

A summary table of randomised controlled trials comparing
low-carb diets of less than 130g carbohydrate per day
to low-fat diets of less than 35% fat of total calories
compiled by the Public Health Collaboration

Time Frame & Reference	Low Carb (LC) Weight Loss	Low Fat (LF) Weight Loss	Subjects (LC v LF)	Time Frame & Reference	Low Carb (LC) Weight Loss	Low Fat (LF) Weight Loss	Subjects (LC v LF)
6 Months [1]	8.5kg^*	3.9kg	22 v 20	3 Months [36]	5.0kg^	3.7kg	63 v 66
12 Months [2]	4.3kg^	2.5kg	20 v 17	24 Weeks [37]	12.0kg^	11.5kg	46 v 47
6 Months [3]	5.8kg^*	1.9kg	43 v 36	6 Months [38]	6.0kg^	5.9kg	57 v 174
12 Weeks [4]	9.9kg^*	4.1kg	16 v 14	1 Year [39]	2.1kg	3.0kg^	40 v 40
12 Weeks [5]	6.2kg^*	3.4kg	22 v 23	6 Weeks [40]	6.1kg^*	3.9kg	15 v 15
24 Weeks [6]	12.7kg^*	7.2kg	46 v 34	24 Weeks [41]	7.1kg^*	4.7kg	28 v 30
30-50 Days [7]	5.5kg^*	3.5kg	28 v 28	3 Months [42]	7.6kg^*	4.3kg	22 v 19
10 Weeks [8]	7.0kg^	6.8kg	15 v 16	6 Months [43]	4.3kg^	4.0kg	29 v 30
6 Weeks [9]	6.2kg^*	6.0kg	16 v 16	6 Months [44]	2.6kg^	1.4kg	12 v 12
6 Weeks [10]	6.4kg^*	4.2kg	12 v 11	8 Weeks [45]	7.4kg^	6.5kg	12 v 12
3 Months [11]	3.55kg^*	0.92kg	40 v 39	6 Months [46]	6.8kg^	5.6kg	53 v 57
12 Weeks [12]	6.3kg^	5.3kg	49 v 47	3 Months [47]	3.4kg	4.1kg^	150 v 150
12 Months [13]	4.7kg^*	2.2kg	68 v 61	12 Months [48]	11.8kg^*	6.9kg	55 v 55
8 Weeks [14]	7.8kg^*	6.4kg	48 v 45	1 Year [49]	2.9kg	3.7kg^	30 v 30
3 Months [15]	6.9kg^*	2.1kg	10 v 10	6 Months [50]	8.5kg^*	3.5kg	43 v 35
24 Weeks [16]	11.1kg^*	6.9kg	21 v 29	52 Weeks [51]	9.8kg	10.1kg^	41 v 37
2 Years [17]	5.5kg^*	3.3kg	83 v 94	6 Months [52]	9.1kg^	8.9kg	25 v 24
8 Weeks [18]	7.5kg^*	6.2kg	52 v 47	6 Months [53]	8.0kg^	5.7kg	21 v 17
24 Weeks [19]	11.9kg^	10.1kg	45 v 43	6 Months [54]	1.6kg^*	0.6kg	30 v 32
12 Weeks [20]	10.1kg^*	5.2kg	20 v 20	4 Months [55]	14.7kg^*	5.05kg	45 v 40
12 Months [21]	14.5kg^	11.5kg	33 v 36	12 Weeks [56]	11.9kg	12.2kg^	20 v 18
13 Weeks [22]	13.2kg^*	7.3kg	18 v 15	32 Weeks [57]	12.7kg^*	3.0kg	12 v 13
24 Months [23]	2.34kg	2.97kg^	31 v 30	18 Months [58]	5.0kg^	2.4 kg	32 v 33
3 Months [24]	5.5kg^*	2.6kg	15 v 18	10 Weeks [59]	25.8kg^*	2.08kg	10 v 10
12 Months [25]	5.6kg^*	1.4kg	59 v 60	12 Months [60]	7.9kg^*	1.7kg	16 v 18
4 Months [26]	9.79kg^*	6.14kg	20 v 20	2 Years [61]	6.8kg^	6.6kg	33 v 28
8 Weeks [27]	8.4kg^*	6.7kg	32 v 28	12 Months [62]	6.0kg^	5.3kg	304 v 305
12 Months [28]	3.1kg	3.1kg	47 v 49	12 Weeks [63]	9.5kg^*	2.0kg	21 v 12
2 Years [29]	6.34kg	7.37kg^	154 v 153	12 Weeks [64]	13.72kg^*	0.77kg	46 v 45
24 Months [30]	1.5kg^	0.2kg	28 v 40	18 Months [65]	2.76kg^*	0.71kg	43 v 42
12 Weeks [31]	6.8kg^	5.2kg	18 v 15	8 Weeks [66]	5.9kg^*	0.9kg	19 v 15
12 Weeks [32]	8.0kg^*	6.4kg	24 v 21	12 Months [67]	9.3kg^*	5.8kg	76 v 64
1 Year [33]	13.7kg	13.7kg	55 v 51	6 Months [68]	5.1kg ^*	0.2kg	49 v 22
1 Year [34]	5.1kg^	3.1kg	62 v 64	12 Weeks [69]	10.4kg ^*	+0.5kg	98 v 90
48 Weeks [35]	11.37kg^	9.62kg	57 v 65	6 Months [70]	4.1kg ^	1.0kg	60 v 61
				4 Months [71]	8.8kg ^*	4.7kg	45 v 49
				Totals:	62/71 Are > LF	7/71 Are > LC	3,030 (LC) v 2,062 (LF)
					39/71 Are Sig. >	0/71 Are Sig. >	
(2 RCTs Are Equal)							

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