**S2 Table excluded studies and reasons for exclusion**

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| Reasons for exclusion | Number of studies excluded |
| Duration of the intervention <12 weeks | Frank[48]Jillon[49]  |
| Not a randomised controlled trial | Jeannie[50]  |
| No original data | Boris[51]Sondike[52] |
| Treatment and control of carbohydrates are similar - not a qualified comparison | Clar[53] |
| Treatment diet is not low in carbohydrates | Peter[54]Cheryl[55] |
| Less than 10 participants randomised per group | Jorgen[56] |
| Inconsistent interventions | Jessica[57] |
| No required detection indicators | Nichola[58] |
| Could not obtain full text | Thomas[59] |