Figure 1. Flow diagram showing details of recruitment and retention over the study period

300 recruited

- n=7 Excluded after baseline tests
- n=4 illegible for study (1 diabetic, 3 < or > BMI cut-off)
- n=3 withdrew consent

n=293 randomised 214 (73%) women, 79 (27%) men

Atkins n=57
- Men n=15
- Women n=42

WW n=58
- Men n=16
- Women n=42

SF n=59
- Men n=17
- Women n=42

RC n=58
- Men n=16
- Women n=42

Control n=61
- Men n=15
- Women n=46

Attrition

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<th>Unable to tolerate diet</th>
<th>Dissatisfaction with weight loss achieved</th>
<th>Social reasons / lost to follow-up</th>
<th>Completers at 2 months (n=240)</th>
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