

**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. <https://doi.org/10.1111/j.1467-789X.2008.00518.x>
2. Effects of low carbohydrate diets on weight and glycemic control among type 2 diabetes individuals: a systemic review of RCT greater than 12 weeks. Castañeda-González et al. Nov-Dec 2011. <https://doi.org/10.1590/S0212-16112011000600013>
3. Systematic review and meta-analysis of clinical trials of the effects of low carbohydrate diets on cardiovascular risk factors. Santos et al. August 2012. <https://doi.org/10.1111/j.1467-789X.2012.01021.x>
4. 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. <https://doi.org/10.1017/S0007114513000548>
5. Dietary Intervention for Overweight and Obese Adults: Comparison of Low-Carbohydrate and Low-Fat Diets. A Meta-Analysis. Sackner-Bernstein et al. October 2015. <https://doi.org/10.1371/journal.pone.0139817>
6. 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. [https://doi.org/10.1016/S2213-8587\(15\)00367-8](https://doi.org/10.1016/S2213-8587(15)00367-8)
7. 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. <https://doi.org/10.1017/S0007114515004699>
8. Effects of low carbohydrate diets in individuals with type 2 diabetes: systematic review and meta-analysis. Fan et al. June 2016. <http://www.ijcem.com/files/ijcem0023504.pdf>
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