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
- **3.** Systematic review and meta-analysis of clinical trials of the effects of low carbohydrate diets on cardiovascular risk factors. Santos et al. August 2012. https://doi.org/10.1111/j.1467-789X.2012.01021.x
- **4.** Very-low-carbohydrate ketogenic diet v. low-fat diet for long-term weight loss: a meta-analysis of randomised controlled trials. Bueno et al. October 2013. https://doi.org/10.1017/S0007114513000548
- **5.** Dietary Intervention for Overweight and Obese Adults: Comparison of Low-Carbohydrate and Low-Fat Diets. A Meta-Analysis. Sackner-Bernstein et al. October 2015. https://doi.org/10.1371/journal.pone.0139817
- **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
- **7.** Effects of low-carbohydrate diets v. low-fat diets on body weight and cardiovascular risk factors: a meta-analysis of randomised controlled trials. Mansoor et al. December 2015. https://doi.org/10.1017/S0007114515004699
- **8.** Effects of low carbohydrate diets in individuals with type 2 diabetes: systematic review and meta-analysis. Fan et al. June 2016. http://www.ijcem.com/files/ijcem0023504.pdf
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- **10.** The interpretation and effect of a low-carbohydrate diet in the management of type 2 diabetes: a systematic review and meta-analysis of randomised controlled trials. Huntriss et al. Dec 2017. https://doi.org/10.1038/s41430-017-0019-4
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- **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
- **13.** Impact of a Ketogenic Diet on Metabolic Parameters in Patients with Obesity or Overweight and with or without Type 2 Diabetes: A Meta-Analysis of Randomized Controlled Trials. Choi et al. July 2020. https://doi.org/10.3390/nu12072005
- **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

- **15.** Effect of a very low-carbohydrate ketogenic diet vs recommended diets in patients with type 2 diabetes: a meta-analysis. Rafiullah et al. March 2022. https://doi.org/10.1093/nutrit/nuab040
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