

Additional File 1 - Main features of the three interventional diets

Component	Diet		
	CSIRO	MED	SB
Energy	kJ restricted (6000 kJ / day)	kJ restricted (6000 kJ / day)	<i>ad libitum</i>
Carbohydrate	**	***	*
Protein	***	**	***
Fat	*	***	***
Saturated fat	*	*	*

* indicates 'low'; ** indicates 'moderate'; *** indicates 'high'. Assignment of 'low', 'moderate' and 'high' are relative qualitative comparators between the three diets and not necessarily quantitative indications of amounts provided by the respective diet. CSIRO, CSIRO Diet; MED, Mediterranean Diet; SB, South Beach Diet.