

**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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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>
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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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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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- 17.** Effects of low-carbohydrate diets versus low-fat diets on metabolic risk factors in overweight and obese adults: A meta-analysis of randomized controlled trials. Lei et al. August 2022. <https://doi.org/10.3389/fnut.2022.935234>