**Study 138**
***A Review of the Carbohydrate-Insulin Model of Obesity.
KD Hall***

DOI:10.1038/ejcn.2016.260
Amendments: None.

**Study 139**
***The Carbohydrate-Insulin Model of Obesity: Beyond ‘Calories In, Calories Out’
David S. Ludwig***

DOI: 10.1001/jamainternmed.2018.2933
Amendments:

One of the studies referenced in this review (study 13 - doi:10.1152/ajpregu.1985.248.1.R120) indicates greater fat deposition insulin was administered. However, if you look at the blood values of glucose (as one example), the animals’ blood values are significantly lower (half) of the non-insulin treated animals. So, I would argue the insulin is just depositing the blood values of nutrients into the fat tissue, but that does not act as a proof against the Conventional Model (as claimed in the review). It’s merely a re-compartmentalization of the nutrients from the blood to the fat tissue, which falls in-line with the Conventional Model, as well as the Insulin Model.

**Study 140**
***The Carbohydrate-Insulin Model of Obesity Is Difficult to Reconcile With Current Evidence
Kevin D Hall***

DOI: doi:10.1001/jamainternmed.2018.2920
Amendments: None.

**Study 141**
***Obesity Energetics: Body Weight Regulation and the Effects of Diet Composition***
Kevin D Hall

DOI:10.1053/j.gastro.2017.01.052
Amendments: None.

**Study 142**
***Do Lower-Carbohydrate Diets Increase Total Energy Expenditure? An Updated and Reanalyzed Meta-Analysis of 29 Controlled-Feeding Studies
David S. Ludwig***

DOI: 10.1093/jn/nxaa350
Amendments:

This re-analysis did address the energy expenditure issues with the Hall analysis (study 141), but ignored the bodyfat loss data, which showed the results are about equivalent on either diet. So, it only rebutted half the criticism.

**Study 143**
***Overestimated Impact of Lower-Carbohydrate Diets on Total Energy Expenditure
Stephen Guyenet*

DOI:** 10.1093/jn/nxab213

Amendments: None.