

# Study Design:

8 weeks

4 weeks

## *Very Low Carbohydrate Diet (VLCARB)*

weight loss

weight stable

## *Very Low Fat Diet (VLF)*

weight loss

weight stable

## *High Unsaturated Fat Diet (HUF)*

weight loss

weight stable

U  
MTT  
GTT  
DXA

U  
MTT  
GTT  
DXA