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| --- | --- | --- | --- | --- | --- | --- |
| **Table S1.** Methods: schedule of visit and follow-up assessments\* | | | | | | |
|  | Baseline | 1- to 5-month† | 6-month | 7- to 11-month† | 12-month | Post-trial |
| On-site visit | ● |  | ● |  | ● |  |
| Telephone follow-up |  | ● |  | ● |  |  |
| Dietary education | ● | ● | ● | ● | ● |  |
| Questionnaires |  |  |  |  |  |  |
| Medical history | ● |  |  |  |  |  |
| IPAQ | ● |  |  |  | ● |  |
| FFQ | ● |  |  |  | ● |  |
| 24-hour recall | ● | ● | ● | ● | ● |  |
| General health status |  | ● | ● | ● | ● |  |
| Feedback survey |  |  |  |  |  | ● |
| Anthropometry | ● |  | ● |  | ● |  |
| Vascular assessments |  |  |  |  |  |  |
| Blood pressure | ● |  | ● |  | ● |  |
| Arterial stiffness | ● |  | ● |  | ● |  |
| Blood samples | ● |  |  |  | ● |  |
|  |  |  |  |  |  |  |
| IPAQ, International Physical Activity Questionnaire; FFQ, food frequency questionnaire.  \*See methods for details of the procedures  †Assessments were completed at monthly intervals. | | | | | | |