

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
compiled by the Public Health Collaboration

Time Frame & Reference	Low Carb (LC) Weight Loss	Low Fat (LF) Weight Loss	Subjects (LC v LF)	Time Frame & Reference	Low Carb (LC) Weight Loss	Low Fat (LF) Weight Loss	Subjects (LC v LF)
6 Months [1]	8.5kg*	3.9kg	22 v 20	1 Year [34]	5.1kg	3.1kg	62 v 64
12 Months [2]	4.3kg	2.5kg	20 v 17	48 Weeks [35]	11.37kg	9.62kg	57 v 65
6 Months [3]	5.8kg*	1.9kg	43 v 36	3 Months [36]	5.0kg	3.7kg	63 v 66
12 Weeks [4]	9.9kg*	4.1kg	16 v 14	24 Weeks [37]	12.0kg	11.5kg	46 v 47
12 Weeks [5]	6.2kg*	3.4kg	22 v 23	6 Months [38]	6.0kg	5.9kg	57 v 174
24 Weeks [6]	12.7kg*	7.2kg	46 v 34	1 Year [39]	2.1kg	3.0kg	40 v 40
30-50 Days [7]	5.5kg*	3.5kg	28 v 28	6 Weeks [40]	6.1kg*	3.9kg	15 v 15
10 Weeks [8]	7.0kg	6.8kg	15 v 16	24 Weeks [41]	7.1kg*	4.7kg	28 v 30
6 Weeks [9]	6.2kg	6.0kg	16 v 16	3 Months [42]	7.6kg*	4.3kg	22 v 19
6 Weeks [10]	6.4kg*	4.2kg	12 v 11	6 Months [43]	4.3kg	4.0kg	29 v 30
3 Months [11]	3.55kg*	0.92kg	40 v 39	6 Months [44]	2.6kg	1.4kg	12 v 12
12 Weeks [12]	6.3kg	5.3kg	49 v 47	8 Weeks [45]	7.4kg	6.5kg	12 v 12
12 Months [13]	4.7kg*	2.2kg	68 v 61	6 Months [46]	6.8kg	5.6kg	53 v 57
8 Weeks [14]	7.8kg*	6.4kg	48 v 45	3 Months [47]	3.4kg	4.1kg	150 v 150
3 Months [15]	6.9kg*	2.1kg	10 v 10	12 Months [48]	11.8kg*	6.9kg	55 v 55
24 Weeks [16]	11.1kg*	6.9kg	21 v 29	1 Year [49]	2.9kg	3.7kg	30 v 30
2 Years [17]	5.5kg*	3.3kg	83 v 94	6 Months [50]	8.5kg*	3.5kg	43 v 35
8 Weeks [18]	7.5kg*	6.2kg	52 v 47	52 Weeks [51]	9.8kg	10.1kg	41 v 37
24 Weeks [19]	11.9kg	10.1kg	45 v 43	6 Months [52]	9.1kg	8.9kg	25 v 24
12 Weeks [20]	10.1kg*	5.2kg	20 v 20	6 Months [53]	8.0kg	5.7kg	21 v 17
12 Months [21]	14.5kg	11.5kg	33 v 36	6 Months [54]	1.6kg*	0.6kg	30 v 32
13 Weeks [22]	13.2kg*	7.3kg	18 v 15	4 Months [55]	14.7kg*	5.05kg	45 v 40
24 Months [23]	3.6kg	3.1kg	31 v 30	12 Weeks [56]	11.9kg	12.2kg	20 v 18
3 Months [24]	5.5kg*	2.6kg	15 v 18	32 Weeks [57]	12.7kg*	3.0kg	12 v 13
12 Months [25]	5.6kg*	1.4kg	59 v 60	18 Months [58]	5.0kg	2.4 kg	32 v 33
4 Months [26]	9.79kg*	6.14kg	20 v 20	10 Weeks [59]	25.8kg*	2.08kg	10 v 10
8 Weeks [27]	8.4kg*	6.7kg	32 v 28	12 Months [60]	7.9kg*	1.7kg	16 v 18
12 Months [28]	3.1kg	3.1kg	47 v 49	2 Years [61]	6.8kg	6.6kg	33 v 28
2 Years [29]	6.34kg	7.37kg	154 v 153	12 Months [62]	6.0kg	5.3kg	304 v 305
24 Months [30]	1.5kg	0.2kg	28 v 40	12 Weeks [63]	9.5kg*	2.0kg	21 v 12
12 Weeks [31]	6.8kg	5.2kg	18 v 15	12 Weeks [64]	13.72kg*	0.77kg	46 v 45
12 Weeks [32]	8.0kg*	6.4kg	24 v 21	18 Months [65]	2.76kg*	0.71kg	43 v 42
1 Year [33]	13.7kg	13.7kg	55 v 51	Totals:	34/65 Are Sig. >	0/65 Are Sig. >	2683(LC)
					56/65 Are > LF	7/65 Are > LC	V
					(2 RCTs Are Equal)		2761(LF)

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