A) "Consent Form"

I ........................................ hereby agree to participate in a research project entitled "The effect of moderately carbohydrate restricted diet on liver enzymes, steatosis and fibrosis in normal-weight individuals with non-alcoholic fatty liver disease: study protocol for a parallel randomized controlled clinical trial" under the supervision of Dr. Ahmad Esmailzadeh and Mrs. Fatemeh Dashti.

It was explained to me about the effect of adherence to the moderate carbohydrate restriction diet on liver enzymes and steatosis will be studied.

In this research, I will answer the questions about my characteristics and 24-hour dietary recalls, and blood sample will be taken from me at the beginning and end of the intervention. The present study is designed to be 12 weeks. During the research period, I will be adherenced to the moderately restricted carbohydrate diet during the intervention.

My name and all information that is taken from me will be remained confidential (in writing) and the research results will be published as the general answer of the studied group and the individual results will be presented without mentioning names.

The researcher has answered all my questions, so I agree to participate in this research. By mentioning this, this agreement will not prevent legal actions - in case of illegal action or inhumane method.

Name and surname of the person being studied:
Study address and phone number:

Date and signature of the participant:

Statement of the research officer: I have informed the participant about the nature of the above plan process and the treatment used and the possible risks. I have answered all questions to the best of my ability. I will inform the participant of any changes in possible risks and benefits during the study or information that will depend on the participant's willingness to continue treatment in this study.