

Supplementary Table S3. Relation between baseline to 6-month mean changes in body weight (β coefficients) and baseline to 6-month mean changes in the dietary pattern scores using the entire sample independent of group allocation (per-protocol data set).

Change in food pattern score ¹	Coefficient (95% CI)	P
Caloric	0.172 (0.002, 0.343)	0.047
Frieds	0.250 (0.065, 0.434)	0.008
Fruits, vegetables, and dairy products	-0.186 (-0.375, 0.002)	0.053
Alcohol	0.025 (-0.177, 0.226)	0.881
Fish and boiled meals	-0.074 (-0.236, 0.089)	0.374

¹ Food pattern exposure variables are measured as change in factor score between baseline to 6-months. All food patterns are tested together in the same model. 95% CI, 95% confidence interval.