

TABLE III-1:

WEIGHT REDUCTION BY DIET ALONE						
Study	N, Sex, and Duration	Weight Loss	Percentage Change			
			TC	TG	LDL-C	HDL-C
Dengel <sup>399</sup>	28M experimental 14M control 9 months	-12	-9	-36	-9	-3
Hellenius <sup>365</sup>	40M experimental 39M control 6 months	BMI -2	-1	-2	-3	+2
Jalkanen <sup>400</sup>	24 experimental (wt) 22 experimental (lipid) 25 control (wt) 22 control (lipid) 12 months	-5	-7	-28	—	+8
Karvetti <sup>368</sup>	71F experimental 76F control 12 months	-6	-2	—	—	+12
	22M experimental 20M control 12 months	-11	0	—	—	+27
Marniemi <sup>402</sup>	37 (27F/10M) mixed diet 42 (32F/10M) control 12 months	-13	-4	-41	—	+18
	31 (23F/8M) lactovegetarian 42 (32F/10M) control 12 months	-11	-4	-21	—	+10
Puddey <sup>370</sup>	22M experimental 20M control 18 weeks	-8	-7	-27	—	+9
Simkin-Silverman <sup>373</sup>	253F experimental 267F control 6 months	-7	-8	-11	-9	+4
Svendsen <sup>384</sup>	50F experimental 20F control 12 weeks	-13	-18	-44	-22	+3
Wood <sup>380</sup>	40M experimental 40M control 12 months	-7	-5	-21	-5	+6
	31F experimental 39F control 12 months	-7	-7	-5	-8	-7
Wood <sup>406</sup>	42M experimental 42M control 12 months	-8	-2	-22	-3	+13

TC= Total Cholesterol  
 LDL-C= Low-Density Lipoprotein Cholesterol  
 HDL-C= High-Density Lipoprotein Cholesterol

TG= Triglycerides

BMI= Body Mass Index