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
	Median	5.569
	Q1	3.748
	Q3	7.033
	IQR	3.285

Diet A has a higher mean weight reduction (5.341 units) than Diet B (3.710 units). Diet A has a lower standard deviation (2.536) compared to Diet B (2.769). This means that the weight reductions in Diet A are generally closer to the mean. Diet A has a median weight reduction of 5.569 units, while Diet B has a median of 3.710 units. The median for Diet A is slightly higher, indicating that half of the participants in Diet A had a weight reduction greater than 5.569 units. Diet A has an IQR of 3.285 units, while Diet B has an IQR of 3.451 units. This shows that the middle 50% of data in Diet A is concentrated within a smaller range compared to Diet B. Diet A is relatively more effective in achieving weight reduction compared to Diet B.

Diet B		
	n	50
	Mean	3.710
	SD	2.769
	Q1	1.953
	Q3	5.404
	IQR	3.451