

WEIGHT CHANGE FOR FOUR DIETS

Overview:

The data come from a twelve-month study that compared four weight-loss diets (representing a spectrum of low to high carbohydrate intake) for effects on weight loss and related metabolic variables in overweight nondiabetic, premenopausal women. The study participants were randomly assigned to follow the Atkins, Zone, LEARN, or Ornish diets and received weekly instruction for two months, then an additional 10-month follow-up. Weight loss at 12 months was the primary outcome.

Source:

The data come from Gardner, C. D., et al. (2007). Comparison of the Atkins, Zone, Ornish, and LEARN diets for change in weight and related risk factors among overweight premenopausal women. The A TO Z weight loss study: A randomized trial. *Journal of the American Medical Association*, 297(9), 969–977.

Sample Size/Contents

The data consist of 248 participants.

- ID: Participant ID
- Diet: Whether the participant was assigned to the Atkins ($n = 60$), Zone ($n = 60$), LEARN ($n = 60$), or Ornish ($n = 60$) diet.
- WeightChange: 12-month change in weight, in kg.