

Article

Greater Loss of Central Adiposity from Low-Carbohydrate versus Low-Fat Diet in Middle-Aged Adults with Overweight and Obesity

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Table S1. Self-reported medication use of study participants (N=50).

| Medication Type | % of Sample |
|-----------------------------|--------------------|
| Anti-hypertensive | 25 |
| Thyroid | 5 |
| Pain medications | 10 |
| Statin | 10 |
| Blood Thinners | 5 |
| Proton Pump Inhibitors | 15 |
| Anti-diabetes | 15 |
| Allergy medications | 15 |
| Anti-depressants | 5 |
| Dyslipidemia | 5 |
| Insomnia | 5 |
| Diuretics | 10 |
| Anti-viral | 5 |
| NSAIDs | 5 |
| Vitamin supplements | 10 |
| Anti-psychotics | 10 |
| Hormone Replacement Therapy | 10 |

Table S2. Self-reported medical history of study participants (N=50).

| Medical History | % of Sample |
|------------------------|--------------------|
| High Blood Pressure | 42 |
| Thyroid Disease | 8 |
| Arthritis | 20 |
| Murmur | 12 |
| Heart Attack | 2 |
| Reflux/Heartburn | 22 |
| Diabetes | 8 |
| Asthma | 16 |
| Depression | 28 |
| Cataracts | 8 |
| High Cholesterol | 28 |
| Anxiety | 20 |
| Epilepsy | 2 |
| Colitis | 4 |
| Sleep Apnea | 14 |
| Cataracts | 2 |
| Pancreatitis | 2 |
| Pulmonary Embolism | 4 |
| Kidney Stones | 8 |
| Cancer | 4 |
| Hepatitis | 2 |