**Supplementary File 2.** Macronutrient intake before and after fruit and vegetable program (n=120)

|  | **Mean (SD)** | | **Difference (After-Before)**  **(95% confidence interval)** | **Sig. of difference** |
| --- | --- | --- | --- | --- |
| **Before** | **After** |
| **Energy**  **(kJ)** | 7570.0 (3155.5) | 6481.7 (2197.1) | -1088.3  (1739.2, -437.4) | 0.001 |
| **Protein**  **(g)** | 62.5 (33.7) | 54.8 (25.9) | -7.7  (-13.7, 1.6) | 0.013 |
| **Total fat**  **(g)** | 67.8 (31.3) | 60.5 (23.0) | -7.4  (-13.9, -0.8) | 0.028 |
| **Saturated fat (g)** | 30.7 (13.8) | 26.9 (10.9) | -3.8  (-6.7, -0.8) | 0.013 |
| **Polyunsaturated fat (g)** | 8.8 (6.5) | 7.2 (3.6) | -1.7  (-3.0, -0.3) | 0.016 |
| **Monounsaturated fat (g)** | 23.5 (11.7) | 21.8 (9.1) | -1.7  (-4.1, 0.8) | 0.179 |
| **Carbohydrate (g)** | 231.5 (100.2) | 191.5 (72.9) | -40.0  (-61.7, -18.3) | <0.001 |
| **Starch (g)** | 123.1 (71.4) | 105.7 (46.9) | -17.4  (-31.9, -2.9) | 0.019 |
| **Total sugar (g)** | 107.4 (56.3) | 84.8 (46.0) | -22.6  (-35.2, -10.0) | 0.001 |
| **Added sugar (g)** | 77.4 (49.4) | 61.1 (41.5) | -16.3  (-27.0, -5.6) | 0.003 |
| **Fibre (g)** | 17.1 (9.2) | 15.0 (7.4) | -2.2  (-4.2, -0.2) | 0.031 |