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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. |