

			Low carb arm					
			Calories			Fat intake		
Study	Duration (in months)	Low carb protocol	Baseline	[Timepoint]	End of study	Baseline, grams (% of calories)	Fat, grams (% of calories) [Timepoint]	End of study, grams (% of calories)
New England Journal of Medicine 2008: Weight loss with a low-carbohydrate, Mediterranean, or low-fat diet	24	Atkins	Not provided	-561 [6 mo]	-550	32%	-4 (39%) [6 mo]	-2 (39%)
Annals of Internal Medicine 2014: Effects of low-carbohydrate and low-fat diets: a randomized trial	12	Atkins type diet	1998	1258 [3 mo]	1448	72 (33%)	60 (43%) [3 mo]	65 (41%)
Journal of the American Medical Association 2007: Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women. The A-to-Z weight loss study: a randomized trial	12	Atkins	1888	1381 [2 mo]	1599	76 (36%)	84 (55%) [2 mo]	78 (44%)
Journal of the American Medical Association 2005: Comparison of the Atkins, Ornish, Weight Watchers, and Zone Diets for Weight Loss and Heart Disease Risk Reduction	12	Atkins	1989	1705 [1 mo]	1886	78 (35%)	96 (51%) [1 mo]	81 (39%)
New England Journal of Medicine 2003: A Low-Carbohydrate as Compared with a Low-Fat Diet in Severe Obesity	6	Protein Power	2090	No other timepoint data reported	1630	77 (33%)	No other timepoint data reported	74 (41%)
The Journal of Clinical Endocrinology & Metabolism 2005: The Role of Energy Expenditure in the Differential Weight Loss in Obese Women on Low-Fat and Low-Carbohydrate Diets	4	Atkins	2166	1288 [2 mo]	1531	87(36%)	82 (57%) [2 mo]	88 (52%)