

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
with type 2 diabetes participants,
compiled by the Public Health Collaboration

Time Period/Ref.	LC HbA1c Change	LF HbA1c Change	Participants (LC v LF)
1 Year [1]	-8.8 mmol/mol ^{^*}	-1.1 mmol/mol	27 v 27 (54)
3 Months [2]	-6 mmol/mol [^]	-2.5 mmol/mol	40 v 39 (79)
24 Weeks [3]	-16.4 mmol/mol ^{^*}	-5.5 mmol/mol	21 v 29 (50)
12 Months [4]	-0.2 mmol/mol [^]	+2.6 mmol/mol	47 v 49 (96)
24 Months [5]	-1.1 mmol/mol	-2.2 mmol/mol [^]	28 v 40 (68)
24 Months [6]	0.0 mmol/mol [^]	+2.2 mmol/mol	30 v 31 (61)
24 Weeks [7]	-28.4 mmol/mol ^{^*}	-20.8 mmol/mol	46 v 47 (93)
6 Months [8]	-4.0 mmol/mol [^]	-1.0 mmol/mol	29 v 30 (59)
52 Weeks [9]	-10.9 mmol/mol	-11.0 mmol/mol [^]	41 v 37 (78)
6 Months [10]	-7.6 mmol/mol ^{^*}	0.0 mmol/mol	30 v 32 (62)
4 Months [11]	-9.8 mmol/mol [^]	-4.4 mmol/mol	40 v 36 (76)
48 Weeks [12]	-7.7 mmol/mol ^{^*}	+1.1 mmol/mol	16 v 21 (37)
6 Months [13]	-6.6 mmol/mol ^{^*}	-2.2 mmol/mol	12 v 12 (24)
3 Months [14]	-6.5 mmol/mol ^{^*}	0.0 mmol/mol	16 v 18 (34)
32 Weeks [15]	-8.7 mmol/mol ^{^*}	-3.3 mmol/mol [^]	12 v 13 (25)
13/15 LC Are > LF		2/15 LC Are > LF	453 v 476 (929)
8/15 LC Are Sig.		0/15 LF Are Sig.	Completion Rates 85.5%(LC) v 81.0%(LF)

[^] = Greater HbA1c Reduction * = Significantly Greater HbA1c Reduction Between Groups

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