

**Table 1.** Anthropometric, clinical and biochemical measurements before (baseline) and after a low calorie diet intervention in individuals with successful weight loss ( $\geq 5\%$  of initial body weight,  $n=21$ ). (\*;  $p<0.05$ ; \*\*;  $p<0.01$ ; n.s.; non significant).

	Baseline		After intervention		p
	Mean	SD	Mean	SD	
BMI ( $\text{kg}/\text{cm}^2$ )	34.6 $\pm$ 4.2		31.4 $\pm$ 3.7		*
Weight (Kg)	91.6 $\pm$ 9.0		83.0 $\pm$ 7.9		**
Waist circumference (cm)	105.2 $\pm$ 9.0		97.6 $\pm$ 8.9		**
Hip circumference (cm)	120.2 $\pm$ 9.4		113.3 $\pm$ 8.3		*
Sagittal fold (mm)	23.0 $\pm$ 2.3		21.0 $\pm$ 1.5		**
Fat mass (%)	45.6 $\pm$ 4.5		43.4 $\pm$ 4.0		n.s.
Systolic BP (mmHg)	117.6 $\pm$ 8.6		111.5 $\pm$ 8.3		*
Diastolic BP (mmHg)	62.2 $\pm$ 6.8		56.9 $\pm$ 4.1		**
Glucose (mmol/L)	9.5 $\pm$ 0.3		9.7 $\pm$ 0.6		n.s.
Cholesterol (mmol/L)	5.1 $\pm$ 0.9		4.4 $\pm$ 0.7		*
Triglycerides (mmol/L)	1.1 $\pm$ 0.5		1.0 $\pm$ 0.3		n.s.
HDL (mmol/L)	1.3 $\pm$ 0.3		1.2 $\pm$ 0.2		n.s.
LDL (mmol/L)	3.3 $\pm$ 0.8		2.9 $\pm$ 0.7		n.s.
C-reactive protein (mg/L)	7.4 $\pm$ 7.5		5.8 $\pm$ 7.6		n.s.