

Supplemental Table 1. Effect of the study diets and weight loss on fasting plasma leptin and adiponectin, and biomarkers of low-grade chronic systemic inflammation*.

		n	Visit A (Baseline)	Visit D (6 weeks)	RM-ANOVA p-values		
					Time	Time x diet group	Time x weight change
Leptin (ng/mL)	Eucaloric moderate-fat diet	30	4.7 (0.4-25.7)	4.2 (0.2-29.1)	0.141	0.675	<0.001
	Eucaloric low-fat diet	31	4.7 (0.2-25.7)	4.6 (0.2-23.7)			
	Low-calorie low-fat diet	31	7.3 (0.2-35.2)	3.7 (0.2-23.4)			
C-reactive protein (mg/L)	Eucaloric moderate-fat diet	30	0.63 (0.08-4.46)	0.66 (0.09-4.38)	0.975	0.186	0.060
	Eucaloric low-fat diet	31	0.64 (0.10-5.56)	0.55 (0.12-5.89)			
	Low-calorie low-fat diet	31	0.98 (0.18-5.82)	0.68 (0.08-7.14)			
Interleukin-6 (pg/mL)	Eucaloric moderate-fat diet	30	1.02 (0.29-9.39)	1.02 (0.20-10.79)	0.719	0.764	0.227
	Eucaloric low-fat diet	31	0.78 (0.31-5.57)	0.77 (0.39-6.32)			
	Low-calorie low-fat diet	31	1.15 (0.45-4.65)	1.01 (0.30-5.82)			
Total adiponectin (ng/mL)	Eucaloric moderate-fat diet	30	5,913 ± 2,232	5,557 ± 2,329	<0.001	0.021	0.051
	Eucaloric low-fat diet	31	6,337 ± 2,675	5,448 ± 2,388			
	Low-calorie low-fat diet	31	6,077 ± 2,307	5,336 ± 1,764			
Soluble TNF receptor I (pg/mL)	Eucaloric moderate-fat diet	30	1,117 ± 266	1,130 ± 267	0.842	0.602	0.858
	Eucaloric low-fat diet	31	1,129 ± 298	1,102 ± 299			
	Low-calorie low-fat diet	31	1,084 ± 277	1,073 ± 264			
Soluble TNF receptor II (pg/mL)	Eucaloric moderate-fat diet	30	5,153 ± 1,296	5,112 ± 1,202	0.420	0.982	0.437
	Eucaloric low-fat diet	31	5,237 ± 1,337	5,163 ± 1,354			
	Low-calorie low-fat diet	31	4,962 ± 845	5,017 ± 934			

* Data are means ± SD or median (range). Abbreviations: RM-ANOVA: repeated measures analysis of variance, TNF: tumor necrosis factor.

A low-fat high-carbohydrate diet reduces plasma total adiponectin concentrations compared to a moderate-fat diet with no impact on biomarkers of systemic inflammation in a randomized controlled feeding study

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