

Supplementary Table S2. Dietary patterns scores (with their 95% confidence intervals) identified by principal component analysis for intervention and control groups at baseline and after 6-months (per-protocol data set).

	Intervention group		Control group		Adjusted mean differences	P-value	ICC
	Baseline	6 months	Baseline	6 months			
Caloric	-0.131 (-0.307, 0.044)	-0.587 (-0.729, -0.446)	0.034 (-0.168, 0.237)	-0.019 (-0.187, 0.149)	-0.443 (-0.657, -0.229)	<0.001	0.238
Frieds	-0.141 (-0.330, 0.047)	-0.632 (-0.785, -0.480)	0.125 (-0.054, 0.304)	-0.111 (-0.282, 0.060)	-0.374 (-0.603, -0.144)	0.001	0.328
Fruits, vegetables, and dairy products	0.165 (-0.008, 0.337)	0.468 (0.279, 0.656)	-0.132 (-0.294, 0.029)	-0.283 (-0.460, -0.105)	0.565 (0.319, 0.813)	<0.001	0.268
Alcohol	0.006 (-0.149, 0.160)	-0.275 (-0.385, -0.165)	-0.002 (-0.164, 0.159)	-0.211 (-0.356, -0.065)	-0.086 (-0.245, 0.073)	0.289	0.092
Fish and boiled meals	-0.021 (-0.174, 0.133)	0.276 (0.118, 0.433)	0.043 (-0.120, 0.206)	-0.178 (-0.331, -0.024)	0.481 (0.212, 0.749)	<0.001	0.426