

Diet	Wtloss			
A	3,709			
A	7,087	Diet A	n	50
A	6,754		Mean	5,341
A	8,994		SD	2,536
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	Diet B	n	50
A	4,007		Mean	3,710
A	7,241		SD	2,769
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			

Sample sizes for both diets are the same (50).

Diet A has a Mean weight loss of 5.341kg, whereas diet B, has a Mean of 3.710kg.

Diet A has a Standard Deviation (SD) of 2.536kg, compared to Diet B with an SD of 2.769 kg.

Diet A SD value shows that the variation in weight loss was more closely centered or clustered around the Mean, but for Diet B, the variation in people to get the mean value was less clustered, and was more spread out over the sample population.

To summarise, it appears that both diets were effective for weight loss, but those following Diet A, lost more on average, than those people following Diet B.