

SUPPLEMENTARY MATERIALS

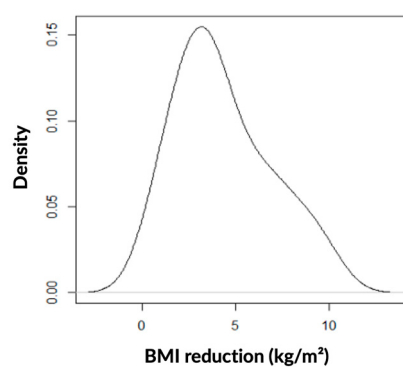


Figure S1. Distribution of changes in BMI after the 7-month LCHF dietary intervention. Kernel density plot of individual BMI reduction (kg/m^2) in the study cohort ($n = 24$). Higher values indicate greater BMI reduction.

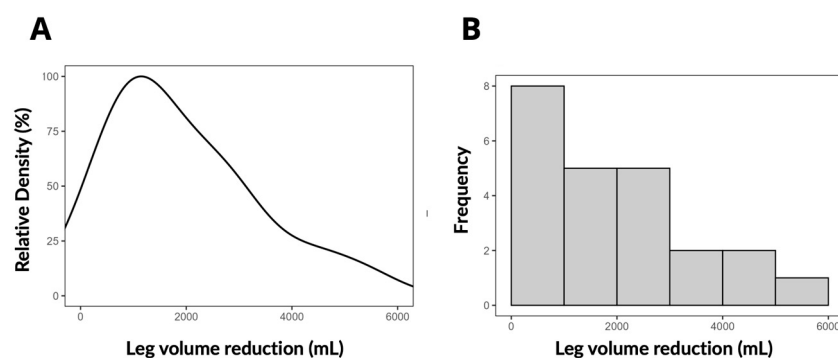


Figure S2. Distribution of changes in leg volume after the 7-month LCHF dietary intervention. (A) Kernel density plot and (B) histogram of individual leg volume reduction (mL) in the study cohort ($n = 24$). Higher values indicate greater volume reduction.