Assessed for eligibility (n = 87)

Excluded (n = 4)
  Did not meet inclusion criteria (n = 2)
  Did not wish to participate (n = 2)

Randomized (n = 83)

Allocated to HP diet (n = 42)
  Lost to follow up (n = 1)
    Refused to attend appointments (n = 1),
  Discontinued intervention (n = 4)
    Too busy (n = 2)
    Moved away (n = 1)
    Unrelated personal reasons (n = 1)

Allocated to HFib diet (n = 41)
  Lost to follow up (n = 0)
    Discontinued intervention (n = 4)
      Moved away (n = 1)
      Unrelated surgery (n = 1)
      Unrelated illness (n = 1)
      Unrelated personal reasons (n = 1)

Analysis

Completed Intervention (n = 37)
  DXA Scan (n = 34)

Completed Intervention (n = 37)
  DXA Scan (n = 36)