The graph illustrates the relative change in leptin levels (%) against dietary intake of carbohydrates daily (g) for two different groups: Mediterranean and Paleolithic. The data points are indicated by black circles for Mediterranean and white circles for Paleolithic individuals. The x-axis represents the dietary intake of carbohydrates daily (g), ranging from 0 to 400, while the y-axis shows the relative change in leptin (%) from -70 to 30. The graph suggests a correlation between increased carbohydrate intake and a decrease in leptin levels, with the Mediterranean group showing a higher trend compared to the Paleolithic group.