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The effects of intermittent compared to continuous energy restriction on glycaemic control in type 2 diabetes; a pragmatic pilot trial

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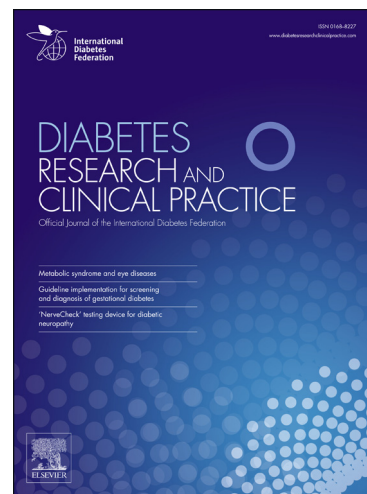
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Abbreviations: BGL/s, blood glucose level/s; BMI, Body Mass Index; CER, continuous energy restriction; CSIRO, Commonwealth Scientific and Industrial Research Organisation; ER, energy restriction; FFM, fat-free mass; FM, fat mass; FPG, fasting plasma glucose; HbA1c, Glycated Haemoglobin A1c; IER, intermittent energy restriction; T2DM, type 2 diabetes mellitus; VLCD/s, Very Low Calorie Diet/s

Clinical Trial Registry: This study has been registered with the Australia New Zealand Clinical Trial Registry (ANZCTR) www.anzctr.org.au and given the registration number ACTRN12615000383561.

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