Figure 1 Participant flow diagram

Enrollment

Assessed for eligibility (n=176)
- Excluded (n=56)
  - Not meeting inclusion criteria (n=48)
  - Declined to participate (n=8)

Randomized (n=120)

Allocation

Allocated to normoglucidic low-calorie diet (n=60)
- Received allocated intervention (n=60)

Allocated to low-fat diet (n=60)
- Received allocated intervention (n=60)

Follow-Up

Discontinued intervention (n=2)
- 1 starting treatment with interferon
- 1 financial reason

Discontinued intervention (n=8)
- 4 starting treatment with interferon
- 2 financial reason
- 2 schedule conflict

Analysis

Analysed (n=58)
- Excluded from analysis (not follow-up data) (n=2)

Analysed (n=52)
- Excluded from analysis (not follow-up data) (n=8)