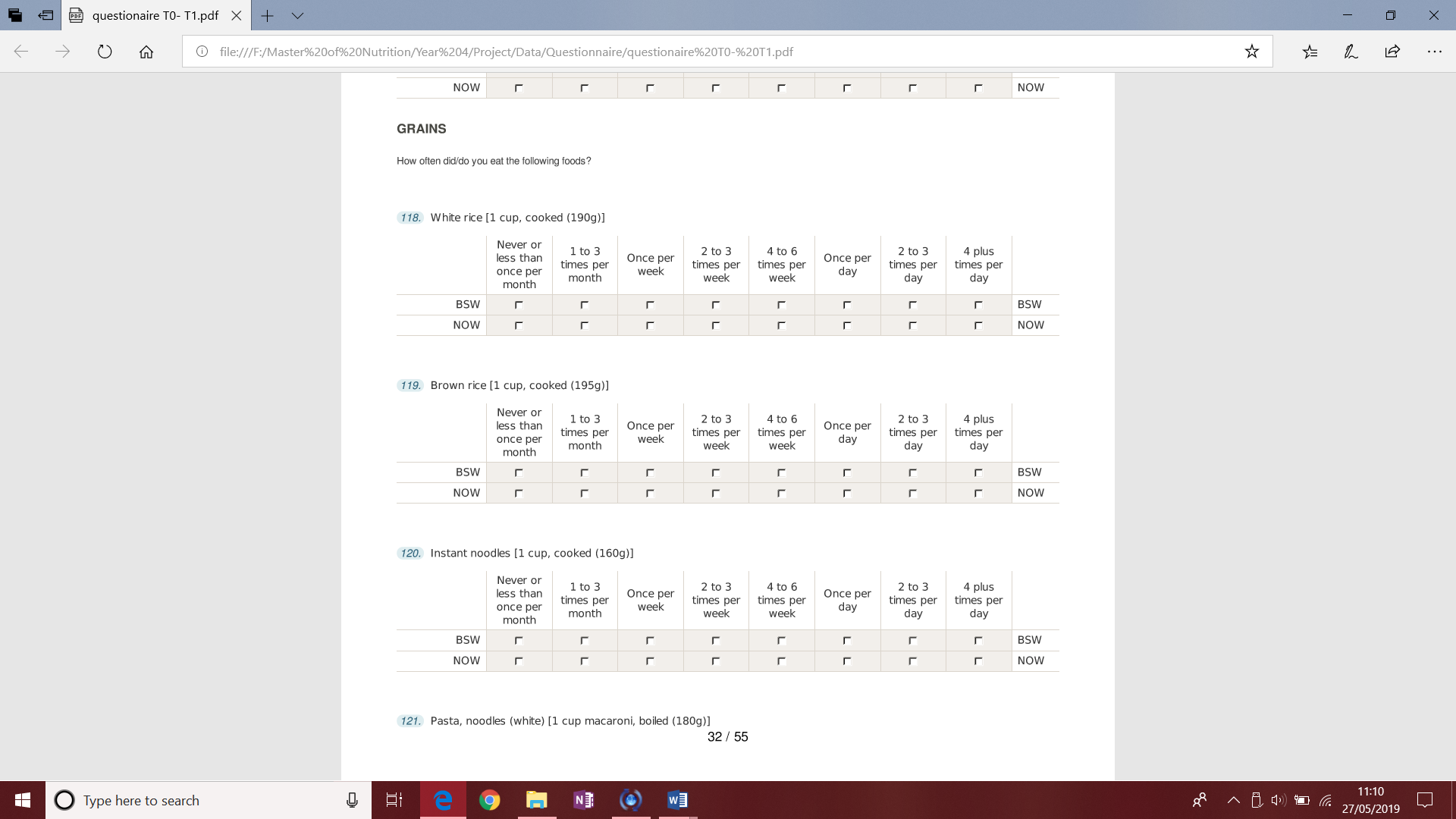
# Supplementary material S1

Figure 1: Snap shot of food frequency questionnaire. Questionnaire asks participant to report frequency of food consumption retrospectively before Slimming World (BSW) and presently as a Slimming World member (NOW). For each food item a specific portion size was given as grams and volume.



# Supplementary material S2

Table 1: Food groups used in factor analysis

|  |  |
| --- | --- |
| Food group | Components |
| Red meat | Beef, lamb, pork, veal, offal, venison, mutton and rabbit |
| White meat | Chicken, turkey and duck |
| Processed meat | Ham, bacon, cured beef, corn beef, sausages, salami, frankfurters, luncheon meat, black pudding and meat pies |
| Seafood | Fresh and frozen fish, tinned fish, muscles, cockles, battered and crumbed fish, crab, seafood sticks, prawns, shrimps and scallops |
| Fresh fruit | Apples, banana, orange, lemon, tangerine, grapefruit, mandarin, kiwi, pears, plums, peaches, apricots, nectarines, avocados, olives, grapes, mango, watermelon, melon, papaya, pineapple, rhubarb, fruit salad, strawberries, blackberries, blueberries, raspberries and cherries |
| Dried fruit | Sultana, raisins, currants, figs, apricots, prunes, dates and mixed dried fruit |
| Potato | Boiled, mashed, roasted, chips and baked |
| Vegetables | Spinach, silver beet, chard, other green leafy vegetables, broccoli, cauliflower, cabbage, carrot, peppers, squashes, sweet potato, yams, pumpkins, red cabbage, tomato, green beans, broad beans, runner beans, asparagus, courgette, cucumber, gherkins, marrow, beetroot, radishes, lettuce, mushrooms, onions, parsnips and peas |
| Legumes | Tofu, tempeh, soybeans, beans in sauce, beans, lentils, chickpeas, hummus and split peas |
| Whole grains | Wholemeal bread, wheat germ, wheat bran, brown rice, whole-wheat noodles and pasta, couscous, polenta and bulgur wheat |
| Refined grains | White bread, fruit/currant bread, crisp bread, crackers, rice, noodles, pasta and instant noodles |
| Breakfast cereals | Porridge, muesli, wheat biscuits, bran based, rice cripies, cornflakes, light and fruit cereals, chocolate cereals and sugar-coated cereals |
| Cow’s milk | All types: as a drink (including flavoured milk and milkshakes), added to drinks (tea, coffee), added to food (such as cereal, custard) |
| Cheese | Hard cheese, cottage cheese and ricotta |
| Cream-based products | Cream, sour cream, cream cheese, fromage frais and ice cream |
| Yoghurt | All varieties |
| Alternative milks | Soya and coconut milk |
| Eggs | Boiled, fried, scrambled, poached, frittata, omelette and quiche |
| Nuts and seeds | Peanuts, mixed nuts, almonds, pumpkin seeds and sesame seeds |
| Cakes and biscuits | Cakes, biscuits (including chocolate covered), muffins and muesli bars |
| Crisps | All potato crisps |
| Confectionery | White, dark and milk chocolate |
| Spreads | Peanut butter, chocolate-hazelnut spread, butter, margarine and yeast extract |
| Oils | All varieties |
| Soups | All tinned and home-made vegetable and meat-based soups |
| Table sugar | All varieties |
| Alcohol | Beer, cider, red wine, white wine, spirits and ready mixed |
| Tea and coffee | All varieties |
| Fruit and vegetable juice | All pure fruit and vegetable juice |
| Other non-alcoholic drinks | Complan, Ensure, hot chocolate, drinking chocolate, Nesquik, cocoa, Ovaltine (powder/mix only), sports drinks, energy drinks and cordials |