

**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>
9. Efficacy of low carbohydrate diet for type 2 diabetes mellitus management: A systematic review and meta-analysis of randomized controlled trials. Meng et al. July 2017. <http://dx.doi.org/10.1016/j.diabres.2017.07.006>
10. The interpretation and effect of a low-carbohydrate diet in the management of type 2 diabetes: a systematic review and meta-analysis of randomised controlled trials. Huntriss et al. Dec 2017. <https://doi.org/10.1038/s41430-017-0019-4>
11. Effects of low-carbohydrate- compared with low-fat-diet interventions on metabolic control in people with type 2 diabetes: a systematic review including GRADE assessments. van Zuuren et al. July 2018. <https://doi.org/10.1093/ajcn/nqy096>
12. Effects of carbohydrate-restricted diets on low-density lipoprotein cholesterol levels in overweight and obese adults: a systematic review and meta-analysis. Gjuladin-Hellon et al. December 2018. <https://doi.org/10.1093/nutrit/nuy049>