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a randomized trial of a low carbohydrate diet for obesity Apr 12 2024 we conducted a one year multicenter randomized controlled trial to evaluate the effect of the low carbohydrate high protein high fat atkins diet on weight loss and risk factors for *effects of popular diets without specific calorie targets on* Mar 11 2024 of the diets evaluated the atkins diet showed the most evidence in producing clinically meaningful short term six months and long term one year weight loss other popular diets may be equally or even more effective at producing weight loss but this is unknown at the present time since there is a paucity of studies on these diets

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the effects of low carbohydrate versus conventional atkins Dec 08 2023 obese adults counseled to restrict carbohydrate intake for one year lost an average of 13 pounds and triglycerides decreased significantly more than those who followed a calorie restricted diet with less than 30 of calories from fat per day

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