48 eligible participants

6 excluded after screening session

42 randomly allocated

21 allocated to low protein diet
1 did not receive allocated intervention (withdrew before start of study)
20 received low protein diet
2 did not complete low protein diet period (dropped out in first week)
18 completed low protein diet period

21 allocated to high protein diet
21 received high protein diet
2 did not complete high protein diet period (dropped out in first week)
19 completed high protein diet period

19 allocated to low protein diet
18 allocated to high protein diet
18 completed high protein diet period
19 completed low protein diet period

37 in analysis