

Table 1. Description of dietary intervention

Period of dietary intervention	BASELINE	HYPO	HA	LA
Calorie intake /day (kcal/day)	1578±477.2	1391.3±124	1869.6±114.6*†	1869.6±114.6*†
AGEs intake/day (x10 ⁶ U/day)	10.9±4.3	9.6±4.3	16±1*†	5.7±0.3*†‡
Compliance (%)				
High	-	52.2	69.6	47.8
Moderate	-	47.8	30.4	43.5
Poor	-	0	0	8.7

No significant differences existed for compliance rates.

Values represent mean±SD.

AGEs: advanced glycation end products, HYPO: hypocaloric diet, HA: high AGEs isocaloric diet, LA: low AGEs isocaloric diet.

*p<0.05 vs. baseline, † p<0.05 vs. HYPO, ‡ p<0.05 vs. HA.