Supplemental Figure 1 Participants flow chart

LCD, Weight loss phase; LP, low protein; LGI, low glycemic index; HGI, high glycemic index; HP, high protein; CTR, control diet; ITT, intention to treat analysis.

Screened for participation (n=1209)

Screen Failures (n=271):
- Withdrew (n=157) before randomisation
- Family excluded because none of the parents had a weight loss ≥ 8% during LCD (n=8)

Weighed before LCD (n=938)

Weighed at randomization (n=781)

Randomized (n=773)

LP-LGI (n=150)
- Drop out rate 44/150
- Post-intervention ITT (n=150)
  Completers (n=106)

LP-HGI (n=155)
- Drop out rate 58/155 (37.4%)
- Post-intervention ITT (n=155)
  Completers (n=97)

HP-LGI (n=159)
- Drop out rate 35/159 (22.0%)
- Post-intervention ITT (n=159)
  Completers (n=124)

HP-HGI (n=155)
- Drop out rate 48/155 (31.0%)
- Post-intervention ITT (n=155)
  Completers (n=107)

CTR diet (n=154)
- Drop out rate 40/154 (26.0%)
- Post-intervention ITT (n=154)
  Completers (n=114)