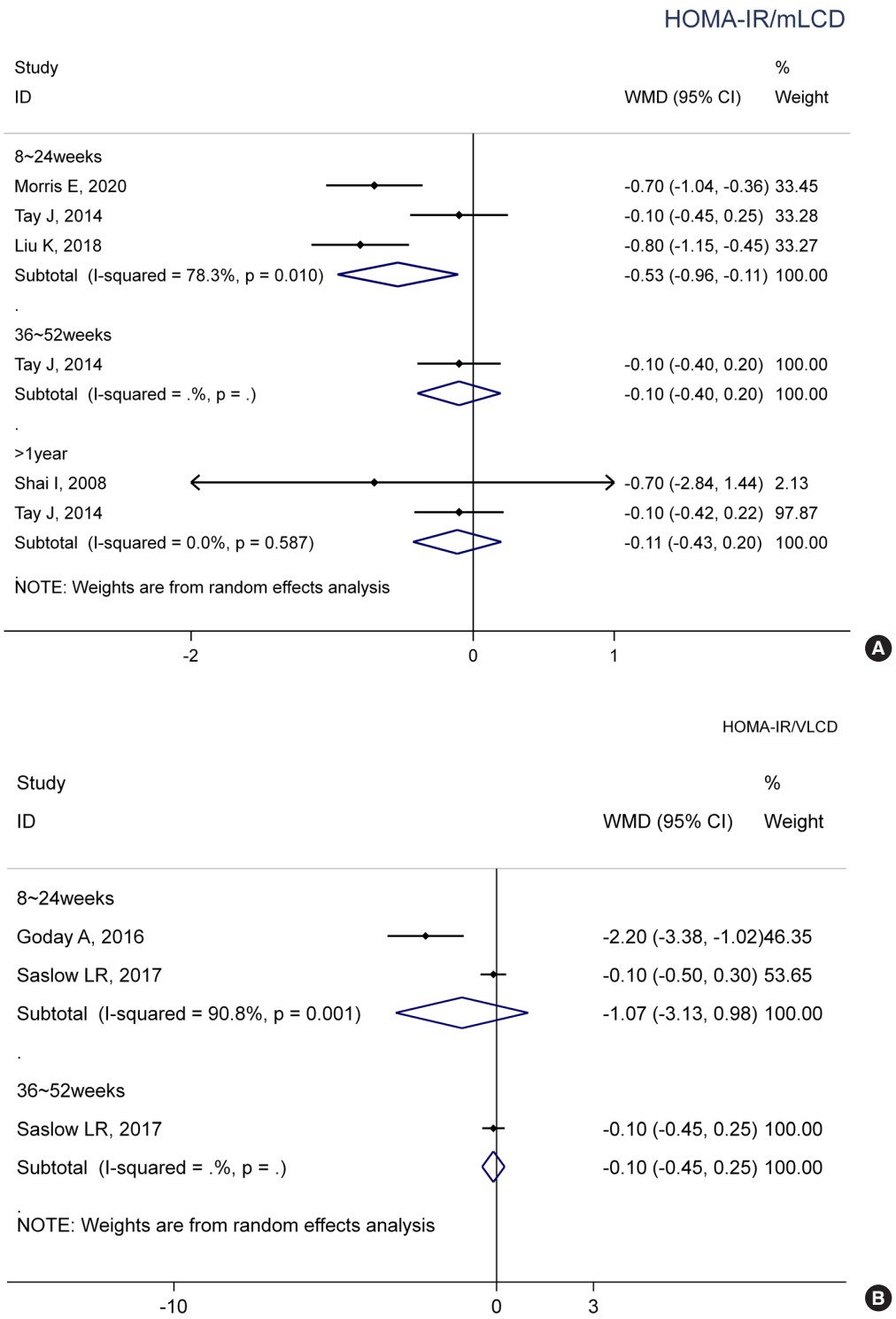

Supplementary Fig. 22. Effects of carbohydrate-restricted diets on insulin resistance (HOMA-IR) in adults with diabetes. (A) Moderately-low or low carbohydrate diets (mLCD). (B) Very-low carbohydrate diets (VLCD). WMD, weighted mean difference; CI, confidence interval.