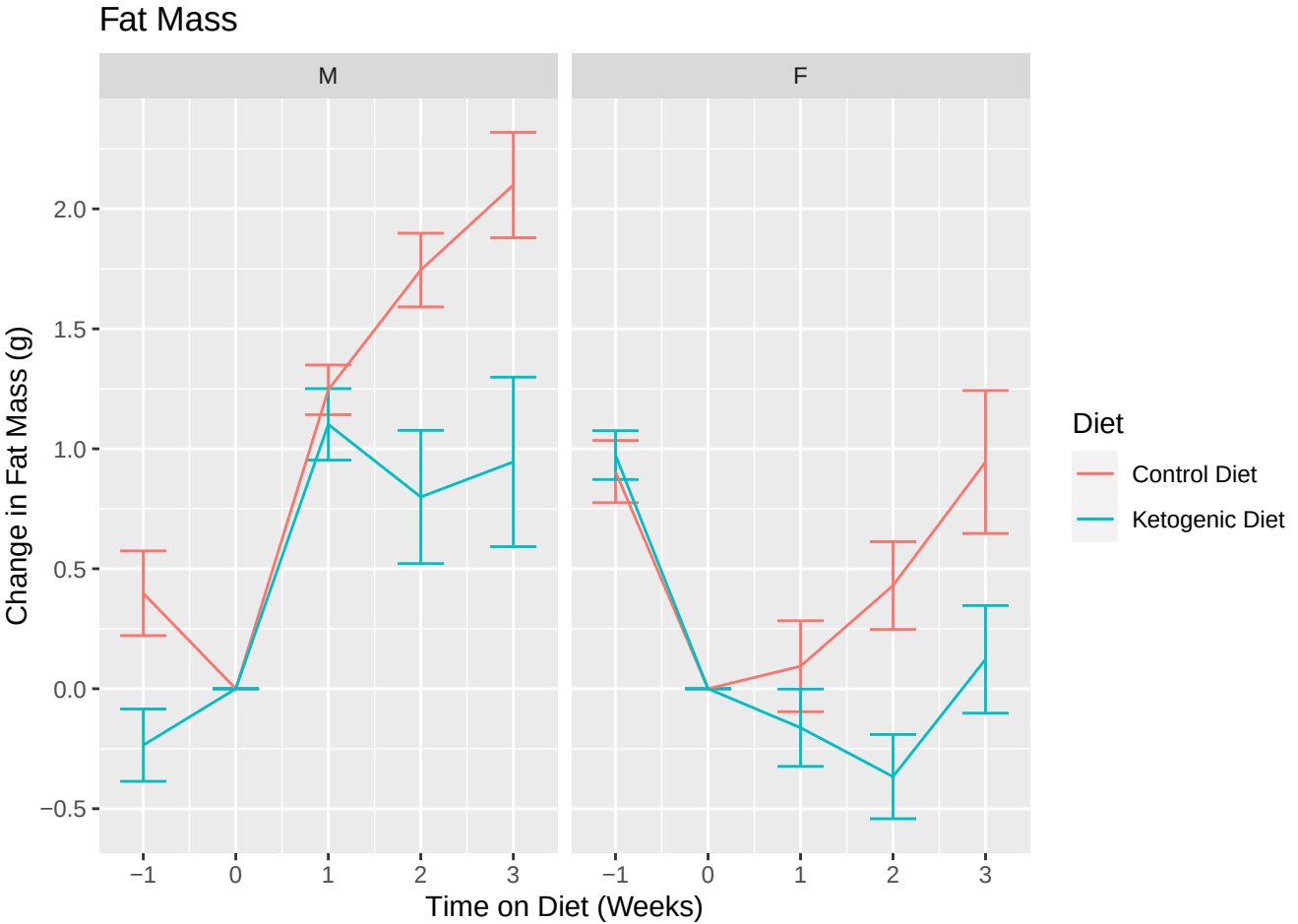
Fat Mass
M
F
Change in Fat Mass (g)
2.0
1.5
1.0
0.5
0.0
−0.5
−1
0
1
2
3
Time on Diet (Weeks)
Diet
Control Diet
Ketogenic Diet