

Supplemental Table 2 Weight loss according to dietary groups during interventions^a

	All	Diet groups varying in protein			Diet groups varying in fat		
		Low	High	<i>P</i> ^b	Low	High	<i>P</i> ^b
Weight loss, kg							
6 month	-6.5 ± 5.7	-6.5 ± 5.7	-6.6 ± 5.5	0.71	-6.7 ± 5.7	-6.4 ± 5.7	0.52
2 years	-4.0 ± 7.4	-3.6 ± 7.7	-4.5 ± 7.1	0.11	-4.1 ± 7.5	-3.9 ± 7.3	0.76

^aData are mean ± SD.

^bT-test was applied to test the difference between dietary groups.