
1. *Journal of Management Studies*, 1996, 33, 1, 1-14.
 2. *Journal of Management Studies*, 1996, 33, 2, 1-14.

[illegible]

Abstract

Abstract: This study examined the effects of a 12-week, 1000 kcal energy deficit diet on the body composition and metabolic profile of 10 obese women. The subjects were randomly assigned to either a low-carbohydrate (LC) or a low-fat (LF) diet. The LC diet was composed of 15% carbohydrate, 35% protein, and 50% fat, while the LF diet was composed of 55% carbohydrate, 25% protein, and 20% fat. Both diets were energy restricted to 1000 kcal/day. The subjects were monitored for 12 weeks, and their body composition and metabolic profile were assessed at baseline and at 12 weeks. The LC diet resulted in a greater loss of weight and fat mass compared to the LF diet. The LC diet also resulted in a greater improvement in insulin sensitivity and a greater reduction in blood pressure compared to the LF diet. The results of this study suggest that a low-carbohydrate diet may be more effective than a low-fat diet for weight loss and improving metabolic health in obese women.

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1. The first step is to identify the problem or question that needs to be answered. This involves understanding the context and the specific requirements of the task.

2. Next, it is important to gather relevant information and data. This can be done through research, consultation with experts, or by analyzing existing data sets.

3. Once the information is gathered, the next step is to analyze it. This involves identifying patterns, trends, and relationships that can help in understanding the problem.

4. After analysis, the next step is to develop a solution or plan. This involves identifying the most effective approach to solve the problem and outlining the steps to be taken.

5. Finally, the solution is implemented and the results are evaluated. This involves monitoring the progress of the implementation and making adjustments as needed to ensure the solution is effective.

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