

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

Diet A	n	50
	Mean	5.341
	SD	2.536

Diet B	n	50
	Mean	3.710
	SD	2.769

**Interpretation:**  
Compared to Diet A (mean weight loss = 5.341 kg, standard deviation = 2.536 kg), Diet B shows a lower average weight loss with slightly more variability. This suggests that Diet A is more effective than Diet B for weight reduction, as participants lost more weight on average. Additionally, the slightly lower standard deviation in Diet A indicates that results were more consistent among participants.