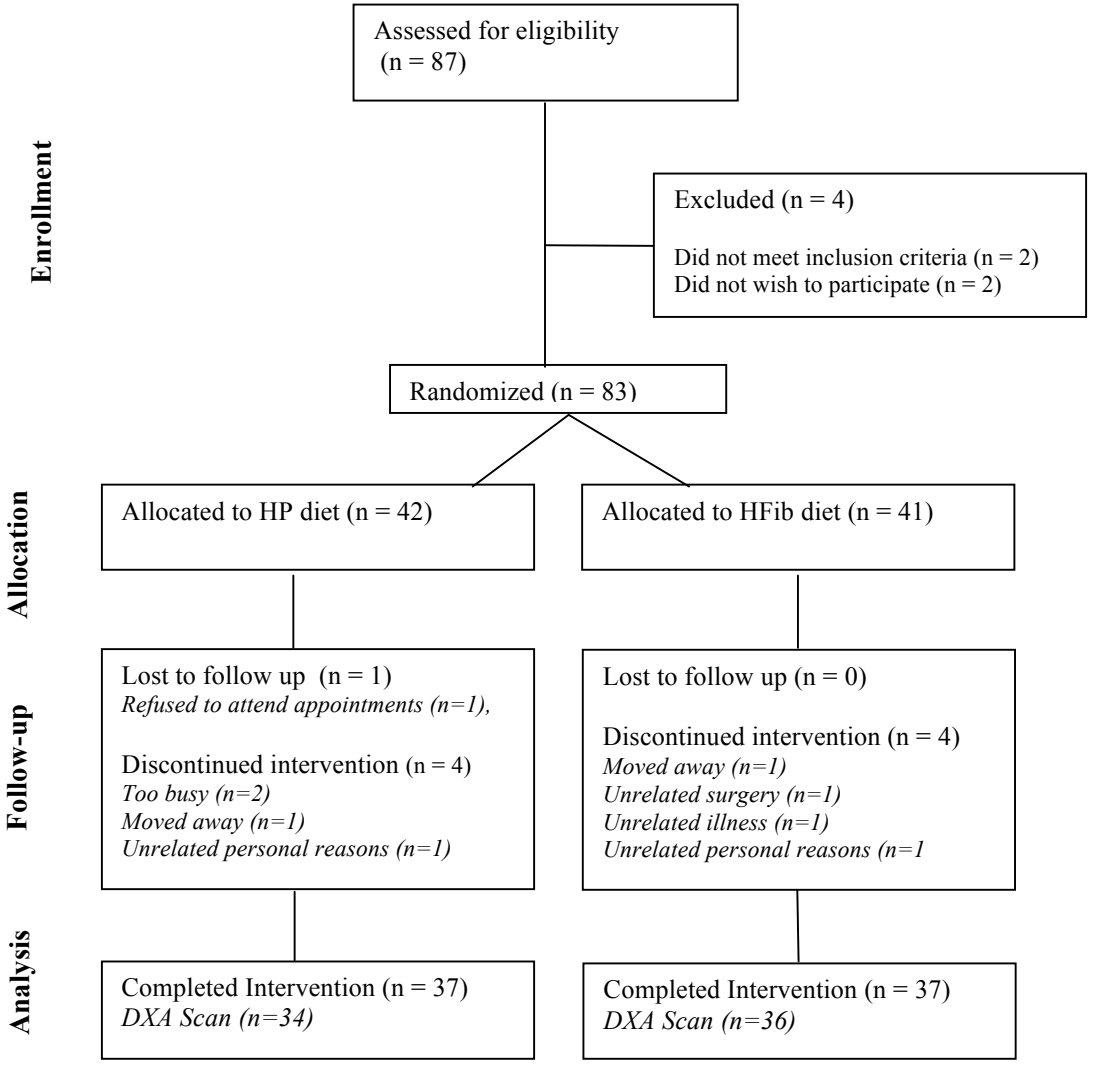
Enrollment
Assessed for eligibility
(n = 87)
Excluded (n = 4)
Did not meet inclusion criteria (n = 2)
Did not wish to participate (n = 2)
Randomized (n = 83)
Allocation
Allocated to HP diet (n = 42)
Allocated to HFib diet (n = 41)
Follow-up
Lost to follow up (n = 1)
Refused to attend appointments (n=1),
Discontinued intervention (n = 4)
Too busy (n=2)
Moved away (n=1)
Unrelated personal reasons (n=1)
Lost to follow up (n = 0)
Discontinued intervention (n = 4)
Moved away (n=1)
Unrelated surgery (n=1)
Unrelated illness (n=1)
Unrelated personal reasons (n=1
Analysis
Completed Intervention (n = 37)
DXA Scan (n=34)
Completed Intervention (n = 37)
DXA Scan (n=36)