Meta-Analyses Comparing
Low-Carb Diets Of Less Than 130g Carbohydrate Per Day
To Low-Fat Diets Of Less Than 35% Fat Of Total Calories

1. Systematic review of randomized controlled trials of low-carbohydrate vs. low-fat/low-calorie diets in the management of obesity and its comorbidities. Hession et al. August 2008. http://onlinelibrary.wiley.com/doi/10.1111/j.1467-789X.2008.00518.x/full

2. Systematic review and meta-analysis of clinical trials of the effects of low carbohydrate diets on cardiovascular risk factors. Santos et al. August 2012. http://onlinelibrary.wiley.com/wol1/doi/10.1111/j.1467-789X.2012.01021.x/full

3. Very-low-carbohydrate ketogenic diet v. low-fat diet for long-term weight loss: a meta-analysis of randomised controlled trials. Bueno et al. October 2013. http://journals.cambridge.org/action/displayFulltext?type=6&fid=9016490&jid=BJN&volumeId=110&issueId=07&aid=9016489&bodyId=&membershipNumber=&societyETOCSession=&fulltextType=RV&fileId=S0007114513000548

4. Dietary Intervention for Overweight and Obese Adults: Comparison of Low-Carbohydrate and Low-Fat Diets. A Meta-Analysis. Sackner-Bernstein et al. October 2015. http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0139817

5. Effect of low-fat diet interventions versus other diet interventions on long-term weight change in adults: a systematic review and meta-analysis. Tobias et al. October 2015. http://www.thelancet.com/pdfs/journals/landia/PIIS2213-8587(15)00367-8.pdf

6. Effects of low-carbohydrate diets v. low-fat diets on body weight and cardiovascular risk factors: a meta-analysis of randomised controlled trials. Mansoor et al. December 2015. http://journals.cambridge.org/action/displayAbstract?aid=10109166&fileId=S0007114515004699