

Supplementary Table S1

Traffic light of the restaurants for starters and main dishes in control and intervention groups at the beginning and at the end of the study

	Control			Intervention			
	Baseline	End	P	Baseline	End	P	P for inter-
	%(n)	% (n)		% (n)	% (n)		treatment
Starters							
<i>Energy</i>			0.393			0.974	0.950
Green (2)	0 (0)	0 (0)		6.9 (2)	7.7 (2)		
Orange (1)	50 (5)	25 (1)		34.5 (10)	34.6 (9)		
Red (0)	50 (5)	75 (3)		58.6 (17)	57.7 (15)		
<i>Protein</i>							
Green	0 (0)	0 (0)	0.334	10.3 (3)	11.5 (3)	0.848	0.956
Orange	20 (2)	0 (0)		6.9 (2)	7.7 (2)		
Red	80 (8)	100 (4)		82.8 (24)	80.8 (21)		
<i>Carbohydrates</i>							
Green	60 (6)	25 (1)	0.442	44.8 (13)	53.8 (14)	0.865	0.946
Orange	20 (2)	50 (2)		41.4 (12)	34.6 (9)		
Red	20 (2)	25 (1)		13.8 (4)	11.5 (3)		

Supplementary Table S1 (cont)

Sugar

Green	60 (6)	50 (2)	0.733	65.5 (19)	70.4 (19)	0.807	0.911
Orange	40 (4)	50 (2)		17.2 (5)	18.5 (5)		
Red	0 (0)	0 (0)		17.2 (5)	11.1 (3)		

Total Fat

Green	0 (0)	0 (0)	0.217	3.4 (1)	3.7 (1)	0.898	0.690
Orange	30 (3)	0 (0)		27.6 (8)	22.2 (6)		
Red	70 (7)	100 (4)		69 (20)	74.1 (20)		

Saturated Fatty Acids

Green	0 (0)	0 (0)		13.8 (4)	14.8 (4)	0.990	0.916
Orange	50 (5)	50 (2)	1.0	31 (9)	29.6 (8)		
Red	50 (5)	50 (2)		55.2 (16)	55.6 (15)		

Sodium

Green	0 (0)	0 (0)	-	10.3 (3)	11.1 (3)	0.848	0.716
Orange	0 (0)	0 (0)		6.9 (2)	11.1 (3)		
Red	100 (0)	100 (4)		82.8 (24)	77.8 (21)		

Fiber

Green	10 (1)	0 (0)	0.769	27.6 (8)	18.5 (5)	0.716	0.770
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Supplementary Table S1 (cont)

Orange	60 (6)	75 (3)		34.5 (10)	40.7 (11)		
Red	30 (3)	25 (1)		37.9 (11)	40.7 (11)		

Main dishes

Energy

Green	6.3 (1)	11.1 (1)	0.894	4.9 (2)	6.5 (2)	0.954	0.897
Orange	31.3 (5)	33.3 (3)		22.0 (9)	22.6 (7)		
Red	62.5 (10)	55.6 (5)		73.2 (30)	71.0 (22)		

Protein

Green	6.3 (1)	11.1 (1)	0.817	0 (0)	0 (0)	-	0.936
Orange	6.3 (1)	11.1 (1)		0 (0)	0 (0)		
Red	87.5 (14)	77.8 (7)		100 (41)	100 (31)		

Carbohydrates

Green	62.5 (10)	77.8 (7)	0.432	36.6 (15)	32.3 (10)	0.890	0.991
Orange	37.5 (6)	22.2 (2)		36.6 (15)	41.9 (13)		
Red	0 (0)	0 (0)		26.8 (11)	25.8 (8)		

Sugar

Green	81.3 (13)	77.8 (7)	0.835	85.4 (35)	90.3 (28)	0.545	0.713
Orange	18.8 (3)	22.2 (2)		9.8 (4)	3.2 (1)		

Supplementary Table S1 (cont)

Red	0 (0)	0 (0)		4.9 (2)	6.5 (2)		
<i>Total Fat</i>							
Green	0 (0)	0 (0)	0.918	0 (0)	0 (0)	0.658	0.648
Orange	12.5 (2)	11.1 (1)		24.4 (10)	29.0 (9)		
Red	87.5 (14)	88.9 (8)		75.6 (31)	71.0 (22)		
<i>Saturated Fatty Acids</i>							
Green	6.3 (1)	11.1 (1)	0.910	19.5 (8)	22.6 (7)	0.922	0.841
Orange	12.5 (2)	11.1 (1)		14.6 (6)	16.1 (5)		
Red	81.3 (13)	77.8 (7)		65.9 (27)	61.3 (19)		
<i>Sodium</i>							
Green	0 (0)	0 (0)	0.667	4.9 (2)	6.5 (2)	0.741	0.855
Orange	6.3 (1)	11.1 (1)		19.5 (8)	12.9 (4)		
Red	93.8 (15)	88.9 (8)		75.6 (31)	80.6 (25)		
<i>Fiber</i>							
Green	6.3 (1)	0 (0)	0.605	26.8 (11)	16.1 (5)	0.528	0.461
Orange	43.8 (7)	33.3 (3)		34.1 (14)	35.5 (11)		
Red	50.0 (8)	66.7 (6)		39.0 (16)	48.4 (15)		

P by X^2 test for intra- and inter-interventions

Supplementary Table S2

Nutrient content of the restaurants for starters and main dishes in control and intervention groups at the beginning and at the end of the study

	Control			Intervention		
	Baseline	End	P	Baseline	End	P
Starters	(n=10)	(n=4)		(n = 29)	(n = 27)	
Energy, <i>kcal</i>	402 (243-570)	521 (352-586)	0.394	424 (252-552)	420 (254- 543)	0.799
Proteins, <i>g</i>	18 (11-23)	19 (17-27)	0.570	18 (12-30)	17 (10-30)	0.583
Proteins, % of Energy	20 (12-26)	17 (13-23)	0.776	19 (12-30)	17 (9.7-29)	0.694
Carbohydrates, <i>g</i>	20 (10-48)	34 (20-68)	0.256	21 (8.3-41)	16 (7.4-31)	0.560
Carbohidrates, % of Energy	22 (11-36)	30 (19-48)	0.320	22 (8.4-32)	15 (7.2-25)	0.652
Sugar, <i>g</i>	6.5 (2.4-12)	7.3 (6.4-14)	0.394	4.5 (1.7-10)	4.5 (1.3- 8.2)	0.812
Sugar, % of Energy	4.6 (4.4-11)	7.5 (4.4-13)	0.719	4.1 (2.1-11)	3.9 (2.0-10)	0.831
Fat, <i>g</i>	19 (12-37)	26 (15-37)	0.570	25 (12-42)	25 (12-40)	0.993
Fat, % of Energy	55 (39-70)	50 (29-65)	0.670	60 (44-72)	68 (47-62)	0.527
Saturated Fat, <i>g</i>	3.6 (2.0- 11)	8.4 (2.4-19)	0.394	4.5 (1.9-14)	4.5 (1.9-14)	0.967
Saturated Fat, % of Energy	8.1 (6.3- 25)	17 (4.8-30)	0.776	8.9 (6.6-17)	9.0 (7.0-19)	0.743
Sodium, <i>g</i>	1.0 (0.8-1.5)	1.3 (0.8- 1.6)	0.478	1.0 (0.6-1.6)	0.8 (0.5- 1.4)	0.290

Supplementary Table S2 (cont)

Fiber, g	2.8 (1.6-3.9)	2.6 (0.5 -3.6)	0.776	2.4 (0.6- 5.1)	2.3 (0.4-3.4)	0.571
Main dishes	(n=16)	(n=9)		(n=41)	(n=31)	
Energy, <i>kcal</i>	480 (329-768)	527 (243-841)	0.978	505 (381-776)	450 (350-599)	0.397
Proteins, g	30 (25-44)	36 (14-56)	0.677	33 (23-44)	32 (22-39)	0.763
Proteins, % of Energy	24 (17-30)	26 (15-30)	0.978	25 (19-35)	28 (21-38)	0.328
Carbohydrates, g	11 (5.6-25)	10 (3.5-21)	0.357	21 (6.4-57)	21 (4.3-54)	0.789
Carbohydrates, % of Energy	10 (5.5-16)	8.1 (4.3-13)	0.357	12 (4.8-41)	13 (4.3-41)	0.973
Sugar, g	3.9 (1.4-5.6)	2.2 (1.1-5.5)	0.419	3.2 (1.2-5.6)	3.1 (1.2-5.2)	0.501
Sugar, % of Energy	2.7 (1.3-4.6)	1.6 (0.9-3.9)	0.335	2.6 (0.9-4.7)	2.8 (0.6-4.9)	0.815
Fat, g	25 (17-57)	32 (15-65)	0.934	25 (13-57)	23 (11-36)	0.423
Fat, % of Energy	59 (46-74)	60 (57-80)	0.357	50 (31-69)	48 (30-65)	0.484
Saturated Fat, g	6.8 (4.3- 16)	5.8 (3.8-18)	0.977	4.9 (2.4-11)	4.6 (1.7- 12)	0.621
Saturated Fat, % of Energy	13 (11-9)	16 (10-23)	0.541	10 (6.1-16)	11 (5.5-17)	0.955
Sodium, g	1.0 (0.8-1.8)	1.0 (0-7-1.2)	0.411	1.0 (0.5- 1.4)	1.0 (0.8-1.3)	0.968
Fiber, g	1.9 (1.4-3.9)	1.5 (0.2-2.1)	0.158	2.4 (0.7-4.4)	2.3 (0.4-2.9)	0.231

Data expressed as median (25th-75th percentiles). U Mann Whitney/W Wilcoxon test for intra-treatment comparisons. No between treatment differences were observed (Ps by $X^2=1$)

Supplementary Table S3

Allergen content, vegetarian, and vegan adequacy at restaurants throughout the study

	Control			Intervention			
	Baseline %(n)	End % (n)	P	Baseline % (n)	End % (n)	P	P for inter- Treatment
Starters							
Gluten free	40 (4)	50 (2)	0.733	58.6 (17)	48.1 (13)	0.432	0.650
Vegetarian dishes	10 (1)	0.0 (0)	0.512	20.7 (6)	29.6 (8)	0.440	0.426
Vegan dishes	0.0 (0)	0.0 (0)	-	13.8 (4)	14.8 (4)	0.913	0.730
Allergen-Free	10 (1)	0.0 (0)	-	6.9 (2)	7.4 (2)	0.941	0.813
Main dishes							
Gluten free	62.5 (10)	44.4 (4)	0.383	51.2 (21)	45.2 (14)	0.611	0.363
Vegetarian dishes	0.0 (0)	0.0 (0)	-	0.0 (0)	0.0 (0)	-	-
Vegan dishes	0.0 (0)	0.0 (0)	-	0.0 (0)	0.0 (0)	-	-
Allergen-Free	6.3 (1)	11.1 (1)	0.667	2.4 (1)	3.2 (1)	0.841	0.716

Supplementary Table S3 (cont)***Desserts***

Gluten free	70 (7)	71.4 (5)	0.949	50 (3)	37.5 (3)	0.640	0.605
Vegetarian dishes	60 (6)	42.9 (3)	0.486	83.3 (5)	75 (6)	0.707	0.611
Vegan dishes	0.0 (0)	0.0 (0)	-	16.7 (1)	50 (4)	0.198	0.122
Allergen-Free	0.0 (0)	0.0 (0)	-	0.0 (0)	50 (4)	0.040	0.027

P by X² test for intra- and inter-treatment changes