Diet	Wtloss
A	3.709
A	7.087
A	6.754
A	8.994
A	9.077
A	6.413
A	5.877
A	2.572
A	7.520
A	6.881
A	7.265
A	3.477
A	3.755
A	8.760
A	7.032
A	9.052
A	10.062
A	4.840
A	6.449
A	9.019
A	-1.715
A	4.718
A	4.007
A	7.241
A	2.128
A	6.968
A	4.853
A	0.055
A	2.680
A	3.746
A	7.033
A	5.033
A	5.569
A	6.712
A	3.663
A	2.741
A	6.256
A	5.349
A	7.300
A	5.445
A	4.970
A	3.613
A	7.568
A	5.861
A	4.157
A	0.203
A	4.441
A	5.875
A	5.715
A	0.280
B	-1.087
B	1.819
B	0.074
B	1.755
B	1.889
B	3.089
B	4.008
B	4.551
B	1.372
B	3.413
B	-4.148
B	2.823
B	2.865
B	4.369
B	6.337
B	6.308
B	3.494
B	10.539
B	3.840
B	5.123
B	5.485
B	-1.894
B	8.016
B	2.310
B	3.882
B	7.030
B	7.727
B	0.105
B	3.650
B	4.547
B	4.985
B	5.159
B	4.760
B	4.934
B	3.106
B	5.598
B	2.162
B	6.520
B	7.046
B	1.757
B	1.848
B	1.096
B	2.145
B	8.435
B	6.099
B	3.972
B	2.409
B	0.569
B	7.013
B	2.594

Diet A	n	50
	Mean	5.341
	SD	2.536

Diet B	n	50
	Mean	3.710
	SD	2.769

Interpretation

This analysis compares two weight-reduction diets, Diet A and Diet B, each tested on 50 participants. Diet A's average weight loss is around 5.341 (with a standard deviation of about 2.536), whereas Diet B's average weight loss is about 3.710 (with a standard deviation of roughly 2.769). This suggests that, on average, Diet A leads to greater weight loss than Diet B. Therefore, Diet A appears more effective for weight reduction than Diet B.

DATA SET B (Diets.xlsx)

These data relate to the weight losses achieved by two separate samples of 50 human subjects, each of whom undertook one of two different weight reducing diets (A or B).

Variable	Description
Diet	The diet undertaken (A or B)
Wtloss	The individual's weight loss (in kg) following a fixed period on the relevant diet

Note that a *negative* value of Wtloss indicates that the individual's weight *increased* over the study period.

The data are as follows:

Diet	Wtloss
A	3.709
A	7.087
A	6.754
⋮	⋮
B	-1.087
B	1.819
B	0.074
⋮	⋮