

Phase I (0 to 3 months)

At baseline participants will be randomly assigned to one of two diets and commenced on metformin

High carbohydrate, low fat diet

(n=54)

Moderate carbohydrate, increased protein

(n=54)

Medical consultation
Dietitian consultation
Dietitian support^a

Intensive dietary intervention
week 0 & 12
week 0, 2, 6 & 12
week 4 & 9^b

Intensive dietary intervention
week 0 & 12
week 0, 2, 6 & 12
week 4 & 9^b

Phase II (4 to 6 months)

Intensive exercise intervention
Participants will continue with their prescribed diet
week 26
twice a week
once a week
week 16, 20, & 24
week 26

Medical consultation
Gym sessions
Home based PA
Dietitian support^a
Dietitian consultation

Phase III (7 to 12 months)

Maintenance
Participants will continue prescribed diet and exercise routine
week 38, 52
week 32, 38^b, 44
week 52

Medical consultation
Dietitian support^a
Dietitian consultation

^a Dietitian will make contact with the families by either phone, email or SMS

^b 24 hour food recall by the research dietitian (via phone)