. 2023; 15(3):616. doi.org/10.3390/nu15030616.

4. Manzeke-Kangara MG, Joy EJM, Lark RM, Redfern S, Eilander A, Broadley MR. Do agronomic approaches aligned to regenerative agriculture improve the micronutrient concentrations of edible portions of crops? A scoping review of evidence. *Frontiers in Nutrition*. 2023;10. doi:10.3389/fnut.2023.1078667.
 5. Neufingerl N, Eilander A. Nutrient intake and status in children and adolescents consuming plant-based diets compared to meat-eaters: A systematic review. *Nutrients*. 2023;15(20):4341. doi:10.3390/nu15204341.
 6. Hepsomali P, Zandstra E, Wanders A, O'Neill B, Alfonso-Miller P, Ellis J. An examination of the associations between nutritional composition, social jet lag and temporal sleep variability in young adults. *Nutrients*. 2023;15(15):3425. doi:10.3390/nu15153425.
 7. Yang X, Zandstra EH, Boesveldt S. How sweet odors affect healthy food choice: An eye-tracking study. *Food Quality and Preference*. 2023;109:104922. doi:10.1016/j.foodqual.2023.104922.
 8. Hiraguchi H, van Der Burg E, Stuldreher IV, et al. Effects of multisensory contexts on tofu and soy sauce evaluation and consumption. *Foods*. October 2023;36. doi:10.3390/foods2023-15059.
 9. Zandstra EH, Polet IA, Zeinstra GG, Wanders AJ, Dijksterhuis GB. Satiating capacity of plant-based meat in realistic meal contexts at home. *Foods*. 2023;12(23):4280. doi:10.3390/foods12234280.
 10. van Bergen G, Neufingerl N, Meijboom S, De Rosa Spierings K, Zandstra EH, Polet I. What's cooking, if not meat? Effects of repeated home-use, recipe inspiration and meal context on perception of plant-based meat analogues. *Appetite*. 2023;193:107135. doi:10.1016/j.appet.2023.107135.
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2022

1. Cobo MIS, Jager G, De Wijk R, De Graaf C, Zandstra EH. Does portion size matter? Dynamic changes in hedonic and emotional responses to foods

varying in portion size. *Food Quality and Preference*. 2022;98:104538.
doi:10.1016/j.foodqual.2022.104538.

2. De Wijk RA, Kaneko D, Dijksterhuis GB, et al. A preliminary investigation on the effect of immersive consumption contexts on food-evoked emotions using facial expressions and subjective ratings. *Food Quality and Preference*. 2022;99:104572. doi:10.1016/j.foodqual.2022.104572.
3. Cobo MIS, Jager G, De Graaf C, Zandstra EH. Dynamic changes in hedonic and emotional responses to fruit varying in portion size. *Food Quality and Preference*. 2022;102:104651. doi:10.1016/j.foodqual.2022.104651.
4. Pater L, Kollen C, Damen FWM, Zandstra EH, Fogliano V, Steenbekkers BLPA. The perception of 8- to 10-year-old Dutch children towards plant-based meat analogues. *Appetite*. 2022;178:106264. doi:10.1016/j.appet.2022.106264.
5. Potter TIT, Horgan GW, Wanders AJ, et al. Models predict change in plasma triglyceride concentrations and long-chain n-3 polyunsaturated fatty acid proportions in healthy participants after fish oil intervention. *Frontiers in Nutrition*. 2022;9. doi:10.3389/fnut.2022.989716.
6. Potter T, Horgan G, Wanders A, et al. Applying statistical methods to identify variables associated with a beneficial physiological response to fish oil intervention. *Current Developments in Nutrition*. 2022;6:1123. doi:10.1093/cdn/nzac078.017.
7. O'Donovan SD, Erdős B, Jacobs DM, et al. Quantifying the contribution of triglycerides to metabolic resilience through the mixed meal model. *iScience*. 2022;25(11):105206. doi:10.1016/j.isci.2022.105206.
8. van Den Berg LA, Mes JJ, Mensink M, Wanders AJ. Protein quality of soy and the effect of processing: A quantitative review. *Frontiers in Nutrition*. 2022;9. doi:10.3389/fnut.2022.1004754.
9. Dötsch-Klerk M, Kovacs EMR, Hegde U, Eilander A, Willems JI. Improving the nutrient quality of foods and beverages using product specific standards for nutrients to limit will substantially reduce mean population intakes of energy, sodium, saturated fat and sugars towards WHO guidelines. *Nutrients*. 2022; 14(20):4289. doi.org/10.3390/nu14204289.

10. Dötsch-Klerk M, Bruins MJ, Detzel P, et al. Modelling health and economic impact of nutrition interventions: a systematic review. *European Journal of Clinical Nutrition*. 2022;77(4):413–426. doi:10.1038/s41430-022-01199-y.
 11. Bath SC, Verkaik-Kloosterman J, Sabatier M, et al. A systematic review of iodine intake in children, adults, and pregnant women in Europe—comparison against dietary recommendations and evaluation of dietary iodine sources. *Nutrition Reviews*. 2022;80(11):2154–2177. doi:10.1093/nutrit/nuac032.
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2021

1. Verain MCD, van Den Puttelaar J, Zandstra EH, et al. Variability of Food Choice Motives: Two Dutch studies showing variation across meal moment, location and social context. *Food Quality and Preference*. 2021;98:104505. doi:10.1016/j.foodqual.2021.104505.
2. Dijksterhuis GB, van Bergen G, De Wijk RA, Zandstra EH, Kaneko D, Vingerhoeds M. Exploring impact on eating behaviour, exercise and well-being during COVID-19 restrictions in the Netherlands. *Appetite*. 2021;168:105720. doi:10.1016/j.appet.2021.105720.
3. Papies EK, van Stekelenburg A, Smeets MAM, Zandstra EH, Dijksterhuis GB. Situating desire: Situational cues affect desire for food through eating simulations. *Appetite*. 2021;168:105679. doi:10.1016/j.appet.2021.105679.
4. Neufingerl N, Eilander A. Nutrient intake and status in adults consuming plant-based diets compared to meat-eaters: A systematic review. *Nutrients*. 2021;14(1):29. doi:10.3390/nu14010029.
5. van Lanen AS, De Bree A, Greyling A. Efficacy of a low-FODMAP diet in adult irritable bowel syndrome: A systematic review and meta-analysis. *European Journal of Nutrition*. 2021;60:3505–3522. doi:10.1007/s00394-020-02473-0.
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7. Hepsomali P, Groeger JA. Diet and general cognitive ability in the UK Biobank dataset. *Scientific Reports*. 2021;11(1). doi:10.1038/s41598-021-91259-3.

8. Hepsomali P, Greyling A, Scholey A, Vauzour D. Acute effects of polyphenols on human attentional processes: A systematic review and meta-analysis. *Frontiers in Neuroscience*. 2021;15. doi:10.3389/fnins.2021.678769.
 9. Iddrisu I, Monteagudo-Mera A, Poveda C, et al. Malnutrition and gut microbiota in children. *Nutrients*. 2021;13(8):2727. doi:10.3390/nu13082727.
 10. Heuven LA, Pyle S, Greyling A, Melse-Boonstra A, Eilander A. Gut microbiota-targeted nutritional interventions improving child growth in low- and middle-income countries: A systematic review. *Current Developments in Nutrition*. 2021;5(11):nzab124. doi:10.1093/cdn/nzab124.
 11. De Wijk RA, Zandstra EH, Visser H, van Dijk BPM, Meijboom S & Vingerhoeds MH, Breaking breakfast habits: Strategies for healthier and more sustainable breakfast habits, *Journal of Human Nutrition & Food Science*. 2021;9(2):1142. <https://www.jscimedcentral.com/public/assets/articles/nutrition-9-1142.pdf>.
 12. van Bergen G, Zandstra EH, Kaneko D, Dijksterhuis GB, De Wijk RA. Sushi at the beach: Effects of congruent and incongruent immersive contexts on food evaluations. *Food Quality and Preference*. 2021;91:104193. doi:10.1016/j.foodqual.2021.104193.
 13. Blom WAM, Goeneer NC, Juliano L, de Groene EM, De Oliveira Martins F. Comparison of the efficacy of five front-of-pack nutrition labels in helping the Brazilian consumer make a healthier choice. *Food Science & Nutrition Research*. 2021;4(2). doi:10.33425/2641-4295.1045.
 14. van Rooijen MA, Plat J, Zock PL, Blom W a. M, Mensink RP. Effects of two consecutive mixed meals high in palmitic acid or stearic acid on 8-h postprandial lipemia and glycemia in healthy-weight and overweight men and postmenopausal women: a randomized controlled trial. *European Journal of Nutrition*. 2021;60(7):3659-3667. doi:10.1007/s00394-021-02530-2.
 15. Martins, FO. *Tropical bioeconomy: Roadmaps and guidelines for bioeconomy development in Brazil. Food and beverage processing technologies – Industry*. Attema; 2021.
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2020

1. van Rooijen MA, Plat J, Blom WAM, Zock PL, Mensink RP. Dietary stearic acid and palmitic acid do not differently affect ABCA1-mediated cholesterol efflux capacity in healthy men and postmenopausal women: A randomized controlled trial. *Clinical Nutrition*. 2020;40(3):804-811. doi:10.1016/j.clnu.2020.08.016.
 2. Hepsomali P, Groeger JA, Nishihira J, Scholey A. Effects of Oral Gamma-Aminobutyric Acid (GABA) administration on stress and sleep in humans: a systematic review. *Frontiers in Neuroscience*. 2020;14. doi:10.3389/fnins.2020.00923.
 3. de Groene EM, Dötsch-Klerk M. From individual nutrients to sustainable nutrition. *World Review of Nutrition and Dietetics*. January 2020:73-80. doi:10.1159/000507512.
 4. Igbo-Osagie E, Cara K, Wang D, Yao Q, Penkert LP, Cassidy A, Ferruzzi M, Jacques PF, Johnson EJ, Chung M, Wallace T. Short-term tea consumption is not associated with a reduction in blood lipids or pressure: A systematic review and meta-analysis of randomized controlled trials. *Journal of Nutrition*. 2020;150(12):3269-3279. doi:10.1093/jn/nxaa295.
 5. Vieux F, Maillot M, Rehm CD, Drewnowski A. Flavonoid intakes in the US diet are linked to higher socioeconomic status and to tea consumption: analyses of NHANES 2011-16 data. *Journal of Nutrition*. 2020;150(8):2147-2155. doi:10.1093/jn/nxaa145.
 6. Chung M, Zhao N, Wang D, et al. Dose-response relation between tea consumption and risk of cardiovascular disease and all-cause mortality: A systematic review and meta-analysis of population-based studies. *Advances in Nutrition*. 2020;11(4):790-814. doi:10.1093/advances/nmaa010.
 7. Kalmpourtzidou A, Eilander A, Talsma EF. Global vegetable intake and supply compared to recommendations: A systematic review. *Nutrients*. 2020;12(6):1558. doi:10.3390/nu12061558.
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2019

1. Kdekian A, Alssema M, van Der Beek EM, et al. Impact of isocaloric exchanges of carbohydrate for fat on postprandial glucose, insulin, triglycerides, and free fatty acid responses—a systematic review and meta-analysis. *European Journal of Clinical Nutrition*. 2019;74(1):1-8. doi:10.1038/s41430-019-0534-6.
2. van Eekelen E, Geelen A, Alssema M, et al. Adherence to dietary guidelines in relation to visceral fat and liver fat in middle-aged men and women: the NEO study. *International Journal of Obesity*. 2019;44(2):297-306. doi:10.1038/s41366-019-0441-x.
3. Reinders MJ, van Lieshout L, Pot GK, et al. Portioning meat and vegetables in four different out of home settings: A win-win for guests, chefs and the planet. *Appetite*. 2019;147:104539. doi:10.1016/j.appet.2019.104539.
4. Wiseman SA, Dötsch-Klerk M, Neufingerl N, Martins FO. Future food: Sustainable diets for healthy people and a healthy planet. *International Journal of Nutrology*. 2019;12(01):23-28. doi:10.1055/s-0039-1695714.
5. van Buren L, Grün CH, Basendowski S, Spraul M, Newson R, Eilander A. Nutritional quality of dry vegetable soups. *Nutrients*. 2019;11(6):1270. doi:10.3390/nu11061270.
6. Calder PC, Campoy C, Eilander A, et al. A systematic review of the effects of increasing arachidonic acid intake on PUFA status, metabolism and health-related outcomes in humans. *British Journal of Nutrition*. 2019;121(11):1201-1214.
7. Eilander A, Funke OM, Moretti D, et al. High bioavailability from ferric pyrophosphate-fortified bouillon cubes in meals is not increased by sodium pyrophosphate: a stable iron isotope study in young Nigerian women. *Journal of Nutrition*. 2019;149(5):723-729. doi:10.1093/jn/nxz003.
8. de Roos B, Aura AM, Bronze M, et al. Targeting the delivery of dietary plant bioactives to those who would benefit most: from science to practical applications. *European Journal of Nutrition*. 2019;58(Suppl 2):65-73.
9. Gibney ER, Milenkovic D, Combet E, et al. Factors influencing the cardiometabolic response to (poly)phenols and phytosterols: a review of the COST Action POSITIVE activities. *European Journal of Nutrition*. 2019;58(Suppl 2):37-47.

10. Thijssen DHJ, Bruno RM, van Mil ACCM, et al. Expert consensus and evidence-based recommendations for the assessment of flow-mediated dilation in humans. *European Heart Journal*. 2019;40(30):2534-2547.
11. Carter SE, Draijer R, Holder SM, Brown L, Thijssen DHJ, Hopkins ND. Effect of different walking break strategies on superficial femoral artery endothelial function. *Physiological Reports*. 2019;7(16):e14190.
12. Boers HM, Alsema M, Mela DJ, Peters HPF, Vonk RJ, Priebe MG. The rate of glucose appearance is related to postprandial glucose and insulin responses in adults: a systematic review and meta-analysis of stable isotope studies. *Journal of Nutrition*. 2019;149(11):1896-1903.
13. Schlicker L, Boers HM, Dudek CA, et al. Postprandial metabolic effects of fiber mixes revealed by in vivo stable isotope labeling in humans. *Metabolites*. 2019;9(5):e105.
14. Fechner E, Bilet L, Peters HPF, et al. Effects of a whole diet approach on metabolic flexibility, insulin sensitivity and postprandial glucose responses in overweight and obese adults—a randomized controlled trial. *Clinical Nutrition*. 2019;38(6):2884-2892.
15. Koopman ADM, Beulens JW, van der Heijden A, et al. A prospective study on glucagon responses to oral glucose and mixed meal and 7-year change in fasting glucose. *Clinical Endocrinology (Oxf)*. 2019;91(1):82-86.
16. van Eekelen E, Geelen A, Alsema M, et al. Sweet snacks are positively and fruits and vegetables are negatively associated with visceral or liver fat content in middle-aged men and women. *Journal of Nutrition*. 2019;149(2):304-313.
17. Motta AC, Strassburg K, Oranje P, Vreeken RJ, Jacobs DM. Oxylin profiling in endothelial cells in vitro - effects of DHA and hydrocortisone upon an inflammatory challenge. *Prostaglandins Other Lipid Mediators*. 2019;144:106352.
18. Oranje P, Gouka R, Burggraaff L, et al. Novel natural and synthetic inhibitors of solute carriers SGLT1 and SGLT2. *Pharmacology Research & Perspectives*. 2019;7(4):e00504.
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20. Ferruzzi MG, Tanprasertsuk J, Kris-Etherton P, et al. Perspective: The role of beverages as a source of nutrients and phytonutrients. *Advances in Nutrition*. 2019;11(3):507-523. doi:10.1093/advances/nmz115.

21. Vieux F, Maillot M, Rehm CD, Drewnowski A. Tea consumption patterns in relation to diet quality among children and adults in the United States: Analyses of NHANES 2011-2016 data. *Nutrients*. 2019;11(11):2635.

Flora Food Group/Upfield (spreads related) publications*

*with contributions made by at least one of the authors who was employed by Unilever R&D at the time the study was conducted. Upfield has been divested from Unilever and has been operating as a separate spreads business since 2 July 2018. The company has since changed its name to Flora Food Group.

1. Pertiwi K, Wanders AJ, Harbers MC, et al. Plasma and dietary linoleic acid and 3-year risk of type 2 diabetes after myocardial infarction: A prospective analysis in the Alpha Omega cohort. *Diabetes Care*. 2019;43(2):358-365. doi:10.2337/dc19-1483.
2. Pieters DJ, Zock PL, Fuchs D, Mensink RP. Effect of α -linolenic acid on 24-h ambulatory blood pressure in untreated high-normal and stage I hypertensive subjects. *British Journal of Nutrition*. 2019;121(2):155-163.
3. Joris PJ, Draijer R, Fuchs D, Mensink RP. Effect of α -linolenic acid on vascular function and metabolic risk markers during the fasting and postprandial phase: A randomized placebo-controlled trial in untreated prehypertensive individuals. *Clinical Nutrition*. 2019;39(8):2413-2419. doi:10.1016/j.clnu.2019.11.032.
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5. Pertiwi K, Kok DE, Wanders AJ, de Goede J, Zock PL, Geleijnse JM. Circulating n-3 fatty acids and linoleic acid as indicators of dietary fatty acid intake in post-myocardial infarction patients. *Nutrition, Metabolism & Cardiovascular Diseases*. 2019;29(4):343-350.
6. Guasch-Ferré M, Zong G, Willett WC, et al. Associations of monounsaturated fatty acids from plant and animal sources with total and cause-specific mortality in two US prospective cohort studies. *Circulation Research*. 2019;124(8):1266-1275.

7. Zong G, Liu G, Willett WC, et al. Associations between linoleic acid intake and incident type 2 diabetes among U.S. men and women. *Diabetes Care*. 2019;42(8):1406-1413.
8. Pertiwi K, Küpers LK, Wanders AJ, de Goede J, Zock PL, Geleijnse JM. Associations of dairy and fiber intake with circulating odd-chain fatty acids in post-myocardial infarction patients. *Nutrition & Metabolism (Lond)*. 2019;16:78.
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10. Lin Y, Koppenol WP, Knol D, Vermeer MA, Hiemstra H, Friedrichs S, Lütjohann D, Trautwein EA. Serum concentration of plant sterol oxidation products (POP) compared to cholesterol oxidation products (COP) after intake of oxidized plant sterols: a randomised, placebo-controlled, double-blind dose-response pilot study. *Nutrients*. 2019;11(10):2319. doi:10.3390/nu11102319.
11. Baumgartner S, Ras RT, Trautwein EA, Konings MCJM, Mensink RP, Plat J. Plasma oxyphytosterol concentrations are not associated with CVD status in Framingham Offspring Study participants. *Journal of Lipid Research*. 2019;60(11):1905-1911.
12. Magriplis E, Sialvera TE, Papadopoulou A, et al. Effectiveness and easiness of adherence to behavioural guidelines for diet and lifestyle changes for cholesterol-lowering: The Increasing Adherence of Consumers to Diet & Lifestyle Changes to Lower (LDL) Cholesterol (ACT) randomised controlled trial. *Journal of Human Nutrition & Dietetics*. 2019;32(5):607-618.
13. Plat J, Baumgartner S, Vanmierlo T, et al. Plant-based sterols and stanols in health & disease: "Consequences of human development in a plant-based environment?" *Progress in Lipid Research*. 2019;74:87-102.

2018

1. Rauh SP, Rutters F, van der Heijden A, et al. External validation of a tool predicting 7-year-risk of developing cardiovascular disease, type 2 diabetes or

- chronic kidney disease. *Journal of General Internal Medicine*. 2018;33(2):182-188. doi:10.1007/s11606-017-4231-7.
2. Ruijgrok C, Dekker JM, Beulens JW, et al. Size and shape of the association of glucose, HbA1c, insulin, and HOMA-IR with incident type 2 diabetes – the Hoorn Study. *Diabetologia*. 2018;61(1):93-100. doi: 10.1007/s00125-017-4452-7.
 3. Trautwein EA, Peters HPF, Mela DJ, et al. Is gut microbiota a relevant and competitive dietary target for cardio-metabolic health? *Trends in Food Science & Technology*. 2018;81:146-154.
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