

Supplementary Table 4

Diet plans chosen by participants in each study group

	Intervention (n=13)	Control (n=15)	All participants (n=28)
Low Carbohydrate	1 (8%)	0	1 (3.5%)
Low Glycemic index	12 (92%)	14 (93%)	26 (93%)
Mediterranean	0	1 (7%)	1 (3.5%)