

Figure 2: Summary of Clinical Outcomes for Nutrition Interventions

	Hunger, satiety	Blood pressure	Blood lipids	Weight	Waist circumference	Body composition	CVD, CHD morbidity, mortality	Risk CVD	Glycemic control	Risk T2DM	Metabolic Syndrome	Quality of life	Depression
Medical Nutritional Therapy (RD)	■	■	■	■	■				■				
Intensive lifestyle interventions	NR	■	■	■			■		■		■		
Calorie restriction		■	■	■		■			■	■			
Lower carbohydrate				■									
Dietary fibre (25–29 mg)		■	■	■		■	■		■				
Low-calories sweeteners				■			■						
Higher protein (25–40%)	■		■	■		■							
Increased protein + calorie restriction			■	■		■							
Whey protein supplement		■	■	■		■			■				
Replace fat or carb with protein					■								
Lower fat				■									
Mediterranean			■				■		■	■	■		
Vegetarian			■	■			■		■	■			
Portfolio		■	■				■						
Low glycemic index			■	■			■			■			
DASH			■	■	■		■		■	■			
Meal replacements		■		■					■			■	
Intermittent fasting				■									
Pulses		■	■					■	■				
Vegetables and fruits		■					■		■	■			
Nuts			■				■		■				
Whole grains			■										
Dairy				■	■	■				■			
HAES®	■		■									■	■
Mindfulness-based approaches				■					■				