

**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**

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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>
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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)
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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>
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14. The Effect of Low-Fat and Low-Carbohydrate Diets on Weight Loss and Lipid Levels: A Systematic Review and Meta-Analysis. Chawla et al. December 2020. <https://doi.org/10.3390/nu12123774>

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