**Supplemental Table 1. DASH-Style intervention intakes of dairy and fruits/vegetables—effects on weight and blood pressure change, stratifying by activity and baseline BMI.**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | |  | | **Weight Change** | | | | | | | | **SBP Change** | | | | | | | | | | | **DBP Change** | | | | | | | |
| **Intervention Diet** | **N** | | | | **Adj. mean\*** | | **SE** | ***p-value*** | **Adj. mean\*** | | | | **SE** | | | | ***p-value*** | | | | **Adj. mean\*** | | | | **SE** | | | ***p-value*** | | | | |
| **Unstratified Groups** |  | | | |  | |  |  | |  | | | | | |  | | | |  | | | |  | | |  | | |
| Low Dairy† / Low FV‡ | 206 | | | | -5.6 | | 0.79 | *ref* | | -9.5 | | | | 0.65 | | | | *ref* | | | -5.2 | | | | 0.45 | | | *ref* | | | | |
| Low Dairy / High FV | 164 | | | | -8.7 | | 0.88 | 0.009 | | -10.1 | | | | 0.72 | | | | 0.537 | | | -5.1 | | | | 0.50 | | | 0.8132 | | | | |
| High Dairy / Low FV | 106 | | | | -6.4 | | 1.10 | 0.580 | | -8.2 | | | | 0.90 | | | | 0.239 | | | -4.5 | | | | 0.63 | | | 0.2997 | | | | |
| High Dairy / High FV | 189 | | | | -12.5 | | 0.83 | <0.001 | | -11.7 | | | | 0.68 | | | | 0.023 | | | -6.7 | | | | 0.47 | | | 0.0268 | | | | |
| **Stratifying by Activity** | **Sedentary (<180 minutes/week)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Low Dairy / Low FV | 109 | | | | -3.6 | | 1.13 | *ref* | | | -8.7 | | | | 0.92 | | | *ref* | | | | -5.3 | | | | 0.65 | | *ref* | | | |  | | | | |
| Low Dairy / High FV | 68 | | | | -6.3 | | 1.39 | 0.119 | | | -7.4 | | | | 1.14 | | | 0.363 | | | | -4.0 | | | | 0.80 | | 0.179 | | | |  | | | | |
| High Dairy / Low FV | 46 | | | | -4.9 | | 1.67 | 0.527 | | | -8.2 | | | | 1.37 | | | 0.742 | | | | -3.0 | | | | 0.96 | | 0.045 | | | |  | | | | |
| High Dairy / High FV | 47 | | | | -9.7 | | 1.64 | 0.002 | | | -10.0 | | | | 1.35 | | | 0.437 | | | | -5.6 | | | | 0.95 | | 0.759 | | | |  | | | | |
|  | **Active (≥180 minutes/week)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |  | | | |
| Low Dairy / Low FV | 97 | | | | -7.5 | | 1.16 | *ref* | | | -10.2 | | | | 0.95 | | | *ref* | | | | -5.1 | | | | 0.66 | | *ref* | | | |  | | | | |
| Low Dairy / High FV | 96 | | | | -10.3 | | 1.15 | 0.080 | | | -12.0 | | | | 0.94 | | | 0.177 | | | | -5.9 | | | | 0.66 | | 0.400 | | | |  | | | | |
| High Dairy / Low FV | 60 | | | | -7.6 | | 1.47 | 0.955 | | | -8.3 | | | | 1.21 | | | 0.200 | | | | -5.6 | | | | 0.84 | | 0.656 | | | |  | | | | |
| High Dairy / High FV | 142 | | | | -13.7 | | 0.98 | <0.001 | | | -12.5 | | | | 0.80 | | | 0.067 | | | | -7.2 | | | | 0.56 | | 0.015 | | | |
| **Stratifying by Obesity Status** | | | **Non-obese (BMI <30 kg/m2)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Low Dairy / Low FV | 62 | | | | -4.1 | | 1.40 | *ref* | | | -8.7 | | | | 1.16 | | | *ref* | | | | -3.9 | | | | 0.81 | | *ref* | | | |
| Low Dairy / High FV | 71 | | | | -6.0 | | 1.32 | 0.146 | | | -10.5 | | | | 1.10 | | | 0.267 | | | | -4.8 | | | | 0.76 | | 0.392 | | | |
| High Dairy / Low FV | 30 | | | | -5.3 | | 2.02 | 0.604 | | | -9.2 | | | | 1.68 | | | 0.819 | | | | -4.8 | | | | 1.17 | | 0.523 | | | |
| High Dairy / High FV | 70 | | | | -8.8 | | 1.34 | 0.015 | | | -11.5 | | | | 1.11 | | | 0.080 | | | | -6.9 | | | | 0.77 | | 0.006 | | | |
|  | **Obese (BMI ≥30 kg/m2)** | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Low Dairy / Low FV | 144 | | | | -6.5 | 0.95 | | *ref* | | | -9.9 | | | | 0.79 | | | | *ref* | | | -5.9 | | | | 0.55 | | | *ref* | | | | |
| Low Dairy / High FV | 93 | | | | -10.1 | 1.16 | | 0.013 | | | -9.9 | | | | 0.96 | | | | 0.980 | | | -5.4 | | | | 0.67 | | | 0.495 | | | | |
| High Dairy / Low FV | 76 | | | | -6.8 | 1.28 | | 0.837 | | | -7.8 | | | | 1.07 | | | | 0.119 | | | -4.4 | | | | 0.74 | | | 0.087 | | | | |
| High Dairy / High FV | 119 | | | | -14.5 | 1.02 | | <0.001 | | | -11.8 | | | | 0.85 | | | | 0.105 | | | -6.6 | | | | 0.59 | | | 0.418 | | | | |

FV, Fruit and Vegetables

\*Means are adjusted for age, sex, race, minutes/day of moderate activity) (for obesity stratification models)

†Low vs. high Intervention Dairy Intake: <1.5 vs. ≥1.5 servings/day

‡Low vs. high Intervention FV Intake: <5 vs. ≥5 servings/day