



- PROSPERO ID CRD42023410959
- The search strategy: **Cochrane Central, Lilacs, Medline, Embase and gray literature**
- The risk of bias was assessed with **RoB2**.

RESULTS

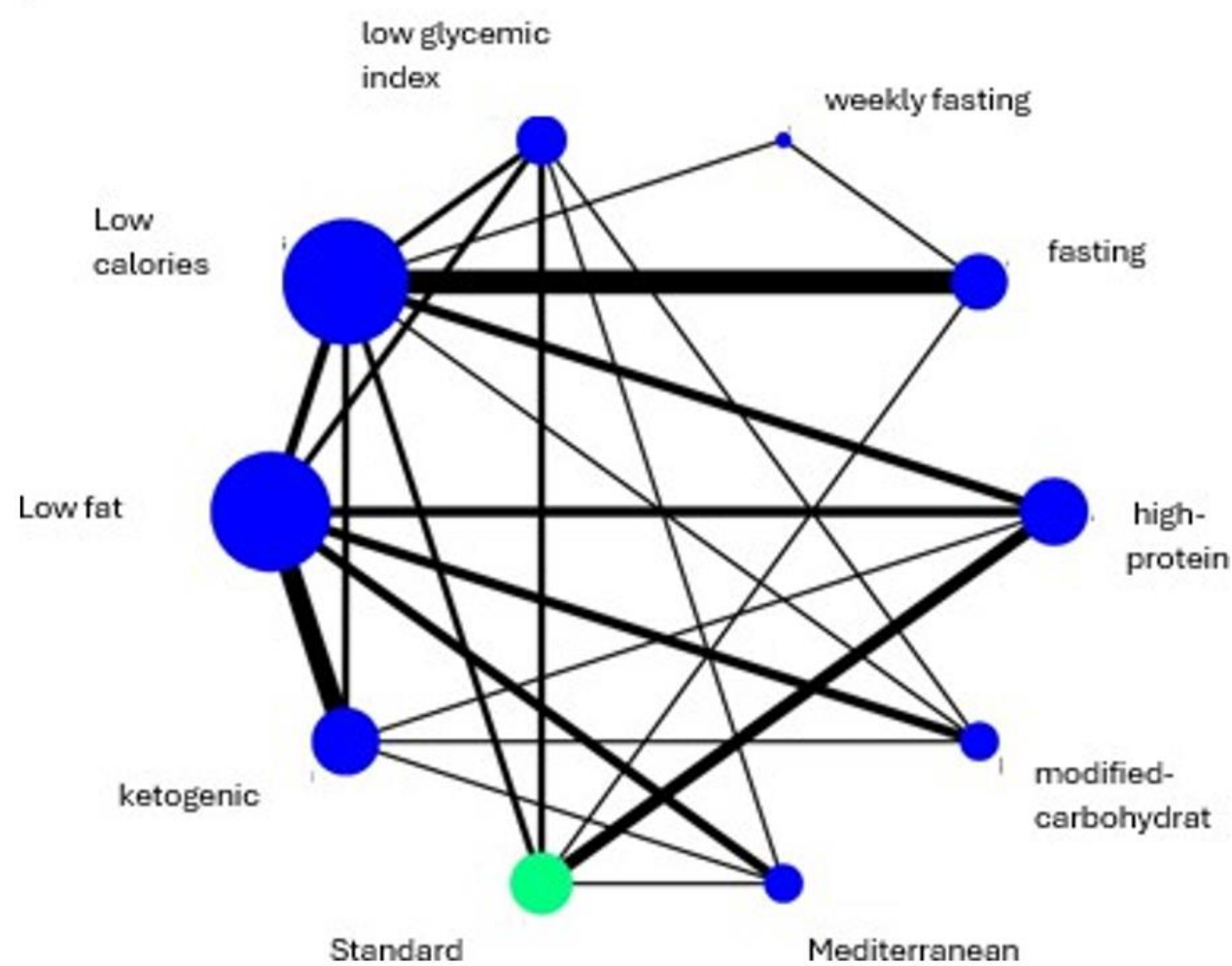


Figure 1. Weight loss: Greater effectiveness with low glycaemic index diet.

CONCLUSIONS

The certainty of the evidence ranged from moderate to low.

The **low glycaemic index diet** has better results in **weight loss** when compared to other nutritional therapies, however, are the most likely to cause weight gain. More studies are required that can **strengthen this conclusion**

METODOLOGY

- A **network meta-analysis**: random effects model with inverse variance method and standardized mean difference effect measure.
- The certainty: **GRADE**.

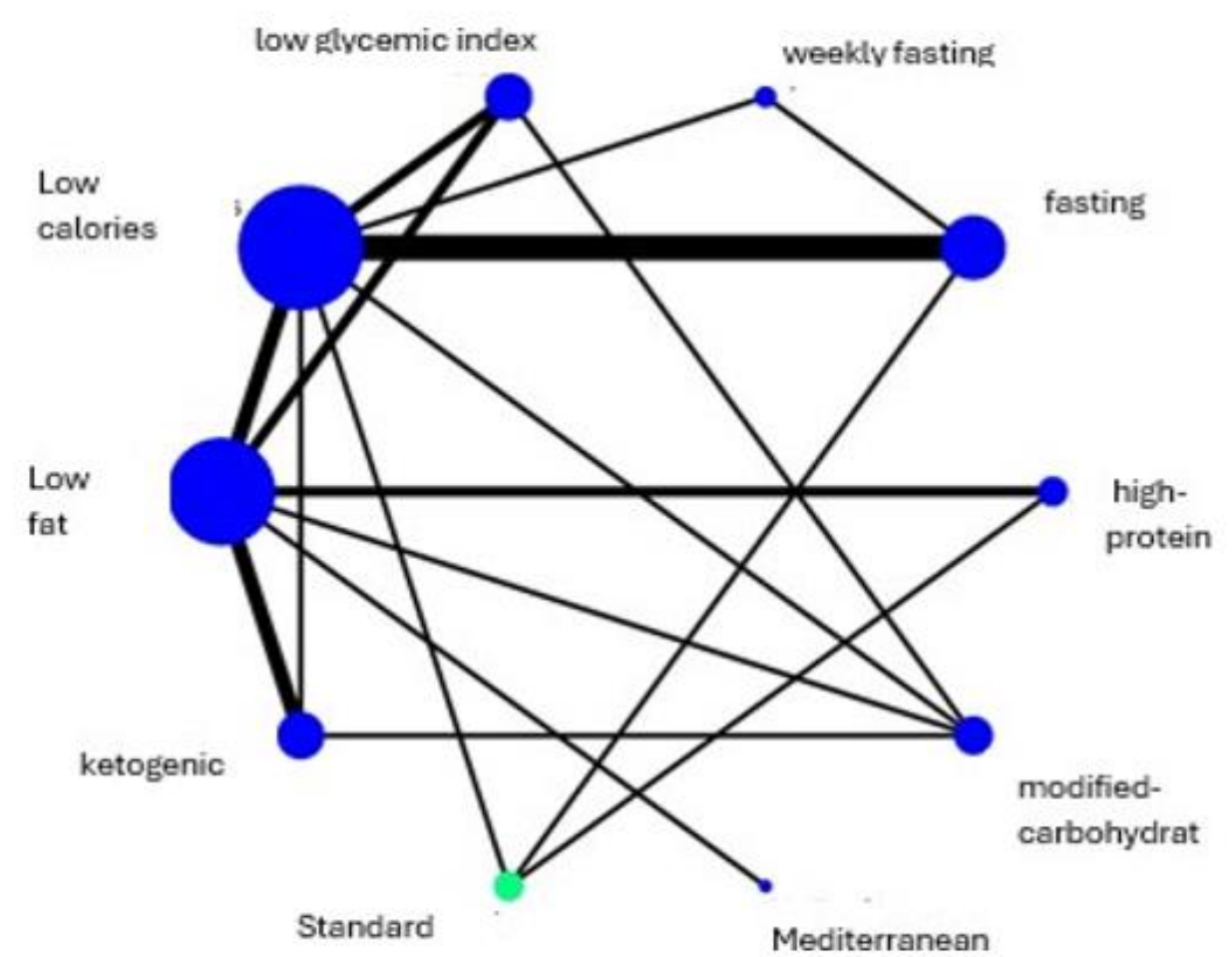


Figure 2. Loss maintenance: Low fat diet showed less weight regain.

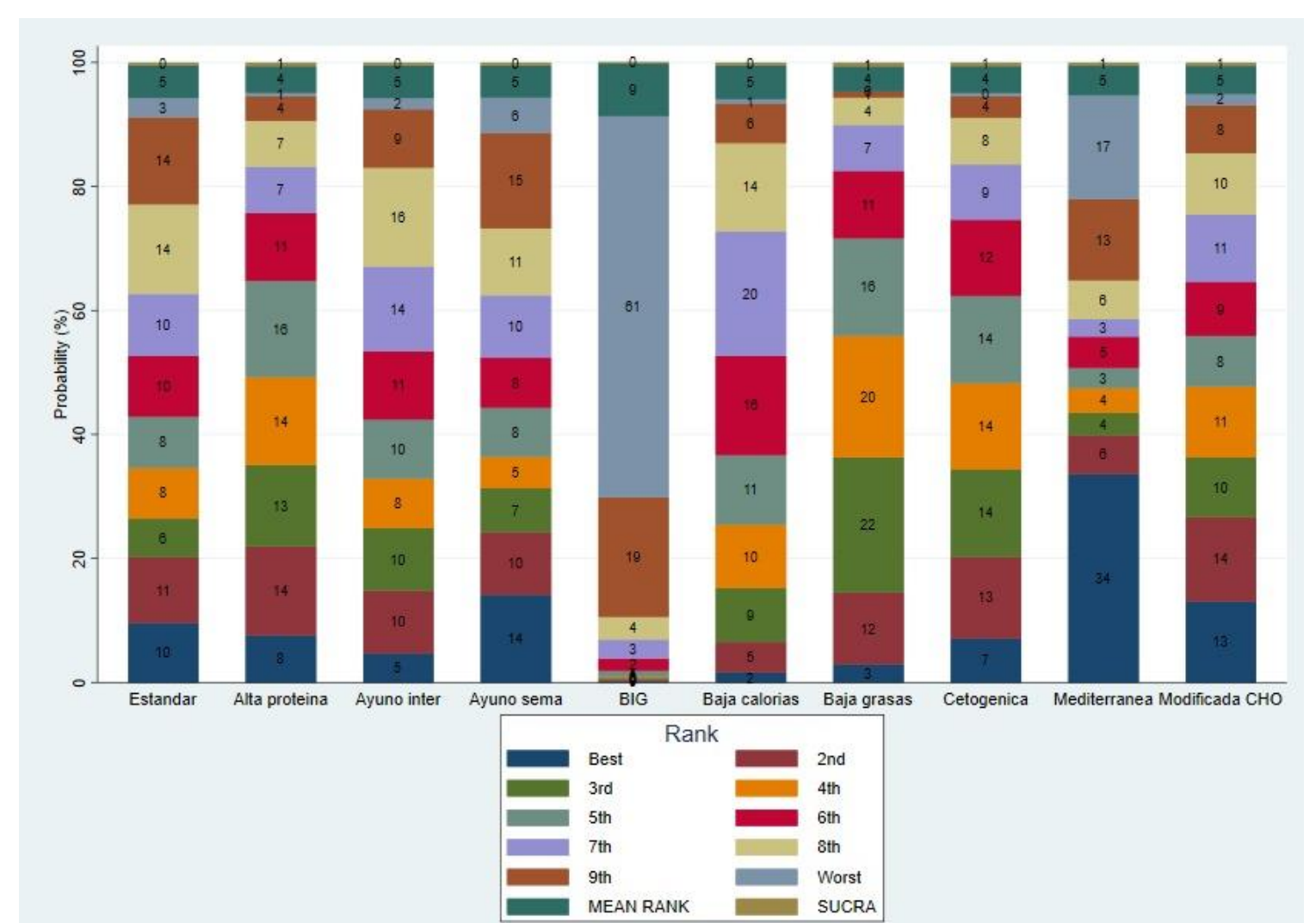


Figure 3. Rankogram for weight loss maintenance.

Bibliografía

- 1 Morsali M PJ, Shahbazi F, Vahidinia A, Doosti-Irani A. Diet Therapeutics Interventions for Obesity: A Systematic Review and Network Meta-Analysis. J Res Health Sci. 2021;Sep 19;21(3):e00521
2. Chekima K YS, Lee SWH, Wong TZ, Noor MI, Ooi YB, Metzendorf MI, Lai NM. Low glycaemic index or low glycaemic load diets for people with overweight or obesity. Cochrane Database Syst Rev. 2023;Jun 22;6(6):CD005105.

