

Supplementary Table S1: Intake of food groups at baseline and estimated mean change from baseline to follow-up in the three groups (g/10MJ)

	Intervention A				Intervention B				Control			
	n*	Baseline (median [IQR])	Estimated mean change in % (95% CI)	P- value	n*	Baseline (median [IQR])	Estimated mean change in % (95% CI)	P- value	n*	Baseline (median [IQR])	Estimated mean change in % (95% CI)	P-value
<i>Children</i>												
<i>Food groups</i>												
Milk and milk products	40/36	512 [338, 678]	-15 (-28, 1)	0.067	64/60	369 [261, 606]	-16 (-29, -1)	0.043	52/47	423 [323, 556]	-8 (-25, 12)	0.387
Cheese and cheese products	40/33	29 [17, 41]	-43 (-64, -10)	0.015	64/60	30 [15, 52]	-20 (-41, 8)	0.144	51/47	30 [19, 54]	8 (-21, 46)	0.634
Bread, total	40/36	155 [124, 183]	31 (7, 58)	0.007	64/60	170 [142, 211]	22 (8, 38)	0.001	52/47	178 [133, 234]	15 (2, 30)	0.019
Rye bread	34/33	52 [28, 96]	55 (-27, 229)	0.256	55/56	72 [31, 112]	77 (2, 206)	0.041	50/45	79 [40, 119]	-3 (-24, 23)	0.819
Wheat bread	40/36	93 [66, 113]	30 (3, 65)	0.028	64/60	97 [66, 134]	19 (-4, 48)	0.105	52/45	102 [72, 121]	4 (-25, 43)	0.821
Breakfast cereals	33/31	43 [13, 75]	-19 (-57, 52)	0.503	53/52	35 [9, 99]	20 (-30, 105)	0.510	43/37	50 [12, 88]	-28 (-67, 57)	0.401
Rice and pasta	39/35	44 [23, 84]	-35 (-63, 14)	0.133	61/55	45 [28, 71]	-29 (-61, 27)	0.249	50/44	43 [19, 76]	-15 (-48, 39)	0.515
Potatoes and potato products	36/33	31 [16, 44]	73 (-28, 318)	0.219	55/49	28 [10, 52]	-19 (-64, 80)	0.606	43/35	17 [6, 34]	27 (-49, 219)	0.609
Vegetables	40/36	145 [122, 197]	5 (-16, 31)	0.701	64/60	166 [109, 227]	2 (-16, 22)	0.875	52/47	150 [94, 193]	20 (3, 39)	0.017
Fruit	39/36	115 [77, 165]	63 (7, 151)	0.024	63/60	141 [76, 182]	38 (6, 79)	0.016	52/47	140 [85, 174]	12 (-16, 49)	0.432
Meat and poultry	40/36	120 [93, 156]	16 (-1, 36)	0.062	64/60	119 [88, 142]	-5 (-19, 12)	0.551	52/47	104 [85, 143]	11 (-4, 30)	0.149
Fish and fish products	28/17	16 [0, 24]	-68 (-88, -18)	0.018	51/44	14 [3, 32]	-33 (-66, 31)	0.238	41/26	13 [4, 34]	-74 (-88, -44)	0.001
Processed meat, poultry and fish	40/36	51 [35, 71]	15 (-10, 48)	0.251	64/60	61 [39, 78]	7 (-11, 28)	0.502	51/46	51 [39, 89]	-1 (-19, 21)	0.910
Butter and spreads	39/36	14 [8, 22]	30 (-10, 90)	0.167	58/57	13 [7, 19]	20 (-15, 68)	0.302	47/45	24 [9, 33]	14 (-24, 72)	0.540
Salty snacks	29/23	6 [0, 12]	-24 (-66, 68)	0.491	37/35	5 [0, 18]	-21 (-64, 73)	0.561	33/33	4 [0, 14]	45 (-29, 197)	0.303
Cakes, sweets and chocolate	38/36	81 [57, 115]	80 (5, 210)	0.032	63/56	84 [57, 131]	-18 (-49, 31)	0.400	52/45	90 [64, 120]	-13 (-39, 22)	0.413
Sugar sweetened beverages	37/32	136 [83, 276]	16 (-42, 129)	0.672	57/55	151 [81, 285]	48 (-30, 213)	0.303	44/38	123 [52, 253]	8 (-53, 146)	0.862
<i>Bread fillings</i>												
Fillings, total	40/35	66 [41, 91]	-14 (-42, 27)	0.445	64/59	67 [46, 108]	-19 (-33, -2)	0.033	52/47	75 [54, 105]	-13 (-29, 6)	0.164
High salt (>2.5g/100g)	32/29	7 [2, 15]	8 (-50, 132)	0.847	55/49	10 [4, 24]	-28 (-58, 22)	0.222	44/41	10 [3, 18]	33 (-21, 125)	0.289
Medium salt (1-2.5g/100g)	38/31	22 [11, 46]	-18 (-60, 67)	0.589	58/53	20 [8, 36]	-2 (-40, 60)	0.928	48/43	39 [22, 57]	-34 (-58, 2)	0.064
Low salt (<1.0g/100g)	38/33	28 [12, 45]	-30 (-61, 26)	0.234	62/54	29 [17, 55]	-40 (-64, 0)	0.051	49/42	24 [11, 34]	-35 (-62, 11)	0.115
<i>Adults</i>												
<i>Food groups</i>												
Milk and milk products	41/38	268 [188, 492]	-10 (-24, 6)	0.214	63/60	260 [159, 392]	-14 (-27, 1)	0.074	49/47	325 [189, 405]	-12 (-26, 6)	0.181
Cheese and cheese products	41/37	49 [33, 68]	-26 (-50, 7)	0.115	63/60	42 [27, 65]	-13 (-26, 3)	0.107	49/47	41 [19, 56]	23 (-2, 54)	0.069
Bread, total	41/38	152 [114, 199]	23 (5, 45)	0.011	63/60	150 [121, 186]	21 (8, 34)	0.000	49/47	148 [122, 168]	17 (2, 34)	0.027
Rye bread	40/37	70 [39, 115]	-1 (-22, 25)	0.919	60/58	73 [45, 95]	12 (-18, 54)	0.470	49/45	67 [39, 94]	-24 (-50, 15)	0.192
Wheat bread	41/38	79 [50, 108]	42 (12, 80)	0.004	63/60	82 [51, 109]	36 (11, 68)	0.004	49/47	75 [53, 114]	35 (6, 72)	0.014
Breakfast cereals	27/23	17 [0, 53]	-37 (-71, 38)	0.248	49/43	24 [5, 57]	-33 (-62, 19)	0.169	35/26	27 [0, 52]	-69 (-84, -38)	0.001
Rice and pasta	39/36	27 [17, 52]	13 (-34, 95)	0.658	60/56	40 [25, 66]	-31 (-59, 17)	0.170	47/43	41 [24, 76]	-23 (-51, 20)	0.241
Potatoes and potato products	38/34	33 [18, 64]	19 (-46, 164)	0.666	55/55	35 [16, 66]	103 (-3, 326)	0.060	45/42	38 [13, 50]	44 (-36, 225)	0.374
Vegetables	41/38	179 [119, 237]	14 (-8, 39)	0.218	63/60	247 [155, 335]	-7 (-18, 6)	0.270	49/47	229 [162, 284]	-1 (-15, 15)	0.937

Fruit	41/37	100 [44, 186]	31 (-10, 90)	0.152	62/60	102 [38, 160]	76 (26, 146)	0.001	49/47	97 [34, 164]	19 (-9, 55)	0.201
Meat and poultry	41/38	142 [99, 171]	21 (6, 36)	0.003	63/60	134 [93, 164]	3 (-10, 19)	0.685	48/46	132 [101, 157]	11 (-11, 39)	0.370
Fish and fish products	33/25	17 [4, 35]	-52 (-78, 2)	0.056	56/53	24 [7, 43]	1 (-42, 77)	0.973	42/41	21 [11, 48]	-9 (-50, 63)	0.746
Processed meat, poultry and fish	41/38	51 [33, 80]	37 (0, 88)	0.047	63/59	54 [37, 75]	-12 (-32, 14)	0.330	47/47	51 [32, 81]	10 (-18, 48)	0.539
Butter and spreads	35/33	12 [3, 17]	-16 (-52, 49)	0.556	59/54	10 [5, 18]	-11 (-39, 30)	0.540	47/42	18 [9, 25]	-17 (-43, 23)	0.357
Salty snacks	30/21	5 [0, 10]	-47 (-78, 23)	0.141	40/34	3 [0, 8]	-31 (-65, 36)	0.292	29/31	4 [0, 10]	24 (-40, 156)	0.566
Cakes, sweets and chocolate	40/38	87 [48, 129]	8 (-23, 51)	0.660	62/58	93 [67, 138]	-31 (-47, -10)	0.007	48/46	84 [64, 105]	-3 (-32, 39)	0.880
Sugar sweetened beverages	33/32	156 [41, 251]	39 (-50, 286)	0.531	52/53	106 [40, 208]	69 (-30, 310)	0.244	39/42	60 [16, 164]	171 (-0, 639)	0.051
<i>Bread fillings</i>												
Fillings, total	41/37	97 [62, 143]	-13 (-40, 27)	0.478	62/59	96 [66, 135]	-15 (-32, 7)	0.164	49/47	83 [63, 124]	-17 (-36, 7)	0.152
High salt (>2.5g/100g)	36/33	9 [3, 16]	21 (-37, 132)	0.574	51/48	8 [2, 19]	-20 (-55, 40)	0.437	39/39	9 [2, 16]	-4 (-53, 95)	0.905
Medium salt (1-2.5g/100g)	40/35	52 [31, 82]	-32 (-57, 9)	0.117	60/57	43 [28, 66]	-18 (-40, 12)	0.213	48/43	43 [25, 60]	-27 (-54, 15)	0.175
Low salt (<1.0g/100g)	38/36	32 [10, 46]	13 (-34, 92)	0.661	59/56	35 [14, 54]	-2 (-33, 45)	0.935	49/43	27 [16, 48]	-51 (-71, -15)	0.011

All analyses are based on imputed datasets and presented as mean change in % with 95% CI calculated using mixed models with age, gender, BMI, parental education, under- and acceptable energy intake as fixed effects and participant as random effect. Baseline values are based on observed values and includes participants with zero intake. All values were logtransformed before analysis. P-values in bold are significant.

*Number of participant with an intake >0g/day at baseline/follow-up

Supplementary Table S2: Estimated differences between groups at follow-up in intake of food groups (g/10MJ)

		Intervention A compared to control		Intervention B compared to control		Intervention B compared to Intervention A	
		Mean difference in % (95% CI)		Mean difference in % (95% CI)		Mean difference in % (95% CI)	
	ICC	CI)	P-value	in % (95% CI)	P-value		P-value
Children							
Food groups							
Milk and milk products	0.30	7 (-19, 40)	0.633	-3 (-24, 23)	0.785	-9 (-30, 17)	0.453
Cheese and cheese products	0.46	-52 (-73, -15)	0.011	-23 (-54, 28)	0.316	60 (-7, 176)	0.091
Bread, total	0.39	-4 (-23, 18)	0.685	4 (-13, 24)	0.668	9 (-11, 32)	0.408
Rye bread	0.32	3 (-51, 116)	0.932	48 (-24, 186)	0.248	43 (-29, 190)	0.321
Wheat bread	0.84	9 (-33, 78)	0.732	13 (-28, 77)	0.605	3 (-36, 66)	0.892
Breakfast cereals	0.41	36 (-50, 267)	0.548	91 (-23, 370)	0.160	41 (-46, 268)	0.485
Rice and pasta	0.65	8 (-56, 164)	0.863	30 (-43, 192)	0.532	20 (-49, 182)	0.679
Potatoes and potato products	0.58	70 (-53, 512)	0.417	1 (-68, 222)	0.988	-41 (-83, 102)	0.404
Vegetables	0.59	-11 (-34, 19)	0.419	-13 (-34, 13)	0.295	-2 (-26, 30)	0.885
Fruit	0.60	32 (-14, 103)	0.205	23 (-17, 81)	0.300	-7 (-39, 41)	0.729
Meat and poultry	0.58	12 (-14, 48)	0.397	-12 (-31, 13)	0.309	-22 (-39, 1)	0.061
Fish and fish products	0.52	-10 (-73, 199)	0.860	239 (14, 908)	0.028	278 (18, 1109)	0.025
Processed meat, poultry and fish	0.41	23 (-13, 74)	0.233	11 (-19, 51)	0.511	-10 (-35, 24)	0.523
Butter and spreads	0.15	7 (-34, 71)	0.794	-18 (-46, 24)	0.345	-23 (-51, 20)	0.249
Cakes, sweets and chocolate	0.89	77 (-15, 271)	0.130	8 (-45, 111)	0.826	-39 (-70, 23)	0.169
Sugar sweetened beverages	0.43	24 (-63, 317)	0.722	77 (-41, 428)	0.308	42 (-56, 356)	0.557
Bread fillings							
Fillings, total	0.58	-6 (-40, 48)	0.803	-7 (-38, 40)	0.725	-1 (-36, 52)	0.944
High salt (>2.5g/100g)	0.29	-35 (-73, 54)	0.330	-32 (-69, 47)	0.321	4 (-55, 139)	0.929
Medium salt (1-2.5g/100g)	-	11 (-48, 139)	0.784	15 (-42, 128)	0.687	3 (-50, 116)	0.929
Low salt (<1.0g/100g)	0.25	-1 (57, 128)	0.978	12 (-47, 137)	0.774	13 (-49, 153)	0.767
Adults							
Food groups							
Milk and milk products	0.17	5 (-20, 37)	0.738	-4 (-25, 22)	0.742	-8 (-29, 18)	0.504
Cheese and cheese products	0.16	-28 (-51, 6)	0.094	-24 (-45, 7)	0.119	6 (-26, 52)	0.744
Bread, total	0.33	5 (-13, 28)	0.592	9 (-7, 29)	0.289	4 (-13, 24)	0.693
Rye bread	0.24	37 (-20, 134)	0.256	46 (-10, 136)	0.126	7 (-36, 78)	0.803
Wheat bread	0.41	-1 (-26, 34)	0.967	4 (-20, 36)	0.761	5 (-21, 40)	0.742
Breakfast cereals	0.30	94 (-32, 459)	0.218	181 (9, 629)	0.033	45 (-47, 297)	0.473
Rice and pasta	0.04	36 (-35, 185)	0.409	-9 (-53, 76)	0.784	-33 (-67, 35)	0.260
Potatoes and potato products	0.47	5 (-63, 194)	0.928	19 (-53, 202)	0.718	13 (-58, 204)	0.805
Vegetables	0.15	9 (-14, 37)	0.474	-5 (-22, 17)	0.638	-13 (-31, 10)	0.256
Fruit	0.13	5 (-30, 57)	0.802	43 (0, 104)	0.049	36 (-8, 99)	0.118
Meat and poultry	0.59	26 (1, 57)	0.044	4 (-15, 28)	0.676	-17 (-33, 3)	0.084
Fish and fish products	0.22	-49 (-79, 22)	0.130	17 (-46, 153)	0.700	128 (-1, 423)	0.052
Processed meat, poultry and fish	0.63	37 (-15, 119)	0.196	-10 (-41, 39)	0.646	-34 (-58, 4)	0.074
Butter and spreads	-	-30 (-63, 31)	0.263	-10 (-48, 56)	0.705	29 (-28, 132)	0.399
Cakes, sweets and chocolate	0.19	8 (-32, 72)	0.746	-24 (-50, 14)	0.188	-30 (-55, 9)	0.118

Sugar sweetened beverages	0.04	-29 (-76, 115)	0.549	-9 (-66, 142)	0.845	27 (-55, 263)	0.654
<i>Bread fillings</i>							
Fillings, total	0.09	6 (-30, 60)	0.788	5 (-27, 51)	0.778	0 (-33, 47)	0.981
High salt (>2.5g/100g)	0.09	43 (-36, 221)	0.379	-13 (-57, 79)	0.710	-39 (-72, 31)	0.205
Medium salt (1-2.5g/100g)	0.11	2 (-46, 91)	0.953	21 (-30, 111)	0.497	19 (-34, 116)	0.568
Low salt (<1.0g/100g)	0.14	67 (-19, 245)	0.168	67 (-12, 216)	0.114	0 (-49, 98)	0.996

Analyses are based on imputed datasets and presented as mean difference in % with 95% CI calculated using mixed models with treatment group, age, gender, BMI, parental education, and under- and acceptable reported energy intake as fixed effects and family as random effect. All values were log transformed before analysis. P-values in bold are significant. ICC = Intraclass correlation coefficient

Supplementary Table S3: Intake of energy and nutrients at baseline and estimated mean change from baseline to follow-up in the three groups

	Intervention A			Intervention B			Control		
	Baseline mean (SD)	Estimated mean change (95% CI)	P-value	Baseline mean (SD)	Estimated mean change (95% CI)	P-value	Baseline mean (SD)	Estimated mean change (95% CI)	P-value
<i>Children <18y</i>									
<i>n</i>	40			64			52		
Energy (kJ/d)	7459 (2283)	-369 (-897, 158)	0.170	6827 (2382)	67 (-388, 523)	0.773	6867 (1501)	-385 (-745, -25)	0.036
Macronutrients									
Fat (E%)	34.6 (4.3)	0.7 (-0.6, 2.0)	0.300	33.6 (4.3)	-0.3 (-1.7, 1.0)	0.648	35.9 (4.4)	-0.2 (-1.7, 1.2)	0.744
Saturated fat (E%)	13.6 (2.3)	-0.2 (-1.0, 0.6)	0.556	12.8 (2.3)	-1.2 (-2.0, -0.4)	0.003	14.3 (2.8)	-0.9 (-1.8, 0.0)	0.051
Carbohydrates, total (E%)	50.2 (5.6)	-0.4 (-1.9, 1.0)	0.566	51.4 (4.9)	0.5 (-1.0, 1.9)	0.526	49.7 (4.6)	0.3 (-1.2, 1.9)	0.664
Added sugar (E%)	10.3 (4.6)	0.2 (-1.1, 1.5)	0.811	9.1 (3.6)	1.1 (0.1, 2.2)	0.030	9.5 (4.5)	0.7 (-0.6, 2.1)	0.291
Protein (E%)	15.3 (2.6)	-0.3 (-1.0, 0.4)	0.424	15.0 (2.5)	-0.1 (-0.6, 0.4)	0.646	14.3 (1.9)	-0.1 (-0.6, 0.5)	0.811
Dietary fiber (g/10MJ)	23 (5)	0 (-2, 1)	0.626	26 (6)	0 (-2, 1)	0.583	25 (7)	-1 (-3, 0)	0.047
Micronutrients									
Sodium (g/10MJ)	3.7 (0.6)	-0.5 (-0.7, -0.2)	0.000	4.0 (0.7)	-0.5 (-0.8, -0.2)	0.001	3.8 (0.6)	0.1 (-0.2, 0.3)	0.538
Potassium (g/10MJ)	3.1 (0.5)	0.1 (-0.1, 0.3)	0.255	3.2 (0.6)	0.1 (-0.1, 0.2)	0.480	2.9 (0.5)	0.1 (-0.0, 0.2)	0.112
<i>Adults ≥18y</i>									
<i>n</i>	41			63			49		
Energy (kJ/d)	9189 (2464)	-441 (-1084, 202)	0.179	8577 (2104)	587 (95, 1080)	0.019	9067 (1870)	-404 (-866, 58)	0.086
Macronutrients									
Fat (E%)	37.1 (5.5)	1.4 (-0.0, 2.8)	0.058	36.8 (4.0)	0.3 (-0.9, 1.4)	0.663	37.9 (5.4)	0.9 (-0.5, 2.3)	0.208
Saturated fat (E%)	14.0 (2.7)	0.2 (-0.4, 0.8)	0.580	13.6 (2.4)	-0.5 (-1.2, 0.2)	0.133	14.2 (2.9)	-0.1 (-0.9, 0.7)	0.891
Carbohydrates, total (E%)	46.8 (5.9)	-1.7 (-3.3, -0.0)	0.048	46.8 (4.3)	-0.3 (-1.6, 1.1)	0.707	46.3 (5.8)	-0.8 (-2.3, 0.7)	0.294
Added sugar (E%)	9.9 (6.7)	-0.6 (-2.0, 0.8)	0.382	8.3 (4.0)	0.4 (-0.6, 1.4)	0.452	8.7 (5.3)	0.7 (-0.4, 1.8)	0.236
Protein (E%)	16.1 (2.4)	0.2 (-0.6, 1.1)	0.567	16.4 (2.3)	0.0 (-0.6, 0.6)	0.999	15.9 (2.5)	0.0 (-0.7, 0.6)	0.894
Dietary fiber (g/10MJ)	24 (7)	-1 (-3, 1)	0.195	26 (6)	-2 (-3, 0)	0.020	25 (6)	-2 (-4, -1)	0.007
Micronutrients									
Sodium (g/10MJ)	3.9 (0.7)	-0.2 (-0.5, 0.0)	0.064	4.1 (0.8)	-0.5 (-0.7, -0.3)	0.000	4.1 (0.7)	-0.1 (-0.3, 0.2)	0.570
Potassium (g/10MJ)	3.4 (0.6)	0.1 (-0.1, 0.3)	0.189	3.6 (0.6)	0.1 (-0.1, 0.2)	0.490	3.5 (0.6)	0.0 (-0.2, 0.2)	0.936

All analyses are based on imputed datasets and presented as mean change with 95% CI calculated using mixed models with age, gender, BMI, parental education, and under- and acceptable reported energy intake as fixed effects and participant as random effect. P-values in bold are significant.

Supplementary Table S4: Estimated differences between groups at follow-up in intake of energy and nutrients (g/10MJ)

	ICC	Intervention A compared to control		Intervention B compared to control		Intervention B compared to Intervention A	
		Mean difference (95% CI)	P-value	Mean difference (95% CI)	P-value	Mean difference (95% CI)	P-value
<i>Children <18y</i>							
Energy (kJ/d)	0.39	49 (-478, 575)	0.856	219.9 (-260.6, 700.3)	0.370	171 (-334, 676)	0.506
Macronutrients							
Fat (E%)	0.47	0.0 (-2.3, 2.3)	0.990	-1.4 (-3.5, 0.7)	0.197	-1.4 (-3.6, 0.8)	0.214
Saturated fat (E%)	0.53	0.0 (-1.3, 1.4)	0.977	-1.3 (-2.5, -0.1)	0.040	-1.3 (-2.6, -0.0)	0.046
Carbohydrates, total (E%)	0.42	-0.3 (-2.7, 2.2)	0.839	1.2 (-0.9, 3.4)	0.269	1.5 (-0.8, 3.8)	0.213
Added sugar (E%)	0.58	0.1 (-2.0, 2.3)	0.897	0.6 (-1.4, 2.5)	0.557	0.4 (-1.6, 2.5)	0.678
Protein (E%)	0.31	0.2 (-0.7, 1.0)	0.678	0.2 (-0.6, 0.9)	0.672	0.0 (-0.8, 0.8)	0.975
Dietary fiber (g/10MJ)	0.41	0 (-2, 2)	0.960	1 (-1, 3)	0.215	1 (-1, 3)	0.267
Micronutrients							
Sodium (g/10MJ)	0.67	-0.6 (-1.0, -0.1)	0.015	-0.4 (-0.8, 0.0)	0.061	0.2 (-0.3, 0.6)	0.437
Potassium (g/10MJ)	0.50	0.1 (-0.2, 0.3)	0.588	0.0 (-0.2, 0.3)	0.803	0.0 (-0.3, 0.2)	0.744
<i>Adults ≥18y</i>							
Energy (kJ/d)	0.16	-78 (-676, 520)	0.799	841 (311, 1372)	0.002	919 (345, 1493)	0.002
Macronutrients							
Fat (E%)	0.20	-0.1 (-1.9, 1.8)	0.946	-1.3 (-2.9, 0.4)	0.132	-1.2 (-3.0, 0.6)	0.181
Saturated fat (E%)	0.24	0.1 (-1.0, 1.1)	0.909	-0.7 (-1.7, 0.2)	0.117	-0.8 (-1.8, 0.2)	0.113
Carbohydrates, total (E%)	0.25	-0.5 (-2.7, 1.8)	0.674	1.0 (-1.0, 3.0)	0.325	1.5 (-0.7, 3.6)	0.173
Added sugar (E%)	0.42	-1.3 (-3.2, 0.6)	0.178	-0.5 (-2.2, 1.2)	0.564	0.8 (-1.0, 2.6)	0.386
Protein (E%)	0.36	0.6 (-0.5, 1.6)	0.306	0.3 (-0.7, 1.2)	0.559	-0.3 (-1.3, 0.7)	0.601
Dietary fiber (g/10MJ)	0.37	1 (-1, 3)	0.493	1 (-1, 3)	0.267	0 (-2, 2)	0.748
Micronutrients							
Sodium (g/10MJ)	0.48	-0.3 (-0.6, 0.1)	0.115	-0.4 (-0.7, -0.1)	0.008	-0.1 (-0.5, 0.2)	0.408
Potassium (g/10MJ)	0.20	0.2 (-0.1, 0.4)	0.277	0.1 (-0.2, 0.3)	0.597	-0.1 (-0.4, 0.2)	0.515

Analyses are based on imputed datasets and presented as mean difference with 95% CI calculated using mixed models with treatment group, age, gender, BMI, parental education, and under- and acceptable reported energy intake as fixed effects and family as random effect. P-values in bold are significant. ICC = Intraclass correlation coefficient