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| **eTable 1S: Dietary goals used in all study groups.** |
| **Nutrient composition of the given diet**  Carbohydrates: ∼50 % of total energy intake  Proteins: ∼15% of total energy intake  Lipids: ∼35% of total energy intake  Monounsaturated fatty acids: ∼20% of total energy intake  Polyunsaturated fatty acids: ∼8% of total energy intake  Saturated fatty acids: ∼ 7% of total energy intake  Cholesterol: <300mg/day  Dietary fiber:15g/1000kcal of total energy intake |
| At least 5-10% weight loss (🡫 portion sizes, instructions for healthier culinary preparations, replacement of fatty and sugary foods with fruit and low fat/high fiber choices etc). |

Food groups are presented as servings per day or per week. Servings were determined according to the dietary guidelines for Greek adults published in 1999 [[20](#_ENREF_20)] as well as the recommendations of the new published Mediterranean diet pyramid [[18](#_ENREF_18)]. Recommendations refer to a 2000-kcal diet. Adjustments were made based on energy intakes.

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| **eTable 2S: Structure and analysis of the goals given at the 60-min group sessions in the Mediterranean and Mediterranean lifestyle groups.** | | |
|  | **Mediterranean diet**  **group (MDG)** | **Mediterranean lifestyle**  **group (MLG)** |
| ***Goals in every session*** | * *At least 5-10% weight loss* (🡫 portion sizes, instructions for healthier culinary preparations, replacement of fatty and sugary foods with fruit and low fat/high fiber choices etc). | * *At least 5-10% weight loss* (🡫 portion sizes, instructions for healthier culinary preparations, replacement of fatty and sugary foods with fruit and low fat/high fiber choices etc). * *Guidance for increasing physical activity at least 30 minutes per day (pedometers were given to each subject at 1st session)* |
| **1st session:** | * 3-6 fruit servings / day (1 serv. = 1 small fruit) * 6 servings of vegetables / day (i.e., at least 1 salad/day) (1 serv. = 1 cup fresh vegetables or ½ cup boiled vegetables) and consuming foods prepared with vegetables as a main dish once/ wk | * 3-6 fruit servings / day (1 serv. = 1 small fruit) * 6 servings of vegetables / day (i.e., at least 1 salad/day) (1 serv. = 1 cup fresh vegetables or ½ cup boiled vegetables) and consuming foods prepared with vegetables as a main dish once/ wk * Emphasis on moderate-vigorous intensity physical activity programs (eg. fast or very fast walking, slow or fast running, dancing, tennis etc.) |
| **2nd session:** | * At least 3 servings of non-refined cereals/day (1 serv.= 30gr bread, ½ cup of pasta, ½ cup rice etc) * 2-3 servings of dairy products (yogurt, cheese, milk) [preferably low-fat] | * At least 3 servings of non-refined cereals/day (1 serv.= 30gr bread, ½ cup of pasta, ½ cup rice etc) * 2-3 servings of dairy products (yogurt, cheese, milk) [preferably low-fat] * Guidance for optimal sleep duration (i.e. ≥7 and ≤9 hours / day) |
| **3rd session:** | * Replacing other fat sources with olive oil and using olive oil as the main added lipid * 1-2 servings of olives and nuts (unsalted) / day [1 serv. olives = 10 olives, 1 serv. Nuts = 1 small handful (~ 12 pieces)] | * Replacing other fat sources with olive oil and using olive oil as the main added lipid * 1-2 servings of olives and nuts (unsalted) / day [1 serv. olives = 10 olives, 1 serv. Nuts = 1 small handful (~ 12 pieces)] * Encouragement for mid-day rest (e.g. naps, siesta). |
| **4th session:** | * 4 servings of white meat (chicken, turkey, rabbit) /wk (1 serv. = 60 gr cooked food) * 5-6 servings of fish-seafood / wk [emphasis on small oily fish] (1 serv. = 60 gr cooked food) | * 4 servings of white meat (chicken, turkey, rabbit) /wk (1 serv. = 60 gr cooked food) * 5-6 portions of fish-seafood / wk [emphasis on small oily fish] (1 serv. = 60 gr cooked food) * Guidance for optimal sleep duration (i.e. ≥7 and ≤9 hours / day) and encouragement for mid-day rest (e.g. naps, siesta). |
| **5th session:** | * 3 potatoes in egg size / wk * ≤ 2 servings of sweets / wk in the smallest possible amount [emphasis on low fat sweets eg. loukoumi, pasteli, mandolato, halva] | * 3 potatoes in egg size / wk * ≤ 2 servings of sweets / wk in the smallest possible amount [emphasis on low fat sweets eg. loukoumi, pasteli, mandolato, halva] * Guidance for optimal sleep duration (i.e. ≥7 and ≤9 hours / day) and encouragement for mid-day rest (e.g. naps, siesta). |
| **6th session:** | * <2 servings of red meat / wk [preferably lean meat] (1 serv. = 60 gr cooked food) * <30 gr meat products / wk | * <2 servings of red meat / wk [preferably lean meat] (1 serv. = 60 gr cooked food) * <30 gr meat products / wk * Guidance for optimal sleep duration (i.e. ≥7 and ≤9 hours / day) and encouragement for mid-day rest (e.g. naps, siesta). |
| **7th session:** | * ≥2 servings of legumes / week [1 serv. = 100gr legumes] * 2-4 eggs / wk | * ≥2 servings of legumes / week [1 serv./wk = 100gr legumes] * 2-4 eggs / wk * Guidance for optimal sleep duration (i.e. ≥7 and ≤9 hours / day) and encouragement for mid-day rest (e.g. naps, siesta). |

Food groups are presented as servings (serv.) per day /d) or per week (/wk) or otherwise mentioned. Servings were determined according to the dietary guidelines for Greek adults published in 1999 [[20](#_ENREF_20)] as well as the recommendations of the new published Mediterranean diet pyramid [[18](#_ENREF_18)]. 1 cup = 240gr. Recommendations refer to a 2000-kcal diet. Adjustments were made based on energy intakes.

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| **eTable 3S:** Specific behavioural goals in the Mediterranean diet and Mediterranean lifestyle groups | | |
|  | **Mediterranean diet group (MDG)** | **Mediterranean lifestyle group (MLG)** |
| 5-10% Weight loss | 🡫 portion sizes | 🡫 portion sizes |
| Physical activity enhancement | - | At least 30 minutes per day of moderate-vigorous intensity physical activity  (pedometers were also used) |
| Guidance for optimal sleep duration and encouragement for mid-day rest (e.g. naps, siesta). | - | Guidance of ≥7 to ≤9 sleep hours per day and mid-day rest (e.g. naps, short siesta). |
| Dietary goals | Based on the new published Mediterranean diet pyramid [[18](#_ENREF_18)] | Based on the new published Mediterranean diet pyramid [[18](#_ENREF_18)] |

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| **eTable 4S: Food groups consumption in the intention to treat population.** | | | | | | | | | | | | | |
|  | **Control group**  **(CG)**  **(n=21)** | | **Mediterranean diet**  **group (MDG)**  **(n=21)** | | **Mediterranean lifestyle group (MLG)**  **(n=21)** | | | | **P^** | **Adjusted difference**  **(95% CI)**  **MDG vs. CG** | **Adjusted difference**  **(95% CI)**  **MLG vs. CG** | |
|  | **Baseline** | **6 months** | **Baseline** | **6 months** | **Baseline** | | **6 months** | |
| Non-refined cereals (serv./d) | 0.73  (0.2-1) | 0.56  (0.08-1.1) | 0.49  (0.04-2.5) | 4.6  (2.5-5.0) | | 0.75  (0.08-3.4) | | 4.6  (4.3-4.9) | **<0.001** | **6.79 (2.69, 17, 13)** | | **8.21 (3.25, 20.73)** | |
| Refined-cereals (serv./d) | 5.5  (3.2-6.9) | 5.6  (3.2-7.0) | 5.4  (2.2-7.1) | 1.4  (1.1-2.7) | | 3.3  (2.5-5.6) | | 1.8  (1.2-2.7) | **<0.001** | **-0.39 (-0.25, -0.63)** | | **-0.36 (-0.23, -0.59)** | |
| Potatoes (serv./d) | 0.26  (0.12-0.6) | 0.64  (0.21-0.74) | 0.26  (0.21-0.52) | 0.21  (0.07-0.3) | | 0.26  (0.21-0.3) | | 0.21  (0.07-0.26) | **<0.001** | **-0.45 (-0.24, -0.84)** | | **-0.39 (-0.21, -0.72)** | |
| Fruit  (serv./d) | 1.06  (0.7-2) | 1.28  (0.7-3) | 1.49  (0.7-2.5) | 3.13  (2-3.6) | | 1.78  (1.3-2.7) | | 2.64  (2.3-3.7) | **<0.001** | **2.56 (1.6, 4.1)** | | **2.0 (1.2, 3.27)** | |
| Vegetables  (serv./d) | 2.01  (1.4-2.5) | 2.38  (1.7-3) | 1.59  (1.4-2.1) | 2.66  (2-3.6) | | 1.98  (1.5-2.5) | | 2.72  (2.3-3) | **0.006** | **1.4 (1.07, 1.88)** | | **1.36 (1.02, 1.8)** | |
| Legumes  (serv./d) | 0.52  (0.17-0.52) | 0.52  (0.17-0.53) | 0.52  (0.52-0.52) | 0.52  (0.3-0.5) | | 0.51  (0.2-0.5) | | 0.66  (0.52-0.52) | 0.20 | 1.01 (-0.66, 1.55) | | 1.31 (-0.85, 2.03) | |
| Fish  (serv./d) | 0.7  (0.3-0.9) | 0.7  (0.3-0.9) | 0.52  (0.3-0.9) | 0.87  (0.5-1.1) | | 0.70  (0.5-0.9) | | 0.87  (0.61-1.22) | **0.018** | 1.17 (-0.79, 1.74) | | **1.57 (1.07, 2.32)** | |
| Red meat  (serv./d) | 1.45  (0.7-1.7) | 1.29  (0.98-1.5) | 1.64  (1.1-2.0) | 0.66  (0.5-1.3) | | 1.12  (0.94-1.4) | | 0.59  (0.3-0.8) | **0.001** | **-0.59 (-0.37, -0.94)** | | **-0.50 (-0.31, -0.8)** | |
| Poultry (serv./d) | 0.52  (0.52-1.60) | 0.52  (0.52-1.60) | 0.52  (0.52-0.52) | 0.52  (0.52-1.06) | | 0.62  (0.17-0.52) | | 0.52  (0.52-0.52) | 0.90 | -0.94 (-0.59, 1.49) | | -0.92 (-0.56, 1.5) | |
| Full-fat dairy  (serv./d) | 1.28  (0.46-2.5) | 1.28  (0.64-1.8) | 1.49  (1.1-2.2) | 0.85  (0.24-1.4) | | 0.85  (0.49-1.8) | | 0.64  (0.21-1) | 0.10 | -0.61 (-0.3, 1.21) | | -0.58 (-0.29, 1.15) | |
| Nuts  (serv./d) | 0.07  (0-0.4) | 0.07  (0-0.4) | 0.07  (0-0.21) | 0.64  (0.21-1) | | 0.07  (0.03-0.21) | | 0.64  (0.21-0.82) | **0.009** | **3.47 (1.29, 9.3)** | | **2.51 (-0.96, 6.53)** | |
| Alcohol  (serv./d) | 0.07  (0-0.53) | 0.21  (0.06-0.63) | 0.14  (0.03-0.56) | 0.14  (0-0.35) | | 0.21  (0.03-0.45) | | 0.14  (0.07-0.28) | 0.10 | -0.65 (-0.32, 1.3) | | -0.55 (-0.28, 1.10) | |
| Coffee  (times/d) | 2  (1.1-2.6) | 2  (1-3) | 2  (0.6-2.0) | 2  (1-2) | | 1  (0.8-2) | | 1  (1-2) | 0.90 | 1.06 (-0.76, 1.49) | | 1.04 (-0.75, 1.43) | |
| Sugary soft drinks (serv./d) | 0  (0-0.04) | 0.25  (0-0.53) | 0  (0-0.18) | 0  (0-0.04) | | 0.09  (0-0.09) | | 0  (0-0.04) | 0.15 | -0.3 (-0.05, 1.07) | | -0.46 (-0.09, 2.38) | |
| Sweets (serv./d) | 0.78  (0.45-1.59) | 0.70  (0.35-1.16) | 1.07  (0.84-1.52) | 0.35  (0.14-0.99) | | 0.49  (0.24-1.42) | | 0.28  (0.17-0.52) | **0.02** | **-0.48 (-0.24, -0.93)** | | -0.55 (-0.28, 1.09) | |
| Added sugars (sugar, honey, marmalade)  (serv./d) | 2  (0.42-2) | 2  (0.64-2) | 2  (0.64-2) | 0.64  (0.21-1) | | 1  (0.21-2) | | 0.64  (0.07-1) | 0.25 | -0.64 (-0.27, 1.5) | | -0.57 (-0.23, 1.4) | |

Data are presented as medians (interquartile range, 25th-75th).

Statistical significance (P) was set at P<0.05 (figures in bold indicate statistical significance).

^Bonferroni correction was used for pairwise comparisons among the three study groups.

**†** Adjusted differences for continuous outcomes are from analysis of covariance (ANCOVA) with data from intention to treat analysis (i.e., all patients who were randomly assigned to a study group were included). Adjustments were made for baseline value of the dependent variable and study group. All variables were log-transformed for the analysis and are presented in their anti-logarithm form.

Food groups are presented as servings per day (serv./d) or otherwise mentioned. Servings were determined according to the dietary guidelines for Greek adults published in 1999 [[20](#_ENREF_20)] as well as the recommendations of the new published Mediterranean diet pyramid [[18](#_ENREF_18)].