



## LJMU Research Online

**Gijbels, A, Trouwborst, I, Jardon, KM, Hul, GB, Siebelink, E, Bowser, SM, Yildiz, D, Wanders, L, Erdos, B, Thijssen, DHJ, Feskens, EJM, Goossens, GH, Afman, LA and Blaak, EE**

**The PERSONalized Glucose Optimization Through Nutritional Intervention (PERSON) Study: Rationale, Design and Preliminary Screening Results**

<http://researchonline.ljmu.ac.uk/id/eprint/15364/>

### Article

**Citation** (please note it is advisable to refer to the publisher's version if you intend to cite from this work)

**Gijbels, A, Trouwborst, I, Jardon, KM, Hul, GB, Siebelink, E, Bowser, SM, Yildiz, D, Wanders, L, Erdos, B, Thijssen, DHJ, Feskens, EJM, Goossens, GH, Afman, LA and Blaak, EE (2021) The PERSONalized Glucose Optimization Through Nutritional Intervention (PERSON) Study: Rationale.**

LJMU has developed **LJMU Research Online** for users to access the research output of the University more effectively. Copyright © and Moral Rights for the papers on this site are retained by the individual authors and/or other copyright owners. Users may download and/or print one copy of any article(s) in LJMU Research Online to facilitate their private study or for non-commercial research. You may not engage in further distribution of the material or use it for any profit-making activities or any commercial gain.

The version presented here may differ from the published version or from the version of the record. Please see the repository URL above for details on accessing the published version and note that access may require a subscription.

For more information please contact [researchonline@ljmu.ac.uk](mailto:researchonline@ljmu.ac.uk)

<http://researchonline.ljmu.ac.uk/>





## LJMU Research Online

Gijbels, A, Trouwborst, I, Jardon, KM, Hul, GB, Siebelink, E, Bowser, SM, Yildiz, D, Wanders, L, Erdos, B, Thijssen, DHJ, Feskens, EJM, Goossens, GH, Afman, LA and Blaak, EE

**Corrigendum: The PERSONalized Glucose Optimization Through Nutritional Intervention (PERSON) Study: Rationale, Design and Preliminary Screening Results (Front. Nutr., (2021), 8, (694568), 10.3389/fnut.2021.694568)**

<http://researchonline.ljmu.ac.uk/id/eprint/16704/>

### Article

**Citation** (please note it is advisable to refer to the publisher's version if you intend to cite from this work)

**Gijbels, A, Trouwborst, I, Jardon, KM, Hul, GB, Siebelink, E, Bowser, SM, Yildiz, D, Wanders, L, Erdos, B, Thijssen, DHJ, Feskens, EJM, Goossens, GH, Afman, LA and Blaak, EE (2022) Corrigendum: The PERSONalized Glucose Optimization Through Nutritional Intervention (PERSON) Study:**

LJMU has developed [LJMU Research Online](#) for users to access the research output of the University more effectively. Copyright © and Moral Rights for the papers on this site are retained by the individual authors and/or other copyright owners. Users may download and/or print one copy of any article(s) in LJMU Research Online to facilitate their private study or for non-commercial research. You may not engage in further distribution of the material or use it for any profit-making activities or any commercial gain.

The version presented here may differ from the published version or from the version of the record. Please see the repository URL above for details on accessing the published version and note that access may require a subscription.

For more information please contact [researchonline@ljmu.ac.uk](mailto:researchonline@ljmu.ac.uk)

<http://researchonline.ljmu.ac.uk/>





# Corrigendum: The PERSONalized Glucose Optimization Through Nutritional Intervention (PERSON) Study: Rationale, Design and Preliminary Screening Results

Anouk Gijbels<sup>1,2†</sup>, Inez Trouwborst<sup>2,3†</sup>, Kelly M. Jardon<sup>2,3</sup>, Gabby B. Hul<sup>3</sup>, Els Siebelink<sup>1</sup>, Suzanne M. Bowser<sup>3</sup>, Dilemin Yildiz<sup>3</sup>, Lisa Wanders<sup>2,4</sup>, Balázs Erdos<sup>2,5</sup>, Dick H. J. Thijssen<sup>4,6</sup>, Edith J. M. Feskens<sup>1</sup>, Gijs H. Goossens<sup>3</sup>, Lydia A. Afman<sup>1</sup> and Ellen E. Blaak<sup>2,3\*</sup>

## OPEN ACCESS

### Edited and reviewed by:

Stine Marie Ulven,  
University of Oslo, Norway

### \*Correspondence:

Ellen E. Blaak  
e.blaak@maastrichtuniversity.nl

†These authors have contributed  
equally to this work and share first  
authorship

### Specialty section:

This article was submitted to  
Nutrition and Metabolism,  
a section of the journal  
Frontiers in Nutrition

**Received:** 15 December 2021

**Accepted:** 04 January 2022

**Published:** 03 February 2022

### Citation:

Gijbels A, Trouwborst I, Jardon KM,  
Hul GB, Siebelink E, Bowser SM,  
Yildiz D, Wanders L, Erdos B,  
Thijssen DHJ, Feskens EJM,  
Goossens GH, Afman LA and  
Blaak EE (2022) Corrigendum: The  
PERSONalized Glucose Optimization  
Through Nutritional Intervention  
(PERSON) Study: Rationale, Design  
and Preliminary Screening Results.  
*Front. Nutr.* 9:836546.  
doi: 10.3389/fnut.2022.836546

<sup>1</sup> Division of Human Nutrition and Health, Wageningen University, Wageningen, Netherlands, <sup>2</sup> Top Institute Food and Nutrition, Wageningen, Netherlands, <sup>3</sup> Department of Human Biology, Maastricht University Medical Center+, Maastricht, Netherlands, <sup>4</sup> Department of Physiology, Radboud Institute for Health Sciences, Radboud University Medical Center, Nijmegen, Netherlands, <sup>5</sup> Maastricht Centre for Systems Biology, Maastricht University, Maastricht, Netherlands, <sup>6</sup> Research Institute for Sport and Exercise Sciences, Liverpool John Moores University, Liverpool, United Kingdom

**Keywords:** precision nutrition, personalized nutrition, insulin resistance, metabolic phenotype, glucose homeostasis, obesity, dietary intervention study, randomized clinical trial

## A Corrigendum on

### The PERSONalized Glucose Optimization Through Nutritional Intervention (PERSON) Study: Rationale, Design and Preliminary Screening Results

by Gijbels, A., Trouwborst, I., Jardon, K. M., Hul, G. B., Siebelink, E., Bowser, S. M., Yildiz, D., Wanders, L., Erdos, B., Thijssen, D. H. J., Feskens, E. J. M., Goossens, G. H., Afman, L. A., and Blaak, E. E. (2021). *Front. Nutr.* 8:694568. doi: 10.3389/fnut.2021.694568

In the original article, there was a mistake in **Supplementary Tables 3 and 4**. Some numbers in these tables were incorrect. The corrected tables **Supplementary Tables 3 and 4** appear below.

The authors apologize for this error and state that this does not change the scientific conclusions of the article in any way. The original article has been updated.

**Publisher's Note:** All claims expressed in this article are solely those of the authors and do not necessarily represent those of their affiliated organizations, or those of the publisher, the editors and the reviewers. Any product that may be evaluated in this article, or claim that may be made by its manufacturer, is not guaranteed or endorsed by the publisher.

Copyright © 2022 Gijbels, Trouwborst, Jardon, Hul, Siebelink, Bowser, Yildiz, Wanders, Erdos, Thijssen, Feskens, Goossens, Afman and Blaak. This is an open-access article distributed under the terms of the Creative Commons Attribution License (CC BY). The use, distribution or reproduction in other forums is permitted, provided the original author(s) and the copyright owner(s) are credited and that the original publication in this journal is cited, in accordance with accepted academic practice. No use, distribution or reproduction is permitted which does not comply with these terms.

**Supplementary Table 3** | Overview of standardized products provided during at-home days and amounts provided per energy group.

Meal moment (time frame)	Product	Nutrients per 100 g					Amounts (g) provided per energy group			
		Energy (kJ)	Fat (g)	Saturated fat (g)	Protein (g)	Carbohydrates (g)	Sugars (g)	6-8 MJ	9-11 MJ	12-13 MJ
Breakfast (7am-9am)	Drink yogurt	247	0.8	0.5	3.4	8.1	7.3	400	400	400
	Gingerbread	1304	1.1	0.4	2.9	69.6	37.1	28	28	28
Snack (10am-11am)	Raisin cake	1785	21.3	6.8	6.3	51.7	35.0	60	60	60
	Banana	401	0.3	0.1	1.1	20.6	15.5	130	130	130
	Apple juice	194	0.0	0.0	0.1	11.2	10.5	200	200	200
Lunch (12am-1pm)	Wheat bread	1000	1.8	0.4	9.8	42.9	2.0	56	84	112
	Cream cheese	1540	33.3	10.7	14.0	2.7	2.0	15	30	30
	Hazelnut spread	2347	35.3	9.3	6.0	54.0	50.0	15	15	30
	Semi-skimmed milk	192	1.5	1.0	3.4	4.7	4.7	200	200	200
	Yogurt with strawberry sauce	368	2.0	1.3	4.0	13.0	11.0	190	190	190
Snack (3pm-4pm)	Apple	254	0.2	0.0	0.3	13.0	10.4	135	135	135
	Potato chips	2261	33.2	5.7	6.4	52.5	1.4	28	28	28
	Lemonade	170	0.1	0.0	0.1	9.7	9.6	200	200	200
Dinner (6pm-7pm)	Macaroni meal	447	3.6	1.2	5.6	12.1	2.0	350	450	550

Nutrient composition was calculated using the 2016 Dutch Food Composition Table<sup>90</sup> kJ, kilojoule; MJ, megajoule.

**Supplementary Table 4** | Macronutrient composition of standardized meal moments during home-days per energy group.

Energy group	Meal moment (time frame)	Energy (kJ)	Fat (g)	Saturated fat (g)	Protein (g)	Carbohydrates (g)	Sugars (g)
6-8 MJ	Breakfast (7am-9am)	1353	3.5	2.1	14.4	51.9	39.6
	Snack (10am-11am)	1980	13.2	4.2	5.4	80.2	62.2
	Lunch (12am-1pm)	2226	18.1	7.7	22.8	66.6	39.2
	Snack (3pm-4pm)	1316	9.8	1.6	2.4	51.6	33.7
	Dinner (6pm-7pm)	1565	12.7	4.2	19.7	42.2	6.9
	Total		8440	57.3	19.8	64.7	292.5
9-11 MJ	Breakfast (7am-9am)	1353	3.5	2.1	14.4	51.9	39.6
	Snack (10am-11am)	1980	13.2	4.2	5.4	80.2	62.2
	Lunch (12am-1pm)	2738	23.6	9.4	27.6	79.1	40.1
	Snack (3pm-4pm)	1316	9.8	1.6	2.4	51.6	33.7
	Dinner (6pm-7pm)	2012	16.3	5.4	25.3	54.3	8.9
	Total		9399	66.4	22.7	75.1	317.1
12-13 MJ	Breakfast (7am-9am)	1353	3.5	2.1	14.4	51.9	39.6
	Snack (10am-11am)	1980	13.2	4.2	5.4	80.2	62.2
	Lunch (12am-1pm)	3369	29.4	10.9	31.2	99.2	48.2
	Snack (3pm-4pm)	1316	9.8	1.6	2.4	51.6	33.7
	Dinner (6pm-7pm)	2459	19.9	6.6	30.9	66.3	10.9
	Total		10477	75.8	25.4	84.3	349.2

Nutrient composition was calculated using the 2016 Dutch Food Composition Table<sup>90</sup> kJ, kilojoule; MJ, megajoule.