|  |
| --- |
| Supplementary file 2 Estimated dietary intake and changes for the ones that claimed dietary changes versus claimed no changes measured by the FFQ (*n* = 407). |
|  | **Claimed dietary changes** | **Claimed no changes** |  |
|  | **Pre-surgery** | **12 months** | **Pre-surgery** | **12 months** |  |
| **Dietary intake** | **Meana** | 95% CI | **Changeb** | 95% CI | **Meana** | 95% CI | **Changeb** | 95% CI | ***p*c** |
| Energy, MJ | **9.2**  |  8.8, 9.7 | **–0.8** | –1.2, –0.4 | **8.6**  | 8.4, 8.8 | **–0.3**  |  –0.5, –0.1 | 0.03 |
| Carbohydrate, E% | **40**  | 38, 41 | **1.3**  | 0.3, 2.4 | **40**  | 40, 41 | **0.8**  | 0.2, 1.3 | 0.4 |
|  Sugar, E% | **4.8**  | 4.2, 5.3 | **–0.5**  | –1.0, 0.1 | **4.7**  | 4.4, 5.0 | **0.1**  | –0.2, 0.4 | 0.1 |
|  Fibre, g | **32**  | 30, 33 | **0.5**  | –1.3, 2.3 | **29**  | 28, 30 | **–0.6**  | –1.6, 0.4 | 0.3 |
| Protein, E% | **18**  | 17, 18 | **–0.4**  | –0.8, 0.1 | **18**  | 17, 18 | **–0.2**  | –0.4, 0.0 | 0.6 |
| Alcohol, g | **10**  | 8.4, 12 | **–2.9**  | –4.3, –1.4 | **11**  | 9.6, 12 | **–1.0**  | –1.7, –0.2 | 0.02 |
|  E% | **3.4** | 2.8, 4.1 | **–0.8** | –1.3, –0.2 | **3.7** | 3.4, 4.1 | **–0.1** | –0.4, 0.2 | 0.06 |
| Fat, E% | **37**  | 35, 38 | **–0.5**  | –1.6, 0.5 | **36**  | 35, 36 | **–0.4**  | –1.0, 0.1 | 0.9 |
|  SFA, E% | **12**  | 12, 13 | **–0.3**  | –0.8, 0.2 | **12**  | 12, 13 | **–0.2**  | –0.5, 0.1 | 0.7 |
|  |  |  |  |  |  |  |  |  |  |
| Fruit and vegetables, g | **623**  | 568, 679 | **13**  | –46, 71 | **581**  | 551, 611 | **–12**  | –43, 18 | 0.5 |
|  Fruit, berries and juice, g | **282**  | 244, 320 | **12**  | –32, 57 | **280**  | 260, 300 | **14**  | –9.3, 38 | 0.9 |
|  Vegetables, g | **341**  | 305, 376 | **–0.1**  | –32, 32 | **301**  | 282, 320 | **–26**  | –43, –9.4 | 0.2 |
| Red and processed meat, g | **72**  | 65, 79 | **–12**  | –19, –5.1 | **70**  | 66, 73 | **–4.8**  | –8.3, –1.2 | 0.07 |
|  Red meat, g | **28**  | 24, 32 | **–4.6**  | –8.0, –1.1 | **28**  | 26, 30 | **–2.2**  | –4.0, –0.4 | 0.2 |
|  Processed meat, g | **44**  | 39, 49 | **–7.2**  | –12, –2.1 | **42**  | 39, 44 | **–2.6**  | –5.3, 0.2 | 0.1 |
| Dairy products, g | **369**  | 310, 428 | **–64**  | –122, –5.6 | **376**  | 345, 408 | **–27**  | –58, 4.2 | 0.3 |
| Supplements, % (*n*) | **78**  | 73 | **79**  | 74 | **72**  | 238 | **75**  | 251 | 0.6e |

FFQ, food frequency questionnaire; CI, confidence interval; MJ, megajoule; E%, percentage energy from nutrient; BMI, body mass index.

Pre-surgery, the year before diagnosis; 12 months post-surgery.

aEstimated mean (95% CI) intake adjusted for age and BMI (pre-surgery) in a linear mixed model. For supplements, % (*n*) taking supplements.

bChange (95% CI) from mean intake pre-surgery adjusted for age and BMI (pre-surgery) in a linear mixed model.

 For supplements, % (*n*) taking supplements.

cTest for difference in change over time (from pre-surgery to 12 months) in a linear mixed model.

dAdjusted for energy intake, where total energy intake is included in the linear mixed model.

eTest for difference in change over time (from pre-surgery to 12 months) in a logistic mixed model.