

Table 2. Anthropometric, hormonal, metabolic parameters, serum levels of AGEs and oxidative stress at each dietary period

	Baseline	HYPO	HA	LA
Age (years)			23.4 ± 5.7	
BMI (kg/m ²)	26±5.7	24.6±5.2*	24.6±5.5*	24.2±5.2*
Serum AGEs (IU/ml)	9.1±1.4	8.9±1.6	10.4±1.4*†	8.2±1.6*†‡
Testosterone (ng/ml)	0.79±0.32	0.77±0.42	1.04±0.43*†	0.77±0.32‡
Free Testosterone (pg/ml)	2.33±0.84	2.24±0.95	2.46±0.85	2.35±0.73
SHBG (nmol/l)	31.5±15.6	37.7±23.3*	37.7±20.1*	35.4 ± 18.7
FAI	13.2±11.7	12.8±14.9	15.4±16*	11.1±10.7
Androstendione (ng/ml)	3.11±1.07	3.26±1.19	3.76±1.10*	3.37±0.96
Oxidative stress (µmol/l)	216.7±125.6	201.8±120.8	341.7±243*†	142.5±65.4*‡
Glucose (mg/dl)	82.8±9.1	86.4±5.3	87±5.7	83.3±7.9†
Insulin (µIU/ml)	10.7±6.9	10.6±5.2	13.6±6.3*†	9.2±2.8†‡
HOMA-IR	2.19±1.43	2.25±1.19	2.92±1.40*†	1.86±0.59†‡

Data are expressed as mean value±SD.

BMI: body mass index, SHBG: sex hormone binding globulin, 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.