subgroup and study								(95% CI)	Weight
ketogenic phase<4 weeks									
Castaldo,2016	73	29.7	5.5	73	33.4	6.3		-3.70 (-5.62, -1	.78) 8.54
Leonetti,2015	80	49.2	8.7	80	53.5	8.4		-4.30 (-6.95, -1	.65) 6.60
Merra,2016	18	29.1	3.5	18	31.4	3.4	! —	-2.30 (-4.55, -0	1.05) 7.60
Ministrini,2019	52	42	8	52	44.7	8.3	-	-2.70 (-5.83, 0.	43) 5.54
Pilone,2018	119	34.1	5.2	119	41.5	7.6		-7.40 (-9.05, -5	i.75) 9.31
Subgroup, DL (I ² = 76.9%, p = 0.00	02)							-4.21 (-6.28, -2	1.13) 37.58
ketogenic phase≥4 weeks							1		
Basciani,2014	24	28.6	3.1	24	33.8	3.2		-5.20 (-6.98, -3	1.42) 8.93
de Luis,2016	29	25.9	1.7	29	33.2	1.7	-	-7.30 (-8.18, -6	.42) 11.48
Goday,2016	89	27.9	1.8	89	33.3	1.5		-5.40 (-5.89, -4	.91) 12.25
Gomez-Arbelaez,2017	20	27.8	2.9	20	35.5	4.4	•	-7.70 (-10.01,	5.39) 7.45
Moreno,2014	53	30.8	8.7	53	35.2	4.8	-	-4.40 (-7.08, -1	.72) 6.54
Guilherme Moura Cunha2020	20	33.55	3.73	20	37.1	4.28		-3.55 (-6.04, -1	.06) 6.99
Sara De Nucci2023	87	32.59	6.06	87	35.59	6.31	· 	-3.00 (-4.84, -1	.16) 8.77
Subgroup, DL (I ² = 79.7%, p < 0.00	00)							-5.36 (-6.53, -4	19) 62.42
Heterogeneity between groups: p	= 0.341								

-10

Effect

-4.95 (-5.93, -3.97) 100.00

10

Overall, DL (l² = 78.1%, p < 0.000)