381 Individuals filled out online screener
228 Excluded
196 rejected due to ineligibility
32 could not reach for phone screen
153 Individuals completed phone screen
42 Excluded
32 rejected after phone screen
10 did not show up for in person screen
111 Individuals screened in person for eligibility
50 Excluded
37 Did not meet eligibility criteria
6 No longer interested
7 Other
61 Attended study orientation & signed informed consent
19 Did not meet eligibility criteria after first clinic visit
42 Randomized
11 with PreD Randomized to Keto-Med diet sequence
10 with T2D Randomized to Keto-Med diet sequence
12 with PreD Randomized to Med-Keto diet sequence
9 with T2D Randomized to Med-Keto diet sequence
1 Discontinued for personal reasons
1 Discontinued due to COVID-19
1 Discontinued due to problem with diet
2 Discontinued due to COVID-19
10 with PreD Finished Diet 1 (Keto)
9 with T2D Finished Diet 1 (Keto)
11 with PreD Finished Diet 1 (Med)
7 with T2D Finished Diet 1 (Med)
1 Discontinued for unknown reasons
1 Discontinued due to COVID-19
10 with PreD Finished Diet 2 (Med); 1 missed end of Diet 2 blood draw
7 with T2D Finished Diet 2 (Med)
11 with PreD Finished Diet 2 (Keto)
7 with T2D Finished Diet 2 (Keto); 1 missed end of Diet 2 blood draw