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)
12 Weeks [16]	**-16.3 mmol/mol^***	-0.7 mmol/mol	21 v 12 (33)
	13/15 LC Are > LF 8/15 LC Are Sig.	**2/15 LF Are > LC 0/15 LF Are Sig.**	**474 v 488 (962)**

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

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