

Table 1: Volunteer and Diet Details

Study	Study Volunteer Details					Diabetes Medication			Diet
	Women	Men	Age (years)	BMI (Kg/m ²)	Diabetes Duration (years)	Metformin	Sulphonylurea	Insulin	
Steven & Taylor, 2015 (2)	8	7	52±3	34±1	2.3±0.3	11	3	0	Optifast (624 kcal/day) + up to 240 g non-starchy vegetables for a total of 624 – 700 kcal/day
	6	8	62±2	34±1	12.7±1.2	10	8	3	
Urbanová et al, 2014 (3)	11	0	57±3	53±3	n.r.	All were on some diabetes medication and/or insulin but specifics n.r.			600 kcal/day (specific composition n.r.)
Jackness et al, 2013 (4)	8	6	52±2	39±1	5.5±1.1	n.r.	n.r.	n.r.	360 kcal on day one, and then 500 kcal/day (50% protein, 35% carbohydrate, and 15% fat)
Lingvay et al, 2013 (5)	7	3	53±3	51±3	7.4±1	All were on some diabetes medication specifics n.r.		7	Same diet as used immediately after gastric bypass surgery exact calories and composition n.r.
Jonker et al, 2014 (6)	6	8	53±2	28±1	9±1	n.r.	n.r.	all	Modifast 450 kcal/day (50 g protein, 50-60 g carbohydrate, 7-9 g fat)
Jonker et al, 2013 (7)	7	7	57±3	29±1	n.r.	n.r.	n.r.	10	Modifast 471 kcal/day.
Snel et al, 2012 (8)	6	6	56±2	38±1	n.r.	9	1	all	Modifast 450 kcal/day (50 g protein, 50-60 g carbohydrate, 7-9 g fat)
	5	8	53±3	36±1	n.r.	10	3	all	
Malandrucco et al, 2012 (9)	7	7	60±3	45±2	5±2	n.r.	n.r.	0	400 kcal/day details of breakdown n.r.
Mraz et al, 2011 (10)	12	0	58±3	52±3	n.r.	8 were on medication and/or insulin, but specifics were not reported			600 kcal/day no further details provided

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Lim et al, 2011 (11)	2	9	50±3	34±1	<4	7	2	0	Optifast (510 kcal/day) + non-starchy vegetables for a total of ~600 kcal/day
Plum et al, 2011 (12)	4	3	52±4	43±2	8±2	n.r.	n.r.	1	Optifast (800 kcal/day, 50% protein, 35% carbohydrate, and 15% fat)
Dostalová et al, 2009 (13)	14	0	56±2	51±3	n.r.	n.r.	n.r.	0	550 kcal/day (composition n.r.)
Hammer et al, 2008 (14)	5	7	48±3	36±1	n.r.	n.r.	n.r.	all	Modifast 450 kcal/day (50 g protein, 50-60 g carbohydrate, 7-9 g fat)
Laferrère et al, 2008 (15)	10	0	47±2	43±1	2±1	n.r.	n.r.	0	1000 kcal/day (composition n.r.)
Jazet et al, 2007 (16)	9	9	55±2	38±1	7.5±1.0	n.r.	n.r.	all	Modifast 450 kcal/day (50 g protein, 50-60 g carbohydrate, 7 g fat)
Jazet et al, 2005 (17)	7	5	55±4	36±1	n.r.	n.r.	n.r.	all	Modifast 450 kcal/day (50 g protein, 50-60 g carbohydrate, 7 g fat)
Skrha et al, 2005 (18)	4	5	55±n.r	36±2	12.0±1	all	0	3	600 kcal/day no further details provided

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Miyashita et al, 2004 (19)	3	8	52±13	27±4	n.r.	n.r.	n.r.	n.r.	1000 kcal/day (25% protein, 39% carbohydrate, 35% fat) + 60 minute walking/day
	3	8	52±13	27±2	n.r.	n.r.	n.r.	n.r.	1000 kcal/day (26% protein, 62% carbohydrate, 10% fat) + 60 minute walking/day
Capstick et al, 1997 (20)	6	7	51±n.r.	39±n.r.	10 (0.5–18)	7 on unspecified diabetes medication		7	Modifast 450 kcal/day (50 g protein, 50-60 g carbohydrate, 7 g fat) & 2 cups of green vegetables
Wing et al, 1994 (21)	25	11	54±2		n.r.	22 on unspecified diabetes medication		7	400 kcal/day (lean meat/fish/poultry and/or Optifast)
	10	7	55±2		n.r.	11 on unspecified diabetes medication		5	1000 kcal/day (15% protein, 55% carbohydrate, 30% fat)
	5	4	48±5		n.r.	4 on unspecified diabetes medication		3	400 kcal/day (lean meat/fish/poultry and/or Optifast)
	20	11	49±2		n.r.	18 on unspecified diabetes medication		8	1000 kcal/day (15% protein, 55% carbohydrate, 30% fat)

Numbers are provided as the average ± the standard error or the mean (a measure of variation as some people are above and some below the average). Abbreviations: BMI – body mass index, which is weight divided by height; Kg – kilogram (1 kg = 2.2 lbs); m – meters (1 m = 3 feet 3 3/8 inches); n.r. – not reported, meaning the this information was not available in the published article.

If your not used to reading scientific literature, a table like this deserve some explaining. Numbers are given as the average ± (plus or minus) some variation in recognition of the range, e.g. some people were older and others younger than the average. The specific statistic used makes it look like the range was narrow when it actually wasn't in most studies, so if you see 50±2, this doesn't mean everyone was between 48 and 52, the range will have been much broader; it's just one of those things with the statistics commonly reported.