

Enrollment

200 Assessed for eligibility

144 Excluded

90 Did not meet inclusion criteria

45 Unable to attend residential schedule

9 Failure to keep interview appointment

56 Randomized

Allocation

28 Randomized to **Ma-Pi 2 Diet**

11 Men, 17 Women

28 Randomized to **Control Diet**

14 Men, 14 Women

Follow-up

3 Discontinued intervention
1 Reluctance to change diet
2 Personal reasons2 Discontinued intervention
2 Personal reasons

Analysis

25 Included in any analysis for present report**26 Included in any analysis for present report**