**Table 2:** Pre- and post-intervention anthropometric and body composition variables of overweight women according to diet type (A-CHO and L-CHO).

|  |  |  |
| --- | --- | --- |
|  | **(Mean (SE))** | **ANOVA** |
|  | A-CHOn = 08 | L-CHOn = 16 | GF (p) | TF (p) | GxTF (p) |
| **Body Mass (kg)** |  |  |  |  |  |
| Pre | 77.77 ± 17.38 | 78.77 ± 11.47 | 0.06 (0.23) | 99.72 (< 0.001)  | 0.10 (0.75) |
| Post | 70.28 ± 17.44 | 72.18 ± 11.48 |  |  |  |
| Δ% | -9.86 | -8.48  |  |  |  |
| ES |  0.52 |  0.54 |  |  |  |
| **BMI (Kg/m²)** |  |  |  |  |  |
| Pre | 31.02 ± 6.25 | 32.41 ± 3.95 | 0.57 (0.45)  | 83.51 (< 0.001) | 0.70 (0.41) |
|  Post | 27.97 ± 6.05 | 29.66 ± 3.88 |  |  |  |
| Δ% | -9.86 | -8.48 |  |  |  |
| ES |  0.54 |  0.72 |  |  |  |
| **Abdominal circumference (cm)** |  |  |  |  |  |
| Pre | 97.12 ± 16.72 | 101.4 ± 10.53 | 0.50 (0.48) | 109.03 (< 0.001) | 0.39 (0.53) |
| Post | 89.85 ± 15.78 | 93.32 ± 11.04 |  |  |  |
| Δ% | -7.48 | -8.05 |  |  |  |
| ES |  0.61 |  0.74 |  |  |  |
| **Hip circumference** |  |  |  |  |  |
| Pre | 113.56 ± 11.88 | 109.88 ± 7.07 | 0.39 (0.53)  | 70.88 (< 0.001) | 0.10 (0.75) |
| Post | 105.91 ± 11.98 | 104.55 ± 8.62 |  |  |  |
| Δ% | -6.76 | -4.91 |  |  |  |
| ES |  0.60 |  0.67 |  |  |  |
| **% Fat (%)** |  |  |  |  |  |
| Pre | 36.46 ± 4.52 | 37.23 ± 4.24 | 0.03 (0.84) | 46.59 (< 0.001) | 0.00 (0.99) |
| Post | 33.86 ± 5.13 | 33.84 ± 4.60 |  |  |  |
| Δ% | -7.32 | -9.15 |  |  |  |
| ES |  0.57 |  0.79 |  |  |  |
| **FM (Kg)** |  |  |  |  |  |
| Pre | 28.61 ± 9.94 | 29.51 ± 6.47 | 0.03 (0.85) | 101.35 (< 0.001) | 0.008 (0.93) |
| Post | 24.42 ± 9.75 | 24.71 ± 6.34 |  |  |  |
| Δ% | -15.63 | -16.64 |  |  |  |
| ES |  0.61 |  0.79 |  |  |  |
| **LM (kg)** |  |  |  |  |  |
| Pre | 48.41 ± 8.42 | 49.26 ± 6.61 | 0.16 (0.69) | 36.47 (< 0.001) | 0.28 (0.60) |
| Post | 45.86 ± 8.04 | 47.47 ± 6.43 |  |  |  |
| Δ% | -5.22 | -3.62 |  |  |  |
| ES |  0.18 |  0.22 |  |  |  |

A-CHO: Adequate Carbohydrate Content; L-CHO: Low Carbohydrate content; ES: Effect Size; G: group; T: time; G×T: interaction effect of G and T; BMI: Body Mass Index; FM: Fat Mass; LM: Lean Mass; F: F value of the test.