**Supplementary Material Table 2.** Week 0 and Week 12 DGI component scores and DGI scores for AED and NFD intervention groups.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Dietary Guideline Index Components (Score)** | | | | | **P values** | | |
|  | **Week 0** | | **Week 12** | | **Group** | **Time** | **Group by Time** |
| **EMM** | **SEM** | **EMM** | **SEM** |
| Variety (0-10) | | | | |  |  |  |
| AED | 3.16 | 0.11 | 3.26 | 0.11 | |  |  |  | | --- | --- | --- | | 0.106 | 0.074 | 0.004 | | | |
| NFD | 3.21 | 0.11 | 2.79 | 0.11 |
| Vegetable Serves (0-10) | | | | |  |  |  |
| AED | 5.28 | 0.37 | 5.34 | 0.37 | |  |  |  | | --- | --- | --- | | 0.835 | 0.749 | 0.599 | | | |
| NFD | 5.53 | 0.36 | 5.26 | 0.37 |
| Fruit Serves (0-10) | | | | |  |  |  |
| AED | 5. 72 | 0.44 | 5.38 | 0.45 | |  |  |  | | --- | --- | --- | | 0.894 | 0.005 | 0.075 | | | |
| NFD | 6. 36 | 0.44 | 4.88 | 0.44 |
| Grain Serves (0-5) | | | | |  |  |  |
| AED | 4. 32 | 0.14 | 4. 15 | 0.14 | |  |  |  | | --- | --- | --- | | 0. 919 | 0. 248 | 0. 729 | | | |
| NFD | 4. 27 | 0.13 | 4. 17 | 0.14 |
| Wholegrain Serves (0-5) | | | | |  |  |  |
| AED | 2. 18 | 0.32 | 2. 55 | 0.33 | |  |  |  | | --- | --- | --- | | 0. 933 | 0. 804 | 0. 106 | | | |
| NFD | 2. 58 | 0.32 | 2. 08 | 0.32 |
| Lean Meat & Alternatives Serves (0-10) | | | | |  |  |  |
| AED | 6.00 | 0.34 | 9. 61 | 0.35 | |  |  |  | | --- | --- | --- | | <0.001 | <0.001 | <0.001 | | | |
| NFD | 5. 2 | 0.34 | 5. 33 | 0.34 |
| Dairy & Alternatives Serves (0-5) | | | | |  |  |  |
| AED | 2. 5 | 0.16 | 2. 50 | 0.16 | |  |  |  | | --- | --- | --- | | 0. 179 | 0. 204 | 0. 364 | | | |
| NFD | 2. 36 | 0.16 | 2. 13 | 0.16 |
| Reduced Fat Dairy (0-5) | | | | |  |  |  |
| AED | 0.58 | 0.24 | 0.86 | 0.24 | |  |  |  | | --- | --- | --- | | 0. 577 | 0. 387 | 0. 702 | | | |
| NFD | 0.81 | 0.23 | 0.91 | 0.23 |
| Fluid Serves (0-5) | | | | |  |  |  |
| AED | 3.70 | 0.16 | 3. 55 | 0.16 | |  |  |  | | --- | --- | --- | | 0. 670 | 0. 252 | 0. 738 | | | |
| NFD | 3. 58 | 0.16 | 3. 50 | 0.16 |
| Proportion Water (0-5) | | | | |  |  |  |
| AED | 3.67 | 0.24 | 3.20 | 0.24 | |  |  |  | | --- | --- | --- | | 0. 466 | 0. 042 | 0. 268 | | | |
| NFD | 3. 29 | 0.23 | 3. 15 | 0.23 |
| Unsaturated Spreads and Oil Serves (0-10) | | | | |  |  |  |
| AED | 2. 16 | 0.47 | 1. 69 | 0.47 | |  |  |  | | --- | --- | --- | | 0. 171 | 0. 508 | 0. 675 | | | |
| NFD | 1. 29 | 0.46 | 1. 18 | 0.47 |
| Discretionary Serves (0-30) | | | | |  |  |  |
| AED | 4.98 | 1.38 | 7. 17 | 1.38 | |  |  |  | | --- | --- | --- | | 0. 051 | 0. 645 | 0.030 | | | |
| NFD | 4.84 | 1.36 | 1.47 | 1.38 |
| Alcohol Serves (0-10) | | | | |  |  |  |
| AED | 8. 84 | 0.47 | 9.00 | 0.47 | |  |  |  | | --- | --- | --- | | 0. 078 | 0. 344 | 0. 172 | | | |
| NFD | 8. 39 | 0.46 | 7. 52 | 0.47 |
| Total DGI (0-120)1 | | | | |  |  |  |
| AED | 53.10 | 2.05 | 58.30 | 2.07 | |  |  |  | | --- | --- | --- | | 0.001 | 0. 529 | <0.001 | | | |
| NFD | 51.76 | 2.02 | 44.37 | 2.05 |
| DGI Core Food components (0-70)2 | | | | |  |  |  |
| AED | 37.15 | 1.16 | 40.47 | 1.16 | |  |  |  | | --- | --- | --- | | 0.033 | 0. 867 | <0.001 | | | |
| NFD | 37.24 | 1.14 | 34.18 | 1.15 |
| DGI Non-core Food components (0-50)3 | | | | |  |  |  |
| AED | 15.98 | 1.53 | 17.86 | 1.54 | |  |  |  | | --- | --- | --- | | 0.007 | 0.372 | 0.025 | | | |
| NFD | 14.52 | 1.51 | 10.17 | 1.53 |

DGI, Dietary Guideline Index; AED, almond enriched diet; NFD, nut free diet; EMM, Estimated Marginal Means; SEM, Standard Error of the EMM. No adjustments in model. Statistical significance P < 0.05.

1 Total DGI scored 0-120. 2 Core Food Components (0-70) include scores for variety plus vegetable, fruit, grain, whole-grain, lean meat and alternatives, dairy and alternatives, reduced fat dairy, and fluid serves, and proportion of water. 3 Non-core Food Components (0-50) include scores for unsaturated spreads and oils, discretionary and alcohol serves.