

Supplementary Table 5. Classification of carbohydrate-restricted diets

Diet	Carbohydrate composition
Normal carbohydrate diet (NCD)	>45% of 2,000 kcal/day or >225 g/day
Carbohydrate-restricted diet	
Moderately-low or low carbohydrate diet (mLCD)	
Moderately-low carbohydrate diet (MCD)	26%–45% of 2,000 kcal/day or 130–225 g/day
Low carbohydrate diet (LCD)	10%–25% of 2,000 kcal/day or 50–130 g/day
Very-low carbohydrate diet (VLCD)	<10% of 2,000 kcal/day or <50 g/day