**Table 3:** Pre- and post-intervention biochemical 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) |
| **TC (mg/dL)** |  |  |  |  |  |
| Pre | 198.62 ± 41.00 | 195.81 ± 19.84 | 0.005 (0.94) | 23.33 (< 0.001) | 0.11 (0.73) |
| Post | 169.00 ± 32.05 | 173.62 ± 30.87 |  |  |  |
| Δ% | −14.41 | −10.67 |  |  |  |
| ES |  0.70 |  0.68 |  |  |  |
| **VLDL-c (mg/dL)** |  |  |  |  |  |
| Pre | 23.00 ± 17.75 | 24.25 ± 9.01 | 0.21 (0.65) | 13.34 (0.001) | 0.61 (0.44) |
|  Post | 15.37 ± 7.38 | 17.75 ± 6.80 |  |  |  |
| Δ% | −20.38 | −21.60 |  |  |  |
| ES |  0.76 |  0.82 |  |  |  |
| **LDL-c (mg/dL)** |  |  |  |  |  |
| Pre | 117.75 ± 25.95 | 113.06 ± 28.33 | 0.035 (0.85) | 28.68 (< 0.001) | 0.003 (0.95) |
| Post | 91.87 ± 24.48 | 92.50 ± 27.07 |  |  |  |
| Δ% | −21.81 | −17.47 |  |  |  |
| ES |  0.76 |  0.68 |  |  |  |
| **HDL-c (mg/dL)** |  |  |  |  |  |
| Pre | 57.87 ± 9.26 | 58.50 ± 12.00 | 0.06 (0.79) | 8.11 (0.009) | 0.14 (0.71) |
| Post | 61.75 ± 10.19 | 63.37 ± 9.87 |  |  |  |
| Δ% | 6.96 | 9.28 |  |  |  |
| ES | 0.55 | 0.47 |  |  |  |
| **TG (mg/dL)b** |  |  |  |  |  |
| Pre | 84.28 ± 28.22 | 120.50 ± 45.29 | 4.22 (0.05) | 10.66 (0.004) | 2.88 (0.10) |
| Post | 65.71 ± 20.43 | 89.19 ± 33.69 |  |  |  |
| Δ% | −19.50 | −20.37 |  |  |  |
| ES |  0.76 |  0.79 |  |  |  |
| **Glycemia (mg/dL)** |  |  |  |  |  |
| Pre | 87.75 ± 11.90 | 91.25 ± 8.69 | 0.76 (0.39) | 5.38 (0.03) | 0.46 (0.50) |
| Post | 84.25 ± 6.36 | 86.18 ± 6.64 |  |  |  |
| Δ% | −3.00 | −5.15 |  |  |  |
| ES |  0.25 |  0.56 |  |  |  |
| **AST (U/L)a** |  |  |  |  |  |
| Pre | 26.50 ± 4.40 | 22.46 ± 4.58 | 3.13 (0.09) | 12.72 (0.002) | 1.41 (0.24) |
| Post | 22.87 ± 3.87 | 20.60 ± 4.59 |  |  |  |
| Δ% | −12.24 | −11.26 |  |  |  |
| ES |  0.79 |  0.39 |  |  |  |
| **ALT (U/L)a** |  |  |  |  |  |
| Pre | 23.00 ± 8.07 | 16.60 ± 7.05 | 5.27 (0.03) | 1.84 (0.18) | 3.46 (0.07) |
| Post | 20.50 ± 8.45 | 14.06 ± 7.60 |  |  |  |
| Δ% | −6.48 | −11.93 |  |  |  |
| ES |  0.69 |  0.40 |  |  |  |
| **Uric acid (mg/dL)** |  |  |  |  |  |
| Pre | 3.68 ± 0.65 | 3.84 ± 0.93 | 0.12 (0.72) | 1.28 (0.26) | 0.07 (0.79) |
| Post | 3.55 ± 0.61 | 3.68 ± 1.27 |  |  |  |
| Δ% | −2.78 | −4.85 |  |  |  |
| ES |  0.07 |  0.12 |  |  |  |
| **Urea (mg/dL)** |  |  |  |  |  |
| Pre | 21.00 ± 4.03 | 22.06 ± 5.76 | 0.03 (0.84) | 0.41 (0.52) | 0.02 (0.88) |
| Post | 22.37 ± 3.96 | 22.06 ± 5.19 |  |  |  |
| Δ% | 8.55 | 2.73 |  |  |  |
| ES | 0.23 | 0.10 |  |  |  |
| **Creatinine (mg/dL)** |  |  |  |  |  |
| Pre | 0.70 ± 0.11 | 0.69 ± 0.09 | 0.78 (0.38) | 9.50 (0.005) | 2.38 (0.13) |
| Post | 0.67 ± 0.10 | 0.61 ± 0.08 |  |  |  |
| Δ% | −2.46 | −11.32 |  |  |  |
| ES |  0.35 |  0.78 |  |  |  |

A-CHO: Adequate Carbohydrate Content; R-CHO: low carbohydrate content; ES: Effect Size; G: group; T: time; G×T: interaction F, F test; p, significance; TC: Total Cholesterol; VLDL-c: Very Low-Density Lipoprotein cholesterol; LDL-c: Low-Density Lipoprotein cholesterol; HDL-c: High-Density Lipoprotein cholesterol; TG: free triacylglycerols; AST: Aspartate Aminotransferase; ALT: Alanine Aminotransferase; aR-CHO, n = 15; bA-CHO, n = 7.