

# Diet Order Effects of Low Fat vs. Low Carb Diets on Body Fat Change

NCT06325722

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<b>Status</b>	RECRUITING
<b>Phase</b>	Not Applicable
<b>Sponsor</b>	National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
<b>Enrollment</b>	42 participants

## Key Eligibility Criteria

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### Inclusion (6)

- In order to be eligible to participate in this study, an individual must meet all of the following criteria:
- Stated willingness to comply with all study procedures and availability for the duration of the study
- Adults aged 18-50 years
- Weight stable ( $\pm$  5 percent over past 6 months) as determined by volunteer report
- Body mass index (BMI)  $\geq$  25 kg/m<sup>2</sup>
- ... and 1 more (see full listing online)

### Exclusion (16)

- Subjects with cardiac pacemakers or other implants that may be affected by or affect the DXA measurements
- Inadequate access to equipment required for the study (e.g., too little refrigerator storage space or a microwave oven that is too small) as determined by discretion of PI and/or study team
- Evidence of diseases or conditions that may influence appetite (e.g., cancer, diabetes, alterations of smell or taste post COVID-19), diseases or conditions that affect the immune system, or other conditions at the discretion of the PI and/or study team
- Taking prescription medications or other drugs that may influence metabolism (including but not limited to diet/weight-loss medication, some psychiatric medications, or other medications at the discretion of the PI and/or study team)
- People unlikely to adhere to a relatively consistent daily and weekly routine and avoid travel during their participation in the study. For example, people with occupations such as pilots, flight attendants, or frequently travel for work or pleasure.
- ... and 11 more (see full listing online)

## Locations (1 total)

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National Institutes of Health Clinical Center, Bethesda, Maryland, United States

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<https://clinicaltrials.gov/study/NCT06325722>

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