

**Supplemental table of contents**

**Supplement Table 1** - Comparison of macronutrient contents of selected popular diets

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**Table 1** - Comparison of macronutrient contents of selected popular diets for weight control

Diet Type	Protein	Carbohydrate	Fat	Fruits and Vegetables	Sodium and Potassium
<b>Ketogenic diet</b> <sup>1</sup>	1.2 – 2.0 g/kg	5-10%	65-85%	Only low-carbohydrate fruit and berries are used	Sodium is sometimes added in the early stage to reduce symptoms caused by diuresis from ketosis
<b>Atkins</b> <sup>2</sup>	No limit (20-35%)	Initially severely restricted and gradually introduced afterward (5 progressing to 15%)	55-70%	Fruit and berries are out of diet especially in early stage of diet	Easily added sodium especially in the early stage to reduce symptoms caused by diuresis due to ketosis
<b>Mediterranean</b> <sup>3</sup>	15-20% (tendency to avoid protein from meat)	~50% (high fiber intake)	~30% (high content with unsaturated fatty acid with olive oil)	Large amounts of fruit and vegetables encouraged	Sodium intake is not restricted much, Potassium intake is high from fruit and vegetables.
<b>Paleo</b> <sup>4</sup>	20-35% (lean meat and fish, avoid dairy product)	20-40% (nuts and seeds, avoiding grains, legume, and sugar)	25-50% (oil from nuts and seed)	Unrestricted	Very low sodium and high potassium

% is expressed for content among total energy intake

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4. Cordain L. What is the Paleo Diet? . In: <https://thepaleodiet.com/the-paleo-diet-premise/>, ed.