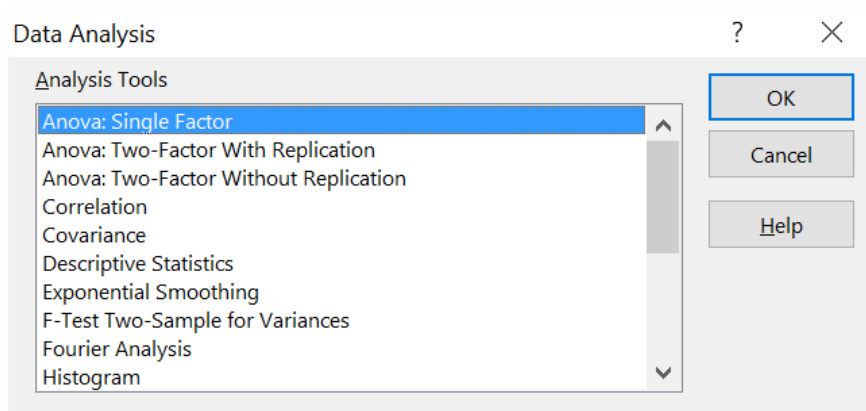
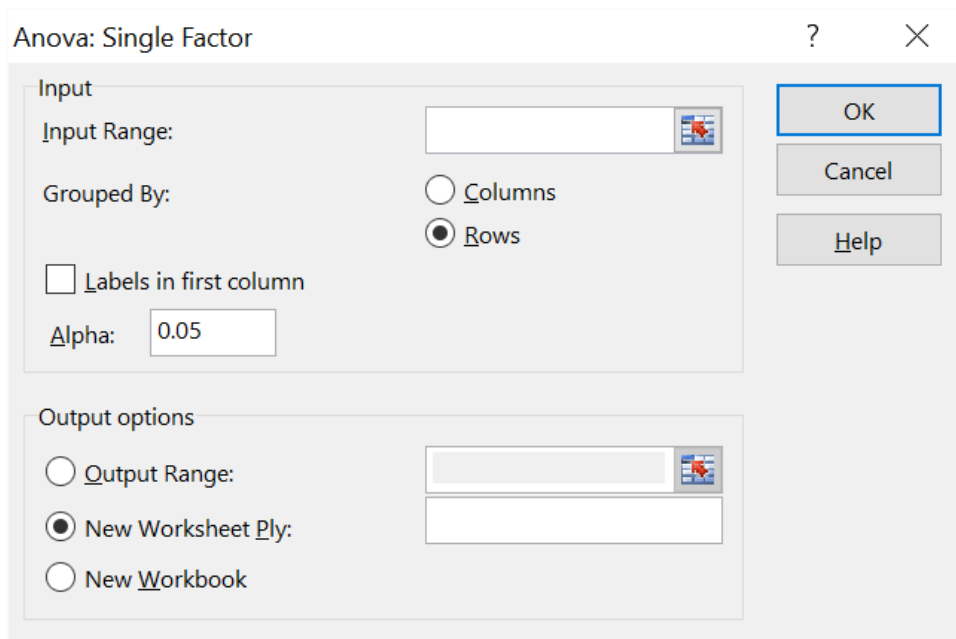




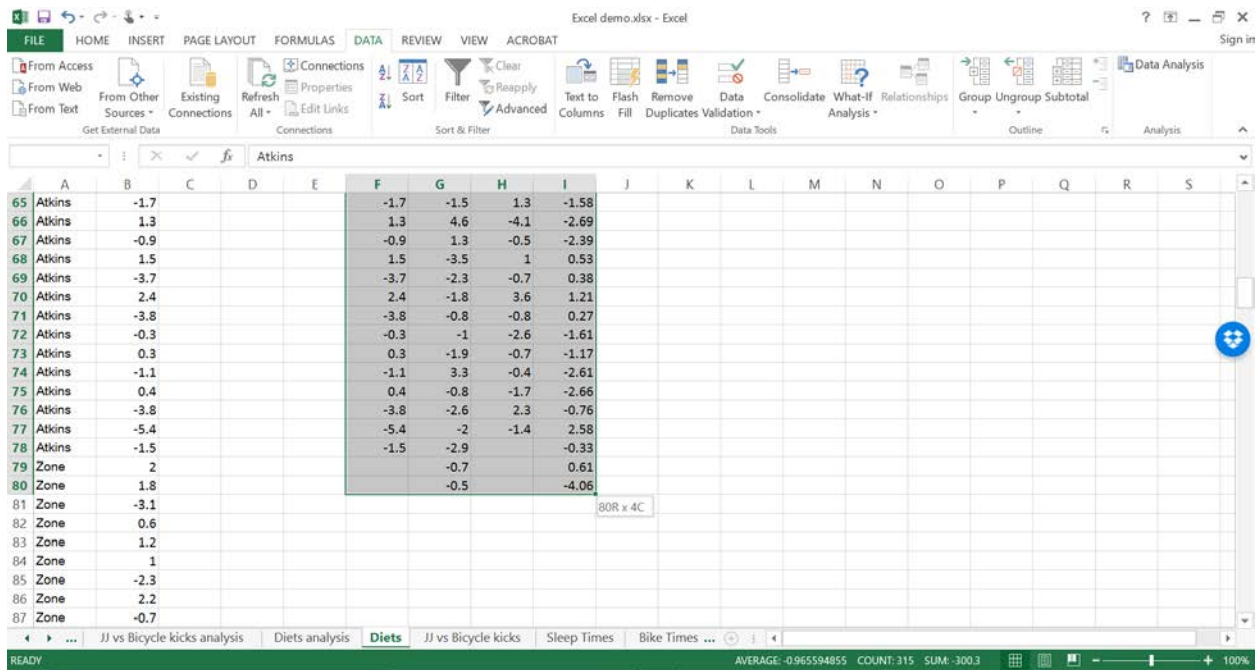
Still in the DATA tab, choose “Data Analysis”.



Choose “Anova: Single Factor”, click OK.

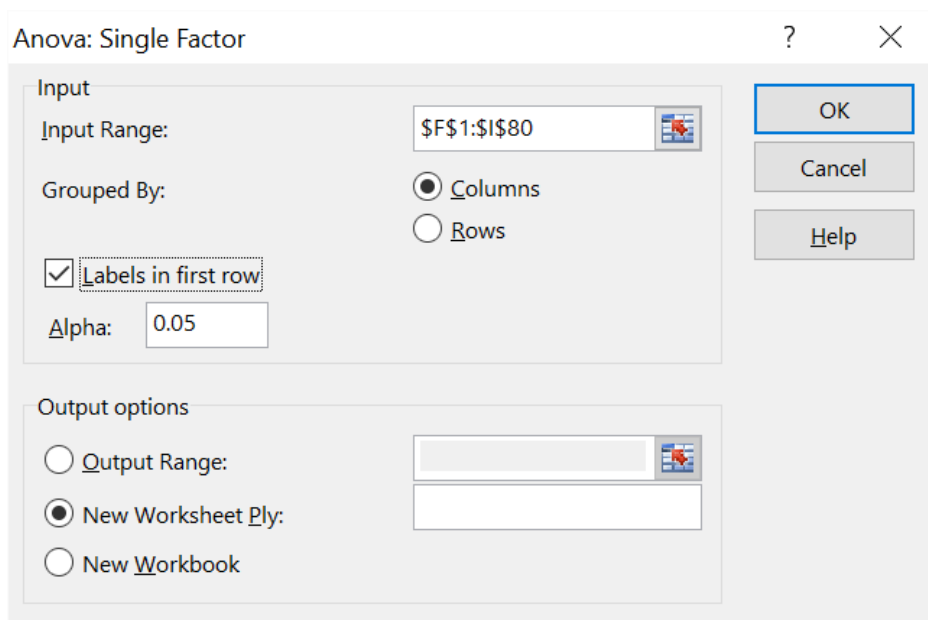


Click on the button with the red arrow for “Input Range”, select the cells containing the data in the newly created columns. Note that this is not a balanced dataset, i.e. not all diets have the same number of observations. Select empty cells for diets with fewer observations (please see screenshot).



Hit “Enter”. Click on the button next to “Grouped by: Columns”. If you selected the cells with the variable names “Atkins”, “Zone”, “Ornish” and “LEARN” (as I did), check the “Labels in first row” box.

The default alpha is 0.05; you may change that if desired. Also, the results will be output in a new worksheet by default. You should now see this.



Click “OK”