Table S1. Cardiometabolic risk markers and dietary measures of the female and male participants six years post-intervention by belonging to the intervention or control group (age 26 years). The presented values are mean (SD), except for triglycerides, insulin, and HOMA-IR, for which median [IQR] are shown.

	Females			Males		
	Intervention	**Control**	**p-value**	**Intervention**	**Control**	**p-value**
	n=93	n=110		n=81	n=73	
Body mass index, kg/m²	23.3 (3.6)	23.7 (4.7)	0.56	25.4 (4.3)	25.2 (3.9)	0.72
Waist circumference, cm	75.0 (8.2)	75.8 (11.2)	0.55	86.9 (10.3)	87.2 (9.5)	0.86
Systolic blood pressure, mmHg	116.4 (7.5)	115.0 (10.1)	0.25	128.7 (10.8)	126.4 (10.0)	0.17
Diastolic blood pressure, mmHg	70.8 (6.2)	70.5 (7.5)	0.76	73.4 (9.1)	73.8 (7.2)	0.73
Dietary intakes	n=84	n=106		n=71	n=65	
Energy, kcal/day	1803 (414)	1815 (448)	0.85	2256 (652)	2419 (569)	0.12
Protein, E%	18.8 (5.3)	18.6 (4.2)	0.76	21.0 (5.1)	20.4 (5.8)	0.57
Carbohydrates, E%	43.1 (8.2)	41.7 (6.9)	0.20	39.8 (8.5)	38.4 (7.9)	0.35
Sucrose, E%	6.4 (2.6)	6.9 (3.7)	0.32	4.9 (3.1)	5.4 (3.3)	0.36
Fat, E%	36.5 (7.0)	38.3 (6.2)	0.058	37.3 (7.8)	37.8 (7.9)	0.71
SAFA, E%	12.6 (3.4)	14.0 (3.6)	0.0070	13.3 (3.2)	14.1 (3.7)	0.18
MUFA, E%	13.1 (4.2)	13.1 (3.6)	0.94	13.3 (4.0)	13.2 (3.6)	0.92
PUFA, E%	6.6 (2.0)	6.7 (2.2)	0.86	6.8 (2.3)	6.5 (1.9)	0.44
(P+M)/S	1.65 (0.56)	1.52 (0.69)	0.18	1.56 (0.43)	1.44 (0.36)	0.10
P/S	0.57 (0.28)	0.52 (0.28)	0.26	0.54 (0.22)	0.49 (0.18)	0.14
Cholesterol, mg/day	253 (134)	270 (145)	0.40	357 (207)	415 (242)	0.14
Fiber, g/day	19.7 (7.6)	19.9 (8.7)	0.88	20.6 (8.6)	19.0 (6.9)	0.23
Fiber, g/MJ	2.62 (0.83)	2.63 (0.91)	0.95	2.22 (0.72)	1.91 (0.64)	0.0084
Fiber rich grains, g/day	65.6 (38.0)	63.3 (36.5)	0.67	85.6 (42.8)	76.3 (55.0)	0.27
Vegetables, fruit, and berries, g/day	398 (217)	388 (222)	0.76	350 (230)	255 (153)	0.0055
Sodium, mg/day	2552 (644)	2630 (777)	0.46	3396 (1017)	3593 (1163)	0.30
Physical activity	n=92	n=105		n=76	n=69	
MET h/wk	23.2 (15.5)	22.2 (17.7)	0.67	27.2 (20.0)	27.1 (23.8)	0.98
Smoking	n=92	n=106		n=77	n=70	
Daily smoking, %	5.4	5.7	0.94	7.8	11.4	0.45
Serum biomarkers	n=92	n=110		n=81	n=73	
Total cholesterol, mmol/L	4.62 (0.78)	4.68 (0.99)	0.65	4.32 (0.86)	4.57 (0.93)	0.084
HDL cholesterol, mmol/L	1.46 (0.31)	1.47 (0.36)	0.85	1.12 (0.26)	1.24 (0.28)	0.0059
LDL cholesterol, mmol/L	2.73 (0.65)	2.78 (0.77)	0.59	2.67 (0.78)	2.88 (0.80)	0.11
Triglycerides, mmol/L	0.90 [0.60]	0.80[0.60]	0.71	1.00 [0.60]	0.80 [0.40]	0.076
Insulin, mU/L	6.3 [3.1]	7.2 [3.7]	0.095	6.5 [4.9]	6.9 [4.6]	0.42
Glucose, mmol/L	4.91 (0.41)	4.99 (0.48)	0.24	5.14 (0.89)	5.13 (0.50)	0.94
HOMA-IR	1.42 [0.79]	1.62 [0.90]	0.082	1.43 [1.25]	1.58 [1.03]	0.43

SAFA, saturated fatty acids; MUFA, monounsaturated fatty acids; PUFA, polyunsaturated fatty acids; E%, percentage of energy intake; (P+M)/S, polyunsaturated and monounsaturated fat to saturated fat ratio; P/S, polyunsaturated fat to saturated fat ratio; HOMA-IR, homeostatic model assessment of insulin resistance.