Supplementary Table 1: Change in caloric intakes by food groups over the study period a

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| Food groups  Milk products  Egg  Fish  Meat  Beans  Green/yellow vegetables  Plain-colored vegetables  Mushroom  Potato  Fruit  Grain  Sugar food  Oil food  Other food | Mean (kcal)  -24.7  -1.1  -13.3  -33.9  9.7  15.3  11.3  1.9  5.5  4.4  -65.4  -6.7  -18.7  -102.0 | S.E.  9.79  3.42  6.92  8.09  5.44  2.51  2.80  0.62  4.82  5.75  12.87  2.71  5.25  15.13 |

S.E. = standard error

a Of the 177 participants included in the longitudinal analyses, this analysis was conducted on 170 participants, who had complete data on caloric intakes by food groups at the beginning and at the end of the program.