

Table S1. Main outcomes at baseline and group comparison (PP analyses)

	Experimental group			Control group			Group comparison	
	N	Mean	SD	N	Mean	SD	T/U	Sig.
Weight and diet								
BMI (kg/m ²)	19	29.29	3.18	17	29.70	4.22		
WC (cm)	19	91.94	9.18	16	92.53	9.57	146.500	.855
Kidmed (raw score)	18	7.11	1.86	17	6.71	2.02	133.000	.500
Cognitive tests (raw score)								
WISC-V								
Digit span forward	19	5.63	1.38	17	5.29	.77	152.5	.75
Digit span backward	19	4.42	.84	17	4.18	1.02	129.0	.28
WNV								
Spatial span forward	19	5.74	1.15	17	5.65	1.22	143.0	.54
Spatial span backward	19	5.21	.71	17	5.29	1.21	160.5	.97
ToL								
Total move	19	38.26	15.19	17	36.41	24.21	128.0	.29
Total time	19	304.16	117.94	17	302.18	207.86	132.0	.35
CCTT								
Part I	19	25.89	11.16	17	24.29	9.98	-.45	.65
Part II	19	49.16	14.24	17	49.35	11.94	.04	.96
FDT								
Reading	19	25.79	4.21	17	26.29	4.40	147.5	.66
Counting	19	33.05	5.67	17	35.06	6.12	1.02	.31
Choosing	19	56.42	11.99	17	56.76	7.60	143.0	.62
Shifting	19	62.89	12.77	17	63.59	10.60	146.0	.62
CPT (T-score)								
Detectability	19	55.00	9.32	17	56.94	9.22	140.0	.50
Omissions	19	49.32	6.79	17	54.47	9.25	109.5	.10
Hit Reaction Time	19	47.42	6.44	17	48.76	7.09	.60	.56
N-back								
Correct responses 0-back	19	5.05	.71	17	5.26	.73	129.5	.30
Correct responses 1-back	19	5.08	1.00	17	5.00	1.16	159.5	.95
Correct responses 2-back	19	4.26	1.33	17	4.06	1.58	153.0	.79
Correct responses 3-back	19	3.08	.93	17	3.09	1.08	.03	.98
Go-No Go								
Correct responses	19	214.58	20.88	16	210.00	30.74	143.0	.77
Commissions	19	32.89	19.42	16	33.25	13.62	138.5	.66
Rating scales (raw score)								
BRIEF								
Cognitive	19	52.74	13.589	17	52.65	13.65	-.02	.98
Emotional	19	25.68	5.86	17	26.53	6.29	.42	.68
Behavioral	19	19.16	5.98	17	18.71	3.97	-.26	.79
PedsQL								
Child's total score	19	76.72	11.94	17	77.94	12.78	.30	.76
Parents' total score	19	73.92	11.46	17	72.72	16.35	-.26	.80
SPPC								
Global self-esteem	18	20.50	3.70	15	18.93	4.98	112.0	.40
Social support	18	21.24	2.28	14	21.13	2.24	-.138	.89
CBCL								
Internalizing symptoms	19	7.53	4.11	17	11.30	5.73	2.28	.03
Externalizing symptoms	19	7.53	6.25	17	8.18	4.45	139.0	.48

Note. Bold p-values indicate statistical significance (p < 0.05).

Table S2. Baseline characteristics and group comparisons for all randomized participants

	Experimental group			Control group			Group comparison	
	N	Mea	SD	N	Mean	SD	T/U	Sig.
	n							
Age (years)	25	10.40	1.04	19	10.79	.98	187.500	.213
BMI (percentile)	25	98.54	.78	19	98.59	.76	.221	.826
Physical activity (hours)	25	2.19	1.93	19	2.87	4.25	235.500	.961
Daily screen time(hours)	25	2.55	1.35	19	1.71	0.67	142.000	.022
Visual IQ (scalar score)	25	9.84	2.58	19	10.21	2.07	224.500	.756
Verbal IQ (scalar score)	25	11.16	2.70	19	10.53	2.25	-.827	.413
Motivation for treatment	23	6.26	.752	18	6.56	.783	157.000	.142
	N			N			X ²	Sig.
Sex (F:M)	10:15			8:11			0.020	.888
Handedness (R:L)	21:4			17:2			-	.684 [†]
Economic income (I:II:III:IV:V)	7:8:2:2:4			3:4:5:4:0			7.294	.115 ^{††}
Hospital (CST:SJD)	19:6			12:7			.855	.355

(ITT)

Note. [†]Fisher exact test^{††}Freeman-Halton Exact Test

Table S3. Main outcomes at baseline and group comparison for all randomized participants (ITT)

	Experimental group			Control group			Group comparison	
Weight and diet	N	Mean	SD	N	Mean	SD	T/U	Sig.
BMI (kg/m ²)	25	28.97	3.16	19	30.10	4.17	203.500	.420
WC (cm)	25	91.06	9.86	18	94.70	11.01	1.137	.262
Kidmed (raw score)	24	7.04	1.99	19	6.68	1.92	196.000	.424
Cognitive tests (raw score)								
WISC-V								
Digit span forward	25	5.52	1.26	19	5.26	.73	226.000	.755
Digit span backward	25	4.32	.80	19	4.21	.98	209.500	.479
Digit span sequencing	25	5.48	1.05	19	5.05	.78	187.500	.168
WNV								
Spatial span forward	25	5.60	1.16	19	5.74	1.20	233.000	.912
Spatial span backward	25	5.20	1.00	19	5.37	1.17	226.000	.774
ToL								
Total move	25	37.40	15.28	19	35.42	23.55	188.500	.245
Total time	25	314.92	123.43	19	298.84	196.22	189.000	.250
CCTT								
Part I-seconds	25	26.64	10.44	19	26.79	14.82	215.500	.602
Part II-seconds	25	51.76	15.11	19	49.89	11.39	-.449	.656
FDT								
Reading	25	26.56	4.26	19	26.11	4.27	-.350	.728
Counting	25	34.40	6.12	19	35.32	6.96	.463	.646
Choosing	25	57.12	10.96	19	57.37	7.92	224.000	.749
Shifting	25	65.12	14.05	19	64.68	11.14	-.111	.912
CPT (T-score)								
Detectability	25	55.76	8.64	19	57.37	8.81	207.000	.469
Omissions	25	49.92	6.99	19	53.95	8.94	180.500	.176
Hit Reaction Time	25	48.68	7.49	19	48.89	7.48	237.000	.991
N-back								
Correct responses 0-back	25	5.12	.79	19	5.34	.73	197.500	.329
Correct responses 1-back	25	5.00	1.19	19	4.97	1.17	236.000	.971
Correct responses 2-back	25	4.02	1.40	19	4.16	1.52	220.000	.676
Correct responses 3-back	25	3.00	.96	19	3.18	1.07	.601	.551
Go-No Go								
Correct responses	25	213.48	21.16	18	210.72	29.27	218.00	.863
Commissions	25	33.56	18.36	18	33.78	13.42	204.500	.614
Rating scales (raw score)								
BRIEF								
Cognitive	25	51.44	13.73	19	52.68	12.91	216.500	.618
Emotional	25	25.44	5.77	19	26.32	6.07	.487	.629
Behavioral	25	18.92	5.87	19	18.26	3.97	236.000	.972
PedsQI								
Child's total score	25	75.88	12.10	19	76.77	12.61	.237	.814

Parents' total score	25	74.45	12.20	19	72.20	15.63	-.537	.594
SPPC								
Global self-esteem	24	19.38	4.63	17	18.76	4.76	187.000	.650
Social support	24	20.55	3.04	16	20.42	2.87	186.000	.868
CBCL								
Internalizing symptoms	25	8.60	4.89	19	10.53	5.88	191.000	.269
Externalizing symptoms	25	7.48	5.81	19	7.47	4.69	229.000	.840

Note. Statistical significance is set at $p < 0.05$ level.

Table S4. EF training effects on primary outcomes: (a) cognition and anthropometric pre-post measures and (b) evolution of food-choice across the 6-week training period (ITT)

Main effects								Group by time interaction				
(a) Pre-post primary outcomes		n	Pre-test Mean (SD)	Post-test Mean (SD)	Group F (df); p	η^2	Time F (df); p	η^2	F (df); p	η^2		
Cognition (z score)	EG	25	.01 (.462)	.05 (.504)	$F_{(1,42)} = .236; .630$.006	$F_{(1,42)} = .015; .902$.000	$F_{(1,42)} = .787; .380$.018		
	CG	19	-.01 (.421)	-.06 (.435)								
BMI	EG	25	28.97 (3.16)	28.48 (3.07)	$F_{(1,42)} = 1.20; .280$.028	$F_{(1,42)} = 11.50; .002$.215	$F_{(1,42)} = .16; .689$.004		
	CG	19	30.10 (4.17)	29.71 (3.99)								
WC	EG	25	91.06 (9.86)	89.21 (8.00)	$F_{(1,41)} = 1.92; .173$.045	$F_{(1,41)} = 6.92; .012$.144	$F_{(1,41)} = 1.14; .291$.027		
	CG	18	94.69 (11.01)	93.42 (10.87)								
Kidmed Food	EG	21	7.04 (1.99)	6.52 (2.36)	$F_{(1,36)} = .05; .816$.001	$F_{(1,36)} = .06; .804$.002	$F_{(1,36)} = .362; .551$.010		
	CG	17	6.68 (1.92)	6.59 (2.06)								
(b) 6-week training primary outcomes [†]	Fixed effects					Random effects					Model fit	
			Est/Beta	SE	t	p	Param.	Covariance	SE	Sig.	AIC/BIC	
Kidmed Modified ^{††}	Intercept		4.299	.537	3.203 to 5.396	8.012	.000	Residual	1.843	.256	.000	655.606/
	Group		-.581	.904	-2.426 to 1.264	-.642	.525	Intercept + Time				668.054
	Time		-.732	.412	-1.579 to .114	-1.766	.087	[subject] UN (1,1)	4.207	1.628	.010	
	Group x time		.118	.685	-1.285 to 1.521	.172	.864	UN (2,1)	-2.177	1.165	.062	
								UN (2,2)	1.378	.972	.156	

Note. [†]Mixed-effects model parameters for food-choice. ^{††}Scores could go from 0 to 15, larger scores mean better food choice. *F*, mixed ANOVA. Bold values indicate statistical significance ($p < 0.05$).

Abbreviations. BMI = body mass index; CG = control group; EG = experimental group; WC = waist circumference.

Table S5. EF training effects on secondary outcomes: post-hoc analyses of cognitive subdomains (ITT)

			Main effects					Group by time interaction		
		n	Pre-test Mean (SD)	Post-test Mean (SD)	Group F (df); p	η^2_p	Time F (df); p	η^2_p	F (df); p	η^2_p
Cognitive domains										
Attention and speed										
	EG	25	5.52 (1.26)	5.56 (.92)	$F_{(1,42)}=.35; .560$.008	$F_{(1,42)}=1.08; .305$.025	$F_{(1,42)}=.584; .449$.014
WISC-V Digit Span	CG	19	5.26 (.73)	5.53 (.61)						
Forward	EG	25	5.60 (1.16)	6.40 (.96)	$F_{(1,42)}=.16; .695$.004	$F_{(1,42)}=8.81; .005$.173	$F_{(1,42)}=1.66; .205$.038
WNV Spatial Span	CG	19	5.74 (1.20)	6.05 (.97)						
Forward	EG	25	26.64 (10.44)	23.12 (9.13)	$F_{(1,42)}=.00; .997$.000	$F_{(1,42)}=5.36; .026$.113	$F_{(1,42)}=.01; .920$.000
CCTT Part I Time	CG	19	26.79 (14.82)	22.95 (10.08)						
	EG	25	26.56 (4.26)	25.72 (4.60)	$F_{(1,42)}=.00; .979$.000	$F_{(1,42)}=.61; .440$.014	$F_{(1,42)}=.61; .440$.014
FDT Reading Time	CG	19	26.11 (4.27)	26.11 (5.21)						
	EG	25	34.40 (6.12)	32.24 (5.42)	$F_{(1,42)}=.12; .734$.003	$F_{(1,42)}=17.18; .000^*$.290	$F_{(1,42)}=.28; .601$.007
FDT Counting Time	CG	19	35.32 (6.97)	32.53 (6.03)						
	EG	25	55.76 (8.64)	55.04 (8.23)	$F_{(1,42)}=.28; .601$.007	$F_{(1,42)}=1.56; .219$.036	$F_{(1,42)}=.12; .734$.003
CPT Detectability	CG	19	57.37 (8.81)	56.11 (9.38)						
	EG	25	49.92 (6.99)	51.80 (7.93)	$F_{(1,42)}=2.94; .094$.065	$F_{(1,42)}=2.45; .125$.055	$F_{(1,42)}=.032; .858$.001
CPT Omissions	CG	19	53.95 (8.94)	56.32 (13.31)						
	EG	25	48.68 (7.49)	49.84 (8.02)	$F_{(1,42)}=.59; .446$.014	$F_{(1,42)}=7.46; .009$.151	$F_{(1,42)}=2.61; .113$.059
CPT Reaction Time	CG	19	48.89 (7.48)	53.42 (12.00)						
Working Memory										
WISC-V Digit Span	EG	25	4.32 (.80)	4.48 (.92)	$F_{(1,42)}=.75; .391$.018	$F_{(1,42)}=.24; .630$.006	$F_{(1,42)}=.24; .630$.006
Backward	CG	19	4.21 (.98)	4.21 (.92)						

WNV Spatial Span	EG	25	5.20 (1.00)	5.80 (1.32)	$F_{(1,42)} = .21; .651$.005	$F_{(1,42)} = 2.33; .134$.053	$F_{(1,42)} = 2.33; .134$.053
Backward	CG	19	5.37 (1.17)	5.37 (1.07)						
N back (1-back)	EG	25	5.00 (1.19)	4.74 (1.33)	$F_{(1,42)} = .07; .792$.002	$F_{(1,42)} = .76; .388$.018	$F_{(1,42)} = .51; .480$.012
	CG	19	4.97 (1.17)	4.95 (1.26)						
N back (2-back)	EG	25	4.02 (1.40)	4.18 (1.84)	$F_{(1,42)} = 1.26; .268$.029	$F_{(1,42)} = 5.17; .028$.110	$F_{(1,42)} = 2.27; .139$.051
	CG	19	4.16 (1.52)	4.95 (.98)						
N back (3-back)	EG	25	3.00 (.96)	3.00 (1.35)	$F_{(1,42)} = .76; .387$.018	$F_{(1,42)} = .11; .741$.003	$F_{(1,42)} = .11; .741$.003
	CG	19	3.18 (1.07)	3.32 (1.13)						
Cognitive flexibility										
CCTT Part II Time	EG	25	51.76 (15.11)	43.24 (10.54)	$F_{(1,42)} = .02; .899$.000	$F_{(1,42)} = 15.67; .000^*$.272	$F_{(1,42)} = .68; .414$.016
	CG	19	49.89 (11.39)	44.32 (7.92)						
FDT Shifting Time	EG	25	65.12 (14.05)	56.80 (13.79)	$F_{(1,42)} = .04; .843$.001	$F_{(1,42)} = 83.64; .000^*$.666	$F_{(1,42)} = .11; .741$.003
	CG	19	64.68 (11.14)	55.74 (10.84)						
Inhibitory control										
FDT Choosing Time	EG	25	57.12 (10.96)	51.92 (10.00)	$F_{(1,42)} = .00; .950$.000	$F_{(1,42)} = 38.25; .000^*$.477	$F_{(1,42)} = .22; .642$.005
	CG	19	57.37 (7.92)	51.32 (9.55)						
GNG Correct responses	EG	25	213.48 (21.16)	223.40 (18.41)	$F_{(1,40)} = .83; .369$.020	$F_{(1,40)} = 5.62; .023$.123	$F_{(1,40)} = .26; .613$.006
	CG	18	210.72 (29.27)	214.83 (18.34)						
GNG	EG	25	33.56 (18.36)	25.32 (13.61)	$F_{(1,40)} = .15; .704$.004	$F_{(1,40)} = 14.47; .000^*$.266	$F_{(1,40)} = .30; .589$.007
Commissions	CG	18	33.78 (13.42)	29.78 (16.01)						
Planning										
ToL Total move	EG	25	37.40 (15.28)	31.12 (14.10)	$F_{(1,42)} = .09; .771$.002	$F_{(1,42)} = 2.78; .103$.062	$F_{(1,42)} = .08; .781$.002
	CG	19	35.42 (23.55)	30.95 (8.43)						
ToL Total time	EG	25	314.92 (123.43)	232.76 (106.64)	$F_{(1,42)} = .07; .788$.002	$F_{(1,42)} = 12.30; .001^*$.227	$F_{(1,42)} = .10; .750$.002
	CG	19	298.84 (196.22)	230.474 (84.86)						

Note. F , mixed

ANOVA. Bold values indicate statistical significance ($p < 0.05$) and * indicates Bonferroni-adjusted statistical significance ($p < .003$).

Abbreviations. CCTT = Children's Colour Trail Test; CG = control group; CPT3 = Conners' Continuous Performance Test 3; EG = experimental group; FDT = Five Digits Test; GNG: Go-no Go; ToL = Tower of London; WISC-V = Wechsler Intelligence Scale for Children (5th ed.); WNV = Weschler non-verbal.

Table S6. EF training effects on secondary outcomes: (a) post-hoc analyses of rating scales and (b) evolution of healthy habits across the 6-week training period (ITT)

						Main effects		Group by time interaction			
				Group		Time					
(a) Rating scales (raw score)	n	Pre-test	Post-test	F (df); p	η_p^2	F (df); p	η_p^2	F (df); p	η_p^2		
BRIEF-2	Cognitive	24	51.44 (13.73)	50.54 (13.89)	$F_{(1,41)}=.11; .742$.003	$F_{(1,41)}= 8.54; .006$.172	$F_{(1,41)}= 3.16; .083$.072	
		19	52.68 (12.91)	47.21 (10.21)							
	Emotional	24	25.44 (5.77)	24.96 (5.99)	$F_{(1,41)}=.08; .776$.002	$F_{(1,41)}= 4.86; .033$.106	$F_{(1,41)}= 2.24; .142$.052	
		19	26.32 (6.07)	23.26 (5.57)							
	Behavioral	24	18.92 (5.87)	17.79 (5.53)	$F_{(1,41)}=.29; .594$.007	$F_{(1,41)}= 3.97; .053$.088	$F_{(1,41)}=.00; .965$.000	
		19	18.26 (3.97)	17.00 (3.96)							
PedsQI	Child's total score	25	75.88 (12.10)	80.13 (10.61)	$F_{(1,42)}=.03; .863$.001	$F_{(1,42)}= 6.35; .016$.131	$F_{(1,42)}=.05; .822$.001	
		19	76.77 (12.61)	80.32 (10.16)							
	Parents' total score	25	74.45 (12.20)	76.96 (14.16)	$F_{(1,42)}=.60; .441$.014	$F_{(1,42)}=.58; .452$.014	$F_{(1,42)}=.17; .685$.004	
		19	72.20 (15.63)	72.95 (18.35)							
SPPC	Self-esteem	22	19.38 (4.63)	21.26 (2.54)	$F_{(1,37)}=.63; .433$.017	$F_{(1,37)}= 7.15; .011$.162	$F_{(1,37)}=.28; .598$.008	
		17	18.76 (4.76)	21.16 (3.52)							
	Social support	22	20.55 (3.04)	21.25 (3.07)	$F_{(1,36)}=.02; .889$.001	$F_{(1,36)}= 8.80; .005$.196	$F_{(1,36)}=.04; .835$.001	
		16	20.42 (2.87)	21.08 (1.92)							
CBCL	Internalizing symptoms	24	8.60 (4.89)	6.92 (4.61)	$F_{(1,41)}= 1.92; .173$.045	$F_{(1,41)}= 4.74; .035$.104	$F_{(1,41)}=.08; .774$.002	
		19	10.53 (5.88)	8.95 (7.55)							
	Externalizing symptoms	24	7.48 (5.81)	7.50 (7.09)	$F_{(1,41)}=.12; .734$.003	$F_{(1,41)}=.75; .391$.018	$F_{(1,41)}=.64; .428$.015	
		19	7.47 (4.69)	6.42 (4.89)							
(b) 6-week training secondary outcomes [†]		Fixed effects					Random effects				Model fit
		Est/Beta	SE	95% CI	t	p	Param.	Covariance	SE	Sig.	AIC/BIC
Daily steeps	Intercept	13242.65	744.07	11733.92 to 14751.38	17.80	.000	Residual	4251008.03	522396.46	.000	3898.64/ 3911.99
	Group	-1385.67	1550.65	-3716.60 to 945.25	-1.20	.236	Intercept + Time				
	Time	-265.15	502.15	-1287.02 to 756.71	-.53	.601	[subject] UN (1,1)	8815250.90	3127819.33	.005	
	Group x time	317.47	799.06	-1306.37 to 1941.24	.40	.694	UN (2,1)	794953.69	1610874.75	.622	
							UN (2,2)	1248415.09	1468215.27	.395	
Intercept		493.76	7.97	477.61 to 509.91	61.98	.000	Residual	786.33	100.52	.000	

Sleep time (min.)	Group	-6.62	12.43	-31.80 to 18.56	-.53	.597	Intercept + Time					1918.52/1
	Time	-17.84	6.77	-31.58 to -4.09	-2.63	.012	[subject]	UN (1,1)	671.39	356.72	.060	931.57
	Group x time	-.29	10.53	-21.65 to 21.08	-.03	.979		UN (2,1)	-134.11	255.19	.599	
								UN (2,2)	145.58	244.09	.551	

Note. [†]Mixed-effects model parameters for physical activity and sleep patterns. *F*, mixed ANOVA. Bold values indicate statistical significance ($p < 0.05$) and * indicates Bonferroni-adjusted statistical significance ($p < .005$).

Abbreviations. BRIEF-2 = Behaviour Rating Inventory of Executive Function 2; CBCL = Child Behaviour Checklist; PedsQL = Pediatric Quality of Life Inventory; SPPC = Self-Perception and Social Support Profile for Children.

Table S7. Descriptive data at each time point for diet, physical activity and sleep patterns (PP analyses)

			Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
			n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)
Diet (modified Kidmed [†])	EG	16	4.48 (2.13)	18	3.92 (1.73)	17	4.13 (1.91)	14	3.75 (1.60)	16	2.95 (1.30)	16	3.36 (1.73)	
	CG	7	3.02 (2.98)	10	4.06 (2.35)	10	3.56 (1.99)	9	2.85 (1.68)	11	3.59 (2.01)	10	2.73 (1.95)	
Daily steeps	EG	18	13847.79 (3969.13)	16	13131.07 (2449.42)	16	13439.33 (3464.28)	19	13558.06 (5126.98)	19	12878.66 (4884.22)	16	14111.48 (3454.44)	
	CG	13	11245.51 (4200.68)	12	12355 (2722.28)	13	12420.53 (2160.02)	14	12046.35 (3904.55)	15	12577.92 (3643.32)	13	11657.85 (4223.55)	
Sleep time (min.)	EG	18	487.53 (42.59)	16	482.61 (38.81)	15	481.57 (30.12)	18	483.21 (30.79)	17	474.58 (22.08)	15	460.65 (37.04)	
	CG	14	493.10 (30.20)	12	483.32 (42.15)	12	475.62 (45.09)	11	466.02 (46.85)	14	469.15 (33.78)	13	468.10 (42.09)	

Note. [†]Scores could go from 0 to 15, larger scores mean better food choice.

Table S8. Descriptive data at each time point for diet, physical activity and sleep patterns (ITT)

		Week 1		Week 2		Week 3		Week 4		Week 5		Week 6	
		n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)	n	Mean (SD)
Diet (modified Kidmed[†])	EG	17	4.53 (2.07)	21	3.69 (1.75)	20	3.87 (1.93)	16	3.79 (1.53)	17	3.08 (1.37)	16	3.36 (1.73)
	CG	8	3.17 (2.79)	11	3.87 (2.31)	11	3.63 (1.89)	10	2.87 (1.59)	12	3.36 (2.07)	11	2.75 (1.85)
	EG	21	13791.25 (3941.37)	20	13215.52 (3522.52)	21	13184.62 (3615.49)	22	13162.33 (4905.59)	23	12861.92 (4765.99)	18	14152.99 (3576.66)
Daily steeps	CG	15	11144.38 (3898.31)	14	12390.69 (2521.58)	14	12332.63 (2101.18)	15	12143.46 (3781.27)	16	12824.48 (3655.35)	13	11657.85 (4223.55)
	EG	21	485.49 (39.72)	20	483.15 (38.83)	19	480.69 (26.68)	20	479.29 (31.53)	20	473.23 (25.16)	17	461.41 (35.74)
Sleep time (min.)	CG	14	493.10 (30.20)	14	475.50 (43.59)	13	471.62 (45.52)	12	458.20 (52.25)	14	469.15 (33.78)	13	468.10 (42.09)

Note.[†]Scores could go from 0 to 15, larger scores mean better food choice.