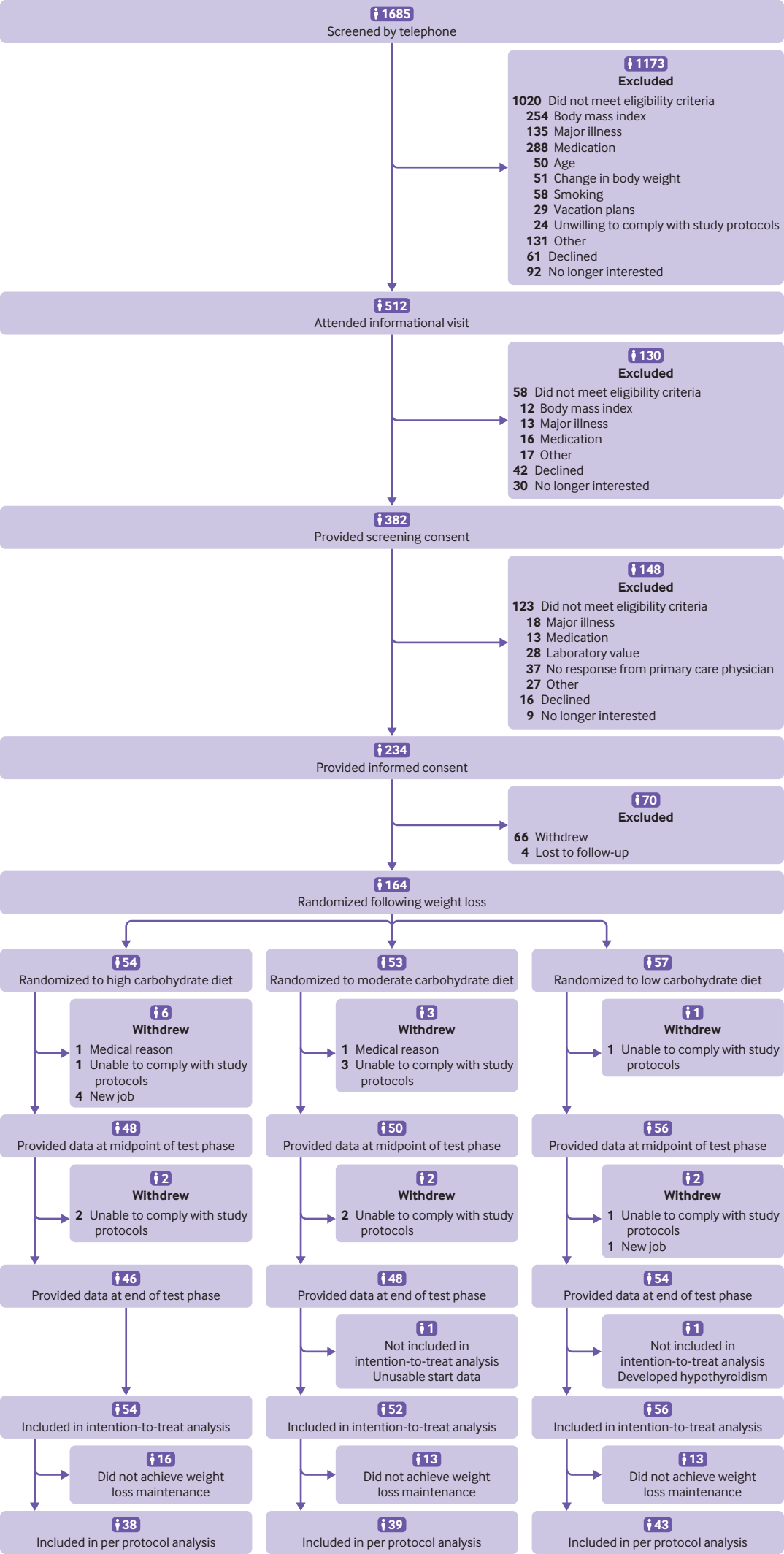
1685
Screened by telephone
1173
Excluded
1020 Did not meet eligibility criteria
254 Body mass index
135 Major illness
288 Medication
50 Age
51 Change in body weight
58 Smoking
29 Vacation plans
24 Unwilling to comply with study protocols
131 Other
61 Declined
92 No longer interested
512
Attended informational visit
130
Excluded
58 Did not meet eligibility criteria
12 Body mass index
13 Major illness
16 Medication
17 Other
42 Declined
30 No longer interested
382
Provided screening consent
148
Excluded
123 Did not meet eligibility criteria
18 Major illness
13 Medication
28 Laboratory value
37 No response from primary care physician
27 Other
16 Declined
9 No longer interested
234
Provided informed consent
70
Excluded
66 Withdrew
4 Lost to follow-up
164
Randomized following weight loss
54
Randomized to high carbohydrate diet
53
Randomized to moderate carbohydrate diet
57
Randomized to low carbohydrate diet
6
Withdrew
1 Medical reason
1 Unable to comply with study protocols
4 New job
3
Withdrew
1 Medical reason
3 Unable to comply with study protocols
1
Withdrew
1 Unable to comply with study protocols
48
Provided data at midpoint of test phase
50
Provided data at midpoint of test phase
56
Provided data at midpoint of test phase
2
Withdrew
2 Unable to comply with study protocols
2
Withdrew
2 Unable to comply with study protocols
2
Withdrew
1 Unable to comply with study protocols
1 New job
46
Provided data at end of test phase
48
Provided data at end of test phase
54
Provided data at end of test phase
1
Not included in intention-to-treat analysis
Unusable start data
1
Not included in intention-to-treat analysis
Developed hypothyroidism
54
Included in intention-to-treat analysis
52
Included in intention-to-treat analysis
56
Included in intention-to-treat analysis
16
Did not achieve weight loss maintenance
13
Did not achieve weight loss maintenance
13
Did not achieve weight loss maintenance
38
Included in per protocol analysis
39
Included in per protocol analysis
43
Included in per protocol analysis