

| Table 1: Summary of key findings from the study |                                                                                                                 |                           |
|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|---------------------------|
| Study Design                                    | Randomized Controlled Trial                                                                                     | Duration: 12 weeks        |
| Participants                                    | 100 healthy adults                                                                                              | Age range: 18-65          |
| Intervention                                    | Group A: High-protein diet                                                                                      | Group B: Low-protein diet |
| Outcome 1: Weight Change                        | Group A: -5.2 kg                                                                                                | Group B: -3.8 kg          |
| Outcome 2: Blood Pressure                       | Group A: -10 mmHg                                                                                               | Group B: -5 mmHg          |
| Outcome 3: Cholesterol                          | Group A: -20 mg/dL                                                                                              | Group B: -10 mg/dL        |
| Conclusion                                      | High-protein diet leads to greater weight loss and improved cardiovascular health compared to low-protein diet. |                           |

