260 Screened for eligibility

216 Assigned to a group

Baseline
- HCD (n=15)
  - 2 Withdrawn
  - 2 Noncompliance
- ND (n=7)
- VLCHP (n=60)
- LCMP (n=56)
- HCLP (n=65)
- CON (n=13)

Reasons for Withdrawal
- HCD: 6 Withdrawn, 5 Noncompliance, 1 Not enough time
- ND
- VLCHP: 21 Withdrawn, 5 Not enough time, 14 Diet Noncompliance, 2 Relocated
- LCMP: 20 Withdrawn, 17 Diet Noncompliance, 1 Change of jobs, 2 Not enough time
- HCLP: 22 Withdrawn, 16 Diet Noncompliance, 3 Not enough time, 2 Change of jobs, 1 Relocated
- CON: 4 Withdrawn, 3 Noncompliance, 1 Lost contact

Completed 14 week testing
- HED (n=9)
- ND (n=5)
- VLCHP (n=39)
- LCMP (n=36)
- HCLP (n=43)
- CON (n=9)