

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
3 Months [2]	-6 mmol/mol[^]	-2.5 mmol/mol	40 v 39
24 Weeks [3]	-16.4 mmol/mol^{^*}	-5.5 mmol/mol	21 v 29
12 Months [4]	-0.2 mmol/mol[^]	+2.6 mmol/mol	47 v 49
24 Months [5]	-1.1 mmol/mol	-2.2 mmol/mol[^]	28 v 40
24 Months [6]	0.0 mmol/mol[^]	+2.2 mmol/mol	30 v 31
24 Weeks [7]	-28.4 mmol/mol^{^*}	-20.8 mmol/mol	46 v 47
6 Months [8]	-4.0 mmol/mol[^]	-1.0 mmol/mol	29 v 30
52 Weeks [9]	-10.9 mmol/mol	-11.0 mmol/mol[^]	41 v 37
6 Months [10]	-7.6 mmol/mol^{^*}	0.0 mmol/mol	30 v 32
4 Months [11]	-9.8 mmol/mol[^]	-4.4 mmol/mol	40 v 36
48 Weeks [12]	-7.7 mmol/mol^{^*}	+1.1 mmol/mol	16 v 21
6 Months [13]	-6.6 mmol/mol^{^*}	-2.2 mmol/mol	12 v 12
3 Months [14]	-6.5 mmol/mol^{^*}	0.0 mmol/mol	16 v 18
32 Weeks [15]	-8.7 mmol/mol^{^*}	-3.3 mmol/mol	12 v 13
12 Weeks [16]	-16.3 mmol/mol^{^*}	0.7 mmol/mol	21 v 12
18 Months [17]	-17.8mmol/mol^{^*}	-11.1mmol/mol	43 v 42
12 Months [18]	-10.5mmol/mol	-5.6mmol/mol	76 v 64
	16/18 LC Are > LF	2/18 LF Are > LC	593 (LC) v 594 (LF)
	11/18 LC Are Sig.	0/18 LF Are Sig.	

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

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